



DOJO KATA TOURNAMENT

3 Rowland Crescent, St.Albert

**SATURDAY
MARCH 11
2023**



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 **Shinjo Sensei's visit in July 2023 for the Spirit of the North Kenyukai Koshukai!**

CHECK IN TIMES



- 9:30** Officials meeting
- 9:45** White/yellow belt children 11yrs & under
- 10:15** Blue/red belt children 11yrs & under
- 11:00** Purple/green belt children 11yrs & under
- 12:00** Brown/Jr. Black belts children 11yrs & under
- 1:00** White to green belts 12yrs to adult
- 2:00** Brown/Jr. Black/black belts 12yrs 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 **March 8**. 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 or sign up on the bulletin board.
- No regular classes at the St. Albert dojo.



KATA CHALLENGE REGISTRATION FORM

\$20.00 if registered by **March 7**.
\$55.00 Family maximum.

\$25.00 if registering after **March 7** with **\$65.00** family maximum, however no registrations will be accepted after the evening of **March 9**.

NAME (S)	AGE	MALE	FEMALE	RANK	BEST PHONE NUMBER TO REACH YOU

I would like to volunteer for: Official ☐ Jr. official ☐ Scorekeeper ☐ Ring assistant ☐ Registration desk ☐

☐ I will bring _____ for volunteer food

Note: One form per family. Cash or cheque made out to MEM Karate. **TOTAL FEE PAID** \$ _____