

11th Annual Invitational

Michigan Karate Tournament



Sunday, March 24th, 2019

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

Web site: www.karatemi.com

- \$45 - 1 EVENT (Include \$10 for each additional event)
- \$15 per competitor \$45 – per 3 competitor kata team
- Postmark all Fees & Registration Forms by **March 3th, 2019**
- Add \$5 late fee per event if postmarked after March 3th, 2019
- **No registration will be accepted after March 10th, 2019**
- 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
10:45 am	Ages 6-17: Team Kata and Kata
11:15 am	Ages 5-17 Kumite (Sparring) competitors
11:45 am	Ages 18 and older: Kihon competitors
12:15 pm	Ages 18 and older: Team Kata and Kata
12:30 pm	Ages 18 and older: Kumite competitors

The last check-in time is **12:30 pm**. If you arrive late, go straight to the administration table. If you arrive after 1:00 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, Gatorade 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:

1st, 2nd and 3rd 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 18 & older: 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: Foot, shin/instep pads are optional.
- 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

Age Categories

Children: 5 – 11 Youth: 12 – 17 Adults: 16 – 34 Seniors (1): 35 – 44 Seniors (2): 45 & older

9th -- 8th 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.

7th -- 6th Kyu

Stepping back with right leg in Kamae (combative stance) then leaving punching or blocking arm out in between counts. *Each combination 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.

5th -- 4th Kyu

Stepping back with right leg in Kamae (combative stance) and coming back to Kamae in between counts. *Each combination 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.

3rd Kyu through Black Belt

Stepping back with right leg in Kamae (combative stance) and coming back to Kamae in between counts. *Each combination 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.

The Tournament Director reserves the right to combine divisions and / or mix genders

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 (1) ----- Ages 35 – 44
Seniors (2) ----- Ages 45 & 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 (1) Male - Ages 35 – 44

Seniors (2) Male - Ages 45 & older

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

Adults Female - Ages 18 – 34

Seniors (1) Female - Ages 35 – 44

Seniors (2) Female - Ages 45 & older

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
- If a team is short one competitor, they have the option using a younger age competitor. However, older competitors cannot compete in the younger age group.

Team Categories and Groups: 9th kyu thru 4th kyu and 3rd kyu thru black belt

Children Team: Ages 6 – 11

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

Youth Team: Ages 12 – 17

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

Adult Team: Ages 18 – 34

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

Senior Team: Ages 35 and above

- Two groups: Group A – ages 35 and above - 9th kyu thru 4th kyu
Group B – ages 35 and above - 3rd 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

- * Commands to start and stop performance, such as, stomping of the feet, slapping the chest, arms or karate-gi, and inappropriate exhalation are all examples of external cues and will be taken into account by the judges when arriving at a decision.

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.)

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

INSTRUCTORS: Please make sure that your students have the necessary equipment to compete in this tournament.

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 print clearly)

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: \$45 2 EVENTS: \$55 3 EVENTS: \$65 4 EVENTS: \$75 • Postmark all Fees & Registration Forms by March 3 th , 2019 • Add \$5 late fee per event if postmarked after March 3 th , 2019 • No registration will be accepted after March 10th, 2019 • No Refunds After Registration
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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 3rd or more family members living in the same household

COMPETITION FEE (Place X in box that applies)	1 Event \$45 <input type="checkbox"/>	2 Events \$55 <input type="checkbox"/>	3 Events \$65 <input type="checkbox"/>	4 Events \$75 <input type="checkbox"/>
	Late Fee \$50 <input type="checkbox"/>	Late Fee \$65 <input type="checkbox"/>	Late Fee \$80 <input type="checkbox"/>	Late Fee \$95 <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"/>	<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 – 44	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	No Event	No Event
45 & 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)**

TEAM KATA

\$15 per competitor \$45 per 3 competitor kata team
Pre-registration fee is \$45. If postmarked after March 3rd, 2019, fee is \$60. No refunds after registration.

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

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