

9th  
Annual

# Michigan Karate Tournament



Sunday, March 26<sup>th</sup>, 2017

Garden City Middle School  
1851 Radcliff St. Garden City, MI 48135



Hosted by: **Shotokan Karate Federation of Michigan**

Cell phone: (734) 658-5683 E-mail: [Tony@karatemi.com](mailto:Tony@karatemi.com) Web site: [www.karatemi.com](http://www.karatemi.com)

## IMPORTANT INFORMATION

\$40 - 1 EVENT (Include \$10 for each additional event) \$45 – per kata team

- Postmark all Fees & Registration Forms by March 5<sup>th</sup>, 2017
- Add \$5 late fee per event if postmarked after March 5<sup>th</sup>, 2017
- **No registration will be accepted after March 12<sup>th</sup>, 2017**
- No Refunds After Registration

## GENERAL

**When to Arrive:**

9:30 am	Doors open. No admittance before 9:30 am
10:00 am	Judges and Referee, briefing
10:30 am	Introduction of officials
10:45 am	National Anthem
11:00 am	Competition begins

**Check-in Times:**  
(Early check-in is permitted)

9:45 am	Ages 5-11: All Flag Sparring competitors
10:30 am	Ages 5-17: Kihon (Basics) competitors
11:00 am	Ages 6-17: Team Kata and Kata
11:30 am	Ages 5-17 Kumite (Sparring) competitors
Noon	Ages 18 and older: Kihon competitors
12:30 pm	Ages 18 and older: Team Kata and Kata
1:00 pm	Ages 18 and older: Kumite competitors

The last check-in time is **1:00 pm**. If you arrive late, go straight to the administration table. If you arrive after 1:30 pm, and a new competition bracket has already been made up due to your tardiness, you will not be able to compete.

**Food:** Pizza, hot dogs, pop, coffee and bottled water will be available for purchase on site.

**Only water in plastic bottles for the competitors will be allowed in the gymnasium.** All other food or drink **must** remain in the designated eating area. Consuming food or drink in the hallways is not allowed.

**Spectator/Parent Fees (paid at door)**

\$5.00:	Adult (15 yr. or older)
\$3.00:	Sr. Citizen (62 yr. or older)
\$3.00:	Children (5 to 14 yr.)
FREE:	Children (4 yr. & younger)

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## JUDGES

### Dress Code:

**Judges and officials** are required to wear gray or dark pants, white shirt, a blue tie and blue or dark colored sport coat. Soft or rubber soled shoes (preferably black) are recommended to protect the floor. Black belts helping out with the tournament can wear their Karate uniform.

## COMPETITORS

### Awards:

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place medals will be awarded in each division. A spirit medal will be awarded for competitors ages 11 and younger for all events, except Team Kata.

### Equipment General:

- All Competitors: No eyeglasses will be allowed unless they are high impact sport glasses approved by the Tournament Director or Doctor.
- All Competitors ages 5-17: Cloth shin pads & foot pads are optional.
- All Competitors ages 18 & older: Foot pads, shin guards, wrapped bandages (unless for obvious injury) are **NOT** allowed.

### Equipment Kumite:

- All Competitors: Head protector (white preferred) is optional (but highly recommended).
- All Competitors: Fist pads are mandatory. USANKF or WKF style pads (one red pair and one blue pair) is preferred. Other colors will be accepted but are not recommended. One (1) inch thick, fabric-type fist pads, will be allowed.
- Red and blue belts will be provided for sparring (kumite).
- All Competitors: Mouth guard is **mandatory**.
- Females: Chest protector is optional (must have your own).
- Males: Groin cup is **mandatory**.

### Equipment Flag Sparring:

- All flag sparring competitors (ages 5-11): Only head protector is **mandatory**.

### Uniform:

- All Competitors must wear a clean white Karate uniform with their Karate belt.
- All Competitors are allowed only one club patch, five inches in diameter, on the left side of the uniform jacket.
- Hachimaki (head band), jewelry or metal hair clips of any kind will **NOT** be permitted. Rubber band or pony tail retainer is permitted.
- Please use locker rooms, not restrooms, to change into uniforms

## KIHON (Basics)

**Basic Technique Competition:** Two at a time. Male and female divisions may be combined.  
Kiai on number 4 technique - forward and backward

Children ----- Ages 5-11      Youth ----- Ages 12-17  
Adults----- Ages 18-34      Seniors ----- Ages 35 & older

### **9<sup>th</sup> -- 8<sup>th</sup> Kyu**

Stepping back with right leg in Kamae (combative stance) then leaving punching or blocking arm out in between counts. *Each move will be counted separately.*

F: Stepping forward four times: execute lunge punch to stomach.

B: Stepping backward four times: execute rising block.

### **7<sup>th</sup> -- 6<sup>th</sup> Kyu**

Stepping back with right leg in Kamae (combative stance) then leaving punching or blocking arm out in between counts. *Each move will be counted separately.*

F: Stepping forward four times: execute front snap kick from back leg to stomach, execute a punch to face from same kicking side upon landing in front stance, then immediately punch twice to stomach.

B: Stepping backward four times: execute knife hand block in back stance, switching to front stance and execute reverse punch to stomach.

### **5<sup>th</sup> -- 4<sup>th</sup> Kyu**

Stepping back with right leg in Kamae (combative stance) and coming back to Kamae in between counts. *Each move will be counted separately.*

F: Stepping forward four times: outside to inward block in front stance, switch to horse stance and execute elbow attack, Jodan back fist, switch to front stance reverse punch to stomach.

B: Stepping backward four times: execute lunge punch to face and two punches to stomach, roundhouse kick with front leg to stomach landing with reverse punch to stomach.

### **3<sup>rd</sup> Kyu through Black Belt**

Stepping back with right leg in Kamae (combative stance) and coming back to Kamae in between counts. *Each move will be counted separately.*

F: Stepping forward four times: with rear leg execute front snap kick to stomach landing forward in front stance and immediately with other rear leg execute front snap kick to stomach retracting kicking leg behind you, front leg roundhouse kick to stomach landing in front stance with reverse punch to stomach.

B: Stepping backward four times: execute downward block in front stance, front leg front snap kick to stomach landing forward in front stance with a jab with front hand to face (Kizami-zuki) and reverse punch to stomach.

## KATA (Forms)

- Flag system:** Two at a time.  
**Ranks 9 Kyu – 4 Kyu:** Must perform basic Kata such as: Taikyoku, Heian, Pinan, Gekisai & any other similarly categorized Kata.  
**Ranks 3 Kyu & above:** Must perform advanced Kata's from Tekki Shodan and up.

**Separate** male & female divisions, if practical, divided by **similar** rank & age as follows.

- Children ----- Ages 5 & 6-7 & 8-9 & 10-11  
Youth ----- Ages 12-13 & 14-15 & 16-17  
Adults ----- Ages 18 – 34  
Seniors ----- Ages 35 & older

## FLAG SPARRING - TWO and THREE PERSON

**Intended for children not yet into free sparring (Kumite)**

Headgear is **mandatory** for **all** competitors.

**Separate** male & female divisions, if practical, divided by **similar** experience, rank & age as follows.

Beginner: Under 1 year of training & less than 9 kyu.

Novice: Over 1 year of training or 9 kyu & over.

Children ----- Ages 5\* & 6-7\* & 8-9\* & 10-11\*

\*Children Ages 5 – 11 may participate in either Kumite or Flag Sparring, but not both.

## KUMITE (Sparring)

**Separate** male & female divisions divided by **similar** size, rank & age as follows.

Children Male ----- Ages 5\* & 6-7\* & 8-9\* & 10-11\*

Children Female ----- Ages 5\* & 6-7\* & 8-9\* & 10-11\*

\*Children Ages 5 – 11 may participate in either Kumite or Flag Sparring, but not both

Youth Male - Ages 12-13 & 14-15 & 16-17

Adults Male - Ages 18 – 34

Seniors Male - Ages 35 & older

Youth Female - Ages 12-13 & 14-15 & 16-17

Adults Female - Ages 18 – 34

Seniors Female - Ages 35 & older

The tournament director reserves the right to combine divisions and / or mix gender

## **TEAM KATA**

### **Team Kata: 3 Athletes per Team**

- Registration form must include team members' names
- All team kata divisions will be judged by the flag system
- No limit as to how many teams per club
- All teams are mixed genders and mixed ranks
- Spirit medals will not be awarded for team kata for ages 6 thru 11
- The kata performed must fall in line with the rank of the competitors

### **Team Categories and Groups: 9<sup>th</sup> kyu thru 4<sup>th</sup> kyu and 3<sup>rd</sup> kyu thru black belt**

#### **Children Team: Ages 6 – 11**

- Four groups: Group A – ages 6 thru 8 - 9<sup>th</sup> kyu thru 4<sup>th</sup> kyu  
Group B – ages 6 thru 8 - 3<sup>rd</sup> kyu thru black belt  
Group C – ages 9 thru 11 - 9<sup>th</sup> kyu thru 4<sup>th</sup> kyu  
Group D – ages 9 thru 11 - 3<sup>rd</sup> kyu thru black belt

#### **Youth Team: Ages 12 – 17**

- Four groups: Group A – ages 12 thru 14 - 9<sup>th</sup> kyu thru 4<sup>th</sup> kyu  
Group B – ages 12 thru 14 - 3<sup>rd</sup> kyu thru black belt  
Group C – ages 15 thru 17 - 9<sup>th</sup> kyu thru 4<sup>th</sup> kyu  
Group D – ages 15 thru 17 - 3<sup>rd</sup> kyu thru black belt

#### **Adult Team: Ages 18 – 34**

- Two groups: Group A – ages 18 thru 34 - 9<sup>th</sup> kyu thru 4<sup>th</sup> kyu  
Group B – ages 18 thru 34 - 3<sup>rd</sup> kyu thru black belt

#### **Senior Team: Ages 35 and above**

- Two groups: Group A – ages 35 and above - 9<sup>th</sup> kyu thru 4<sup>th</sup> kyu  
Group B – ages 35 and above - 3<sup>rd</sup> kyu thru black belt

### **Judging Performance**

In assessing the contestant or team, the Judges will evaluate the performance based on three (3) major criteria. The performance is evaluated from the bow starting the kata until the bow ending the kata. The 3 major criteria are:

- 1. Conformance** to the form itself and the standards of the applicable style
- 2. Athletic Performance**
  - a. Strength
  - b. Speed
  - c. Balance
  - d. Rhythm
- 3. Technical Performance**
  - a. Stances
  - b. Techniques
  - c. Transitional movements
  - d. Timing
  - e. Focus (kime)
  - f. Difficulty of techniques

## **TOURNAMENT RULES & REGULATIONS**

1. The tournament director reserves the right to combine the divisions when appropriate.
2. Kihon, Kata & Kumite divisions will be run by modified single elimination.
3. Selection of Judges & Referees will be determined by experience, rank, & knowledge..
4. Judges, Referees & Instructors: No shouting advice or coaching to your students or other competitors after they have been called to gather for their division.
5. Fingernails & toenails must be trimmed short.
6. Applause is allowed but cheering and other noises should be kept to a minimum.
7. Hachimaki (head band), jewelry or metal hair clips of any kind will **NOT** be permitted. Rubber band or pony tail retainer is permitted.

**FLAG SPARRING: (2 person) SKF of MI RULES** (Contact Robert Sherby at Robert@karatemi.com if more information is desired. Complete set of rules available at [www.michigankaratetournament.com](http://www.michigankaratetournament.com).)

1. Matches are 1½ minutes using stop time.
2. If both second belts come off at the same time, stop the time & put both second belts back on & finish the match.
3. If tied after full time the Referee will declare a winner based on overall performance.

## **FLAG SPARRING: (3 person)**

1. Same rules as 2 person flag sparring above plus; if needed, one (1) minute sudden death overtime period.

## **KUMITE RULES: FACE CONTACT, MODIFIED USA-NKF RULES**

1. The result of a match is determined by a contestant obtaining 8 points or the highest number of points when time runs out.
2. Competitors age 17 & under, no touch or contact to the head, face or neck (including the face mask & head protector) is allowed with hand techniques. Jodan kicks may make the lightest touch (“skin touch”) & still score.
3. Competitors age 18 & above may perform non-injurious light controlled “touch” contact to the head, face & neck (but not the throat) with hand & foot techniques.
4. Matches are 2 minutes using stop time.
5. Competitors in back-to-back matches will get a 1 minute rest period between matches.

## **KUMITE RULES: BODY CONTACT - SKF OF MI RULES**

Contact must be kept light when scoring to the body. Touching is not needed to score. Coming close to the target with control is all that is needed. However, the competitor must be able to reach with the technique and it should not be fully extended.

## **CRITERIA FOR DECISION**

1. In individual matches, if after full time there are no scores or scores are equal, the decision shall be made by a final vote of the four judges & the Referee each casting their vote.
2. If short on judges, the decision shall be made by the three judges.

## **JOGAI PENALTIES**

1 <sup>st</sup> time out of bounds:	Chukoku	-- first warning
2 <sup>nd</sup> time out of bounds:	Keikoku	-- second warning
3 <sup>rd</sup> time out of bounds:	Hansoku Chui	-- warning of disqualification
4 <sup>th</sup> time out of bounds:	Hansoku	-- disqualification (loss of match)

## **WARNINGS & PENALTIES**

- CHUKOKU ----- This is imposed for the first instance of a minor infraction.
- KEIKOKU ----- This is imposed for the second instance of a minor infraction.
- HANSOKU CHUI This is a warning of disqualification usually imposed for infractions for which a KEIKOKU has previously been given in that bout although it may be imposed directly for serious infringements, which do not merit HANSOKU.
- HANSOKU ----- This is a penalty of disqualification following a very serious infraction or when a HANSOKU CHUI has already been given.

**SCORING:** Scoring areas are head, face, neck (including the throat), abdomen, chest and back & side.

1. YUKO (1 point)
  - a. Any punch (Tsuki) delivered to any of the seven scoring areas.
  - b. Any strike (Uchi) delivered to any of the seven scoring areas.
2. WAZA-ARI (2 points)
  - a. Chudan kicks. Chudan defined as the abdomen, chest, back, & sides.
3. IPPON (3 points)
  - a. Jodan kicks. Jodan defined as the head, face & neck (must have absolute control).
  - b. Any scoring technique that is delivered on an opponent who has been thrown, has fallen of their own accord, or who is otherwise off their feet.

## **PENALTY CATEGORIES (PROHIBITED BEHAVIOR)**

1. Category 1
  - a. Techniques which make excessive contact having regard to the scoring area attacked and techniques which make contact with the throat.
  - b. Attacks to the arms, legs, groin, joints or instep.
  - c. Attacks to the face with open hand techniques (e.g. Teisho or Nukite).
  - d. Dangerous or forbidden throwing techniques.
2. Category 2
  - a. Feigning or exaggerating injury.
  - b. Exits from the competition area (Jogai) not caused by the opponent.
  - c. Self-endangerment by indulging in behavior which exposes oneself to injury by the opponent or failing to take adequate measures for self-protection (Mubobi).
  - d. Avoiding contact (i.e. running) as a means of preventing the opponent from having the opportunity to score.
  - e. Passivity – not attempting to engage in combat. (Cannot be given with less than 10 seconds left in the match)
  - f. Clinching, wrestling, pushing, seizing or standing chest-to-chest without attempting a scoring technique or takedown.
  - g. Grabbing the opponent with both hands for any other reasons than executing a takedown upon catching the opponent's kicking leg.
  - h. Grabbing the opponent's arm or gi with one hand without immediately attempting a scoring technique or takedown.
  - i. Techniques which by their nature cannot be controlled for the safety of the opponent and dangerous and uncontrolled attacks.
  - j. Simulated attacks with the head, knees or elbows.
  - k. Talking or goading the opponent, failing to obey the orders of the Referee, discourteous behavior towards the Referring officials or other breaches of etiquette.

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## Registration Form

Please make checks or money orders payable to Tony Valvona. Mail form with check or money order to:  Tony Valvona 44060 Cottisford Rd, Northville, MI 48167-8911	1 EVENT: \$40 2 EVENTS: \$50 3 EVENTS: \$60 4 EVENTS: \$70  • Postmark all Fees & Registration Forms by March 5 <sup>th</sup> , 2017 • Add \$5 late fee per event if postmarked after March 5 <sup>th</sup> , 2017 • <b>No registration will be accepted after March 12<sup>th</sup>, 2017</b> • No Refunds After Registration
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PLEASE PRINT CLEARLY

COMPETITOR: First Name \_\_\_\_\_ Last Name \_\_\_\_\_

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GENDER (M / F): \_\_\_\_ AGE:\* \_\_\_\_ HEIGHT: \_\_\_\_\_ WEIGHT: \_\_\_\_\_ DOB: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

CIRCLE RANK: 9 kyu 8 kyu 7 kyu 6 kyu 5 kyu 4 kyu 3 kyu 2 kyu 1 kyu Sho-dan & above

FLAG SPARRING (Age 5-11): Beginner: under 1 year of training  Novice: over 1 year of training

COMPETITOR HOME/CELL #: \_\_\_\_\_ email: \_\_\_\_\_

CLUB NAME: \_\_\_\_\_ INSTRUCTOR NAME: \_\_\_\_\_

FAMILY DISCOUNT: \$20 off competitor's fee for 3<sup>rd</sup> or more family members living in the same household

COMPETITION FEE (Place X in box that applies)	1 Event \$40 <input type="checkbox"/>	2 Events \$50 <input type="checkbox"/>	3 Events \$60 <input type="checkbox"/>	4 Events \$70 <input type="checkbox"/>
	Late Fee \$45 <input type="checkbox"/>	Late Fee \$60 <input type="checkbox"/>	Late Fee \$75 <input type="checkbox"/>	Late Fee \$90 <input type="checkbox"/>

PLACE "X" IN BOX FOR THE EVENT(S) THE COMPETITOR IS COMPETING IN:

*AGE (on date of tournament)	KIHON - BASIC All Ages 9 kyu & above	KATA - FORMS All Ages 9 kyu & above	KUMITE - FIGHT All Ages ** 9 kyu & above	FLAG SPARRING Ages 5-11 Beginner & Novice	3 Person FLAG SPARRING
5 – 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> or	<input type="checkbox"/>	<input type="checkbox"/>
12 – 17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	No Event	No Event
18 – 34	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	No Event	No Event
35 & older	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	No Event	No Event

I hereby for myself, my executor(s), my heirs, forever and always agree to save and hold harmless the Shotokan Karate Federation of Michigan (SKFofMI - Tony Valvona) and any instructor, volunteers and anyone else for any liability or injury I may sustain by the way of my traveling to or from, participating in or other direct or indirect involvement in said karate event I have entered. In addition, I hereby for now and forever accept any and all responsibilities for any actions in conjunction with said event and the traveling to or from or participation in said event. Finally, I agree to allow, without compensation, the unrestricted use of any photographs, films or video tapes of myself.

Competitor's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent / Guardian's Signature: \_\_\_\_\_ (for competitor under 18 years old)



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## TEAM KATA

### REGISTRATION FORM – Please print clearly

Dojo name/club: \_\_\_\_\_

Name of Sensei: \_\_\_\_\_ Email: \_\_\_\_\_

Team Category: \_\_\_\_\_ Team Group: \_\_\_\_\_

Competitor #1 name: \_\_\_\_\_ Sex: M/F \_\_\_\_\_ Rank: \_\_\_\_\_ Age: \_\_\_\_\_

Competitor #2 name: \_\_\_\_\_ Sex: M/F \_\_\_\_\_ Rank: \_\_\_\_\_ Age: \_\_\_\_\_

Competitor #3 name: \_\_\_\_\_ Sex: M/F \_\_\_\_\_ Rank: \_\_\_\_\_ Age: \_\_\_\_\_

Alternate name: \_\_\_\_\_ Sex: M/F \_\_\_\_\_ Rank: \_\_\_\_\_ Age: \_\_\_\_\_  
(Optional)

*We hereby submit our application for participation in the Michigan Karate Tournament. We hereby acknowledge there are possible risks of bodily injuries and release any and all claims, causes of action, loses, damages, cost expenses including, but not limited to, injuries, attorney fees, either known or unknown, now existing or arise in the future that may have whatever kind of nature against any Tournament organizer, director, or anyone else involved in any way with the Tournament. We hereby acknowledge that the Tournament organizers for publicity or promotions can use any individual, team or any other photos or videos taken of us in this Tournament without compensation to any individual team member or the Team as a whole.*

\_\_\_\_\_  
Signature of Competitor #1 (Parent if under 18 yrs old)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Competitor #2 (Parent if under 18 yrs old)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Competitor #3 (Parent if under 18 yrs old)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Alternate (Parent if under 18 yrs old)

\_\_\_\_\_  
Date

Pre-registration fee is \$45. If postmarked after March 5<sup>th</sup>, 2017, fee is \$60. No refunds after registration.

**The Tournament Director or a Team kata competitor** – Please ensure that this form is completely filled out with all three (3) competitors' names (and Alternate, if applicable) and their signatures. Make check or money order out to: Tony Valvona. Mail team registration form and along with payment to: Tony Valvona, 44060 Cottisford Rd., Northville, MI 48167-8911