



# DOJO KATA TOURNAMENT

3 Rowland Crescent, St.Albert

**SATURDAY  
FEB 7  
2026**



As part of our continuing efforts to improve confidence in our ability to perform, we will be holding our annual in-house kata tournament. All students are invited to take part. This includes white belts as long as they can roughly get through sanchin kata, and don't worry, we will be there to help them!

It is a great opportunity for all students to demonstrate their karate in a tournament environment in preparation for **Spirit of the North 2026 this July**.

## CHECK IN TIMES



9:30 Officials meeting

9:45 White/ yellow/ blue belt children 11 yrs & under

10:15 Red/ purple belt children 11 yrs & under

10:45 Green belt children 11 yrs & under

11:15 Brown/ Jr. Black belt children 11 yrs & under

12:00 All students 12 yrs to adult

- Each competitor will perform two kata and your two scores will be averaged for your final score. Students green belt and above must do two different kata. Students purple belt and below can repeat the same kata if they choose. Blue belts and above cannot do sanchin.
- To avoid congestion in the dojo we ask that participants try not to arrive early.
- **Black Belts** who are able to officiate please sign up at the office by **Wed, Feb 4**. Regular officials attire expected.
- **Junior Officials** Jr. Black Belts 12+ years who have done officiating training are also encouraged to sign up to officiate. Beginners may be shadowing and those who have some experience will be officiating.
- **Volunteers** are needed for scorekeeping, registration desk, ring assistance and food for volunteers. Please let Sensei Janet know if you can help by leaving a message at **780-458-6931** or email to [desakarate@shaw.ca](mailto:desakarate@shaw.ca) or sign up on the bulletin board.
- No regular classes at the St. Albert dojo on tournament day.



## KATA CHALLENGE REGISTRATION FORM

**\$25** per person | **\$45** for 2 in family | **\$60** for 3 in family | **\$75** for 4 in family >> if registered by evening of Feb 4.  
Add **\$5** per person or **\$10** per family if registering after evening of Feb 4.

NAME (S)	AGE	MALE	FEMALE	RANK	BEST PHONE NUMBER TO REACH YOU	E-MAIL ADDRESS

**Note:** Cash or cheque made out to MEM Karate.  
eTransfer to [desakarate@shaw.ca](mailto:desakarate@shaw.ca) is acceptable.

**FORM MUST BE SENT AT SAME TIME AS PAYMENT**

**TOTAL FEE PAID** \$ \_\_\_\_\_