

# Winter Karate Tournament. Sat 22, Feb 2020

Cumberland Baptist Church  
4958 Cumberland Rd, Fayetteville, NC 28306

Name: \_\_\_\_\_ Belt: \_\_\_\_\_ Rank: \_\_\_\_\_  
Address: \_\_\_\_\_

Tel: \_\_\_\_\_ Age: \_\_\_\_\_ Wt. \_\_\_\_\_ Sex: \_\_\_ M \_\_\_ F  
Instructor: \_\_\_\_\_ Rank: \_\_\_\_\_ School: \_\_\_\_\_

Tournament Schedule (Check the events you are participating in)

Saturday Feb, 22, 2020 (8:30am doors open for registration)

9:00AM \_\_\_ Clinics 11:00 AM Line Up & Opening Ceremonies, Team Forms

11:00am: \_\_\_ Forms \_\_\_ Weapons. \_\_\_ Sparring \_\_\_ Padded Weapons \_\_\_ Team Forms

**Divisions will be combined or split at the discretion of the Tournament Director.**

Tournament Fee: PRE-REG on/before Feb 15, 2020

Clinics and/or Competition: \_\_\_\$30 Individual \_\_\_\$60 Family

AFTER Feb 15, 2020. Register at the door. \$40 per person, per day. (No family discount)

Spectator Fees (Paid at the Door): Individual \$5 Family \$10

Mail applications postmarked on/before Feb 15, 2020 to:

(Make Checks payable to "SKTSD")

David Sgro: Winter Karate Tournament 2020

439 Westwood SC PMB #215

Fayetteville, NC 28314

Waiver of Claim: I hereby submit my application for registration in "Winter Karate Tournament 2020". I agree to waive all claims against any persons, schools, or association, connected with the Cumberland Baptist Church, and David Sgro. I assume complete and full responsibility for any injuries I may sustain, and likewise will assume full responsibility for all my actions in connection with this tournament. I understand further that I will strictly observe and obey the rules and regulations as posted for this tournament. I understand Foam Type Head Gear, Hand Pads, Foot Pads and Mouth Guards are required for all Sparring Divisions. Head gear, eye protection, and hand gear is required for Padded Weapons Sparring. A groin cup is recommended for males. Waivers will be signed by a parent or guardian if a competitor does not have a groin cup (male), or mouth guard.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

If under 18 years, guardian must sign

## **RULES & REQUIREMENTS**

**1) FORMS:** Recognized traditional forms only

**2) SPARRING GEAR:** Foam Head, Hand, Foot gear, mouthpiece, (groin cup recommended).

**A) POINTS:** All techniques are 1 point. A majority of judges needed to score

**B) ACCEPTABLE TARGET AREA:** Front and side of the body from the belt up. The head, specifically the front and side of the face.

**C) UNACCEPTABLE TARGET AREA:** Any part of the body below the belt or any part of the back, back of the neck, top of the head, No contact to the face (eyes, nose, mouth)

**D) ALLOWABLE CONTACT:** Light contact to the body and head. (No contact to the face area (eyes, nose, mouth) Hand techniques include lead punch, reverse punch, back fist, and ridge hand.

**E) ILLEGAL TECHNIQUES:** No Spin Back-fist, elbows, or open hand (except ridge hand) or knee kicks allowed

**F) TIME LIMIT:** Matches are 2 minutes, high score wins.

**G) TIES:** Continue with 1-minute round (s) until the tie is broken. (No sudden victory).

**H) JUDGE HAND CALLS (Majority of judges, 2 judges required to call a point):**

“Point Red” or “Point Blue”: Judges raise red or blue flag

“No point”: Judges cross hands in front of body

“No see”: Covers hands over eyes. This eliminates them for the scoring of that point

“Out of bounds”: Judge points to the floor with the flag “Excessive Contact”: Judges strike the flags together to signify excessive contact.

**I) WARNINGS** (Excessive Contact, Unallowable target area, Illegal techniques, Running out of the ring)

**1st Warning:** Verbal warning

**2nd Warning** (same category): A point is awarded to the Opponent

**3rd Warning:** DQ (Disqualification)

**NOTE:** An immediate DQ may be issued if 2 or more judges deem the contact was excessive enough, or for unsportsmanlike conduct from the competitor or a PARENT of a minor child.

**3) WEAPONS:**

Any weapon may be demonstrated. Weapons may be inspected by the chief referee and any unsafe weapon will be disqualified for use. NO LIVE (SHARPENED) blades will be allowed.

#### **4) TEAM FORM:** (Three – Five Participants)

Participants may be any age/sex. Demonstrate one form. Team enters the division of the highest ranked student; but must not perform a form (Hyung or Kata) above the rank of the junior student. Black Belt Teams may have all ranks, including Master Ranks. Teams may change direction, timing, and rhythm. Teams may form patterns or lines with techniques. Teams are not allowed to add or eliminate moves; however, teams may add spins or slight adjustments in foot work to alter footwork distances. “Bunkai” (Self-Defense Application), but it must apply to the movement from the form

**5) PADDED WEAPON SPARRING:** Padded Stick (NOT Handmade PVC Pipe) Foam Head Gear with Face Shield, Hand Gear. Additional padding allowed, (i.e. Forearm, shin, foot, chest, leg padding). No “hard” plastic shin gear allowed (i.e. soccer plastic shin guards). Groin cup recommended).

**A) POINTS:** All techniques are 1 point. A majority of judges needed to score.

First disarm is one point for the person who disarmed his opponent.

Second disarm is “winner” for the one disarming. A disarm is when the opponent drops his padded stick, either by striking the opponents weapon out of their hand, with your padded stick.

**B) ACCEPTABLE TARGET AREA:** Front and side of the body from the belt up. The head, specifically the front and side of the face. Arms. Legs.

**C) UNACCEPTABLE TARGET AREA:** Any part of the body below the belt or any part of the back, back of the neck, top of the head, No contact to the “Face Triangle” (eyes, nose, mouth)

**D) ALLOWABLE CONTACT:** Light contact to: Body, head, arms, legs. (Not “Face Triangle”)

**E) ILLEGAL TECHNIQUES:** No thrusting of the weapon.

**F) TIME LIMIT:** Matches are 2 minutes, high score wins.

**G) TIES:** Continue with 1-minute round(s) until the tie is broken. (No sudden victory).

**H) JUDGE HAND CALLS (Majority of judges, 2 judges required to call a point):**

“Point Red” or “Point Blue”: Judges raise red or blue flag

“No point”: Judges cross hands in front of body

“No see”: Covers hands over eyes. This eliminates them for the scoring of that point

“Out of bounds”: Judge points to the floor with the flag.

“Excessive Contact”: Judges strike the flags together to signify excessive contact.

**I) WARNINGS (i.e. Contact: Excessive, Unallowable target area, Illegal Techniques, Running out of the ring)**

**1st Warning:** Verbal warning

**2nd Warning** (same category): A point is awarded to the Opponent  
**3rd Warning:** Disqualification

**6) BREAKING (Wood):** Participants must break “real” wood, not “demonstration boards”.  
added Stick (NOT Handmade PVC Pipe) Foam Head Gear with Face Shield, Hand Gear.  
Additional padding allowed, (i.e. Forearm, shin, foot, chest, leg padding). No “hard” plastic shin  
gear allowed (i.e. soccer plastic shin guards). Groin cup recommended).

NOTE: A disqualification may be issued immediately if 2 or more judges deem the contact was  
excessive enough). Also, excessive unsportsmanlike conduct from the competitor OR the  
PARENT of a minor child may result in immediate disqualification.)

**Questions? E-Mail Kwan Jang Nim David Sgro at [DavidLSgro@gmail.com](mailto:DavidLSgro@gmail.com)  
E-Mail is the best way to reach me.**