

9TH ANNUAL ROCKY MOUNTAIN DOJO KYOKUSHIN KARATE TOURNAMENT

Date: November 6, 2010
Time: 8:30 am – 5:00pm
Place: Tembec Gym
220 Cranbrook Street North
Cranbrook, BC

Entry Deadline: October 22, 2010

**Submit Entry
Forms to:** Sempai Maxine Adshead
6 Anderson Crescent
Cranbrook, BC V1C 3G7

Fees: Kata \$20
Kumite: \$25
Friday Night Training: \$10 (non competitors)
Admission to Venue: \$3 (5 yrs and over)

TOURNAMENT SCHEDULE

November 5:	6:30–8:00	Friday Night Training
November 6:	8:00 am	Registration Officials Sign-in
	8:30-5:00	Tournament
	7:00 pm	Sayonara Party Location to be determined

All entries must include:

- **completed entry form for each event**
- **payment**
- **signed IKOK-C waiver**

ENTRIES

All entry forms must be fully completed and include payment and a signed General Liability Waiver.

DIVISIONS

Divisions may be combined or cancelled at the Tournament Director's discretion.

SAFETY EQUIPMENT

Properly sized mouth guards are required for all kumite divisions. Head gear is mandatory for all continuous non-contact and knockdown divisions with the exception of the Open Division. Groin cups are mandatory for Knockdown Divisions.

The Rocky Mountain Dojo will provide all headgear, chest protectors, shin guards and gloves for the children divisions.

Adults must supply their own equipment including chest protectors (there will be two adult chest protectors available).

OFFICIALS DRESS CODE

All tournament helpers, marshals and officials must adhere to the tournament dress code. Official's dress code (navy shirt, Canada patch over left breast pocket) will be strictly enforced. IKO certified officials may substitute a white shirt with a navy blue short sleeve shirt with appropriate IKO patch.

ACCOMMODATION

The Sandman Hotel is within walking distance of the tournament venue. A block of rooms have been reserved for the Rocky Mountain Dojo Karate Tournament at a rate of \$70/night. To secure this rate, bookings must be made by **OCTOBER 1, 2010**. The preferred rate will be available for later bookings, subject to availability of rooms.

Please call 250-426-4236 in order to make a reservation directly with the hotel or call our toll free number at 1-800-726-3626 to reach our Central Reservations and *ask to be transferred to the Cranbrook property* as your reservation is part of a group booking. Please provide a credit card number in order to guarantee the booking.

The Sandman is located on Hwy 3, "the Strip" in Cranbrook.

DIRECTIONS TO TOURNAMENT VENUE (TEMBEC GYM) AND FRIDAY NIGHT TRAINING

Coming from the east on Hwy 3, turn left on 2nd Street North, and coming from the west on Hwy 3, turn right on 2nd Street North (OK Tire is on the corner).

One block in, the Tembec gym is on the left-hand side. Parking is available both on Tembec's site, and across the street. Friday night training will take place in the Cranbrook Public Library Recreational Room. This is across the street from the tournament location, in the heritage brick building adjacent to the library, named, "Manual Training Building".

COMPETITION RULES

GENERAL RULES

No pushing and grabbing; no contact with any hand techniques to the head; no contact with any techniques to the back; no forward front roll kick.

CHILDREN'S KNOCKDOWN DIVISIONS

One round, 1-1.5 minutes, no extensions; no contact with any technique to the head, legs or collarbone; male and females combined for all 12 & under divisions

INTERMEDIATE DIVISIONS—COLOUR BELT: 13&14; 15&16; 17&18 year olds

One round, 1.5-2 minutes, no extensions; no contact with any technique to the head or collarbone; no contact with any technique on or below the knee; separate divisions, male/female.

COLOURED BELT: 19 years and Over

One round, 2 minutes; 1 extension in final (1 minute); no contact with any technique to the knee; separate divisions for males and females.

COLOURED BELT: 35 years and Over

One round, 2 minutes, no extensions; light touch to the head (kicks); no contact with any technique on or below the knee; separate divisions for males and females.

OPEN DIVISION

One round, 2 minutes (3 minutes in final); 2 extensions allowed in all matches (2 minutes each); if draw after two extensions, then decision goes to weight; the lighter competitor is given the victory. If the weight difference is less than 3kg, then the competitor with the greatest number of boards broken wins; separate divisions for males and females.

9TH ROCKY MOUNTAIN KYOKUSHIN KARATE TOURNAMENT

KATA DIVISIONS

NAME: _____

DOJO: _____ IKO MEMBERSHIP #: _____

PHONE: _____ EMAIL _____

HEIGHT: _____ WEIGHT: _____ DOB: _____

INSTRUCTOR: _____

I understand that this registration for the above mentioned tournament may be terminated at any time. I have chosen to participate in the 9th Rocky Mountain KYOKUSHIN KARATE Tournament and I understand there are risks involved in any physical activity. I therefore choose to participate not holding any sponsoring company, organization or individual responsible should any injury of any nature occur while taking part in this tournament. Upon being accepted to participate in the tournament, I will obey all the rules and regulations governing said tournament. I agree that this registration may be cancelled at any time.

SIGNED: _____ DATE: _____

PARENT OR GUARDIAN SIGNATURE:

(IF UNDER 19 YEARS OLD)

Kata Divisions (tick one)

White/Orange Belt U12		White/Orange Belt	
Blue Belt U12		Blue Belt	
Yellow Belt		Green Belt	
Brown Belt		Black Belt	
Open		Team	

ENTRY DEADLINE: October 22, 2010

ENTRY FEES: Kata divisions -- \$20.00

*****ALL COMPETITORS MUST BE REGISTERED BY 08:30 a.m. *****

9TH ROCKY MOUNTAIN KYOKUSHIN KARATE TOURNAMENT

KUMITE DIVISIONS – AGE 13 +

NAME: _____

DOJO: _____ **IKO MEMBERSHIP #:** _____

PHONE: _____ **EMAIL** _____

HEIGHT: _____ **WEIGHT:** _____ **DOB:** _____

INSTRUCTOR: _____

I understand that this registration for the above mentioned tournament may be terminated at any time. I have chosen to participate in the 9th Rocky Mountain KYOKUSHIN KARATE Tournament and I understand there are risks involved in any physical activity. I therefore choose to participate not holding any sponsoring company, organization or individual responsible should any injury of any nature occur while taking part in this tournament. Upon being accepted to participate in the tournament, I will obey all the rules and regulations governing said tournament. I agree that this registration may be cancelled at any time.

SIGNED: _____ **DATE:** _____

KNOCKDOWN:

C.B. 13 & 14 YEARS (110 & under) _____ Female (120 & under) _____ Male

C.B. 13 & 14 YEARS (111 & over) _____ Female (121 & over) _____ Male

C.B. 15 & 16 YEARS (120 & under) _____ Female (140 & under) _____ Male

C.B. 15 & 16 YEARS (121 & over) _____ Female (141 & over) _____ Male

C.B. 17 & over (135 & under) _____ Female (165 & under) _____ Male

C.B. 17 & over (136 & over) _____ Female (166 & over) _____ Male

C.B. SENIORS
(35 years & over) _____ Female _____ Male

SENIORS OPEN
(35 years & over) _____ Female _____ Male

BROWN BELT
(16 to 18 years) _____ Female _____ Male

OPEN DIVISION

Lightweight: (135 & under) _____ Female (165 & under) _____ Male
Heavyweight: (136 & over) _____ Female (166 & over) _____ Male

ENTRY DEADLINE: October 22, 2010
ENTRY FEES: Kumite divisions -- \$25.00

*******ALL COMPETITORS MUST BE REGISTERED BY 08:30 a.m. *******

9TH ROCKY MOUNTAIN KYOKUSHIN KARATE TOURNAMENT

KUMITE KNOCKDOWN DIVISIONS – AGE 12 AND UNDER

NAME: _____

DOJO: _____ **IKO MEMBERSHIP #:** _____

PHONE: _____ **EMAIL** _____

HEIGHT: _____ **WEIGHT:** _____ **DOB:** _____

INSTRUCTOR: _____

I understand that this registration for the above mentioned tournament may be terminated at any time. I have chosen to participate in the 9th Rocky Mountain KYOKUSHIN KARATE Tournament and I understand there are risks involved in any physical activity. I therefore choose to participate not holding any sponsoring company, organization or individual responsible should any injury of any nature occur while taking part in this tournament. Upon being accepted to participate in the tournament, I will obey all the rules and regulations governing said tournament. I agree that this registration may be cancelled at any time.

SIGNED: _____ **DATE:** _____

KNOCKDOWN:

- _____ Children – 12 & under (under 60 lbs) (male & female combined)
- _____ Children – 12 & under (61 to 70 lbs) (male & female combined)
- _____ Children – 12 & under (71 to 80) (male & female combined)
- _____ Children – 12 & under (81 - 90) (male & female combined)
- _____ Children – 12 & under (91 - 100) (male & female combined)
- _____ Children – 12 & under (101 and over) (male & female combined)

ENTRY DEADLINE: October 22, 2010
ENTRY FEES: Kumite divisions -- \$25.00

*******ALL COMPETITORS MUST BE REGISTERED BY 08:30 a.m. *******

9TH ROCKY MOUNTAIN KYOKUSHIN KARATE TOURNAMENT

OFFICIALS ENTRY

NAME: _____

DOJO: _____ **IKO MEMBERSHIP #:** _____

PHONE: _____ **EMAIL** _____

9TH ROCKY MOUNTAIN KYOKUSHIN KARATE TOURNAMENT

FRIDAY-NIGHT TRAINING ***(NOVEMBER 5TH)***

NAME: _____

DOJO: _____ IKO MEMBERSHIP #: _____

PHONE: _____ EMAIL _____

INSTRUCTOR: _____

ENTRY DEADLINE: October 22, 2010
\$10 Fee for non-competitors

IKOK-C General Liability Waiver Form

NAME: _____
DOJO: _____
HEIGHT: _____ **WEIGHT:** _____ **D.O.B.:** _____
HEAD INSTRUCTOR: _____ **PHONE:** _____

I have voluntarily chosen to participate in the Rocky Mountain Dojo's 9th Annual Tournament, dated Friday November 5th to Saturday November 6th, 2010 in the sport of karate in a dojo that is affiliated or associated with the International Karate Organization Kyokushinkaikan (Canada) (IKOK-C) and I understand there are inherent physical risks involved in participating with this activity, as karate is a martial art that involves full physical contact. As part of this sport I will be directed to participate in physical warm ups that may involve stretching, calisthenics (including push-ups and sit-ups) as well as running and other training methods. I may also be directed to perform karate exercises (kihon) that involve kicking, punching and blocking. Further I may be directed to participate in movements known as kata that are a combination of karate forms. I may also be directed to participate in movements known as self defense which may involve joint manipulation, various holds on all parts of the body (including neck) as well as break falling. All of these exercises will lead to participation in sparring and fighting which are integral parts of the sport of kyokushin karate. All of these activities have risk of physical injury or death as contact is applied on the both the receiving and attacking end. I understand and accept these inherent risks of this sport. I agree to follow all directions and warnings giving to me by all instructors of the dojo and my failure to follow such directions or warnings may result in physical injury to myself. I hereby indemnify and hold harmless the Parties (as set out below) against all losses or claims of whatever kind in connection with loss of life, personal injury, economic loss or damage to property arising from my participation in this sport. I agree not to make any claim or take proceedings against the Parties for any losses or claims of whatever kind arising from my participation in all of the activities of the dojo including the regular classes and special events, such as tournaments that I may become involved in. I agree to obey all the rules, policies and regulations governing the operation of the dojo as advised to me by my instructor or on the IKOK-C website, or Student Handbook. "Parties" are the IKOK-C, the Board of Directors and Officers of the IKOK-C, the IKOK-C Branch Chief, all instructors and members of the IKOK-C and the Head Instructor, the instructors, members, students and owners of this Dojo.

SIGNED: _____ **DATE:** _____

PARENT OR GUARDIAN SIGNATURE: **PARENT OR GUARDIAN NAME: (PRINT)**
(IF UNDER 19 YEARS OLD)

Photo Release Form

I hereby give permission for my photograph to be taken and used by the IKOK-C and/or the above mentioned dojo for publication of the photograph in brochures, web sites, leisure guides and other promotional materials the IKOK-C and/or the above mentioned dojo creates, including permission for the IKOK-C and/or the above mentioned dojo to copyright the photograph in its name. The purpose of the promotional materials is to encourage people to participate in activities of the IKOK-C and/or the above mentioned dojo.

I hereby release the IKOK-C and/or the above mentioned dojo from all claims arising out of its use of the photograph, including all claims for libel or invasion of privacy.

I confirm that I have read this form and understand its contents

SIGNED: _____ **DATE:** _____

PARENT OR GUARDIAN SIGNATURE: **PARENT OR GUARDIAN NAME: (PRINT)**
(IF UNDER 19 YEARS OLD)