



A CANADIAN ZEN KARATE ASSOCIATION SANCTIONED EVENT

March 20, 2016

Dear Instructor,

Once again it is my great pleasure to invite you and your students to the 38th Annual Western Canadian Karate Championships which will be held May 21, 2016 at the Hunting Hills High School in Red Deer, Alberta.

This is the province's longest running martial arts event of its kind and competition will be open to all qualified schools and styles. This year in order to shorten the day, we will be running most forms and sparring divisions back to back. If you know of any schools that have not been invited, please feel free to extend this invitation to them.

I look forward to seeing you in May.

Yours in martial arts,

Lyle Cheney
Master Instructor
Cheney's Zen Karate & Kickboxing
Alberta Director Canadian Zen Karate-Do Association



INFORMATION SHEET

38th Annual Western Canadian Karate Championships

LOCATION:	Hunting Hills High School (see map) 150 Lockwood Ave. Red Deer, Alberta
REGISTRATION:	Saturday, May 21, 2016 at 8:30-9:30 a.m.
BLACK BELT MEETING:	9:30-10:00 a.m.
COMPETITION BEGINS AT:	10:15 a.m.
COST:	\$60.00 for 1-2 events \$10.00 for each additional event

BLACK BELT SPARRING GRAND CHAMPION WILL RECEIVE \$300.00

BLACK BELT FORMS GRAND CHAMPION WILL RECEIVE \$250.00

SPARRING AND FORMS DIVISIONS

1. LITTLE DRAGONS (Forms & Sparring)	5 & UNDER	All Belts
2. MINI PEE WEE (Forms & Sparring)	6-7 YEARS	•White-Yellow •Orange-Green •Blue-Black
3. PEE WEE A (Forms & Sparring)	8-9 YEARS	•White-Yellow •Orange-Green •Blue-Black
4. PEE WEE B (Forms & Sparring)	10-11 YEARS	•White-Yellow •Orange-Green •Blue-Black
5. JUNIOR A (Forms & Sparring)	12-13 YEARS	•White-Yellow •Orange-Green •Blue-Brown
6. JUNIOR B (Forms & Sparring)	14-16 YEARS	•White-Yellow •Orange-Green •Blue-Brown
7. PEE WEE WEAPONS	11 YEARS & UNDER	•White-Black
8. JUNIOR WEAPONS	12-16 YEARS	•White-Brown
9. JUNIOR WEAPONS	12-16 YEARS	•Black Belts
10. JUNIOR BLACK A (Forms & Sparring)	12-14 YEARS	•Black Belts
11. JUNIOR BLACK B (Forms & Sparring)	15-16 YEARS	•Black Belts
12. MEN (Forms & Sparring)	17 & OVER	•White-Yellow •Orange-Green •Blue-Brown
13. EXECUTIVE MEN (Forms & Sparring)	35 & OVER	•White-Green •Blue-Brown

Head Gear Mandatory

SPARRING AND FORMS DIVISIONS

14. WOMEN (Forms & Sparring)	17 & OVER	<ul style="list-style-type: none">•White-Yellow•Orange-Green•Blue-Brown
15. EXECUTIVE WOMEN (Forms & Sparring)	25 & OVER	<ul style="list-style-type: none">•White-Green•Blue-Brown
16. TEAM FORMS (The highest team member)		<ul style="list-style-type: none">•White-Orange•Green-Black
17. WEAPON FORMS	17 & OVER	<ul style="list-style-type: none">•White-Orange•Green-Brown•Black Belts
18. MUSICAL FORMS		ALL BELTS
19. BLACK BELT FORMS WOMEN	17 & OVER	HARD STYLE SOFT STYLE
20. BLACK BELT FORMS MEN	17 & OVER	HARD STYLE SOFT STYLE
21. BLACK BELT FORMS EXECUTIVE	35 & OVER	HARD/SOFT STYLE
22. BLACK BELT SPARRING	17 & OVER	<ul style="list-style-type: none">•Women•Light weight men•Middle weight men•Heavy weight men•Executive•Master executive
	35-44 years	
	45 & Over	

*White belt through green belt is non contact sparring

*Blue belt and above is touch contact sparring

Head Gear Mandatory

SEMI-CONTACT KICKBOXING & MODIFIED MUAY THAI 17& OVER

1. MEN

NOVICE -- UNDER 1 YEAR

- LIGHT WEIGHT
- MIDDLE WEIGHT
- HEAVY WEIGHT

INTERMEDIATE 1-2 YEARS

- LIGHT WEIGHT
- MIDDLE WEIGHT
- HEAVY WEIGHT

ADVANCED 2 YEARS+

- LIGHT WEIGHT
- MIDDLE WEIGHT
- HEAVY WEIGHT

2. WOMEN

NOVICE -- UNDER 1 YEAR

- LIGHT WEIGHT
- MIDDLE WEIGHT
- HEAVY WEIGHT

INTERMEDIATE 1-2 YEARS

- LIGHT WEIGHT
- MIDDLE WEIGHT
- HEAVY WEIGHT

ADVANCED 2 YEARS+

- LIGHT WEIGHT
- MIDDLE WEIGHT
- HEAVY WEIGHT

3. JUNIORS

11-12yrs.

13-14yrs.

15-16yrs.

Experience level and weight divisions
will be divided up
once the competitor pool is established.

Head Gear Mandatory

SPARRING RULES

Sparring: Non-contact

- No contact to the head, all blows must be stopped within two inches of the head
- contact to the body can be of medium force
- no strikes below the belt (with the exception of sweeps)
- if head contact is made, first offense results in loss of point, second offense results in disqualification
- all matches will be two minutes in duration or five point spread. In case of a tie, match will go into sudden death.
- foot sweeps are allowed but must be followed up immediately

Sparring: Touch-contact

- contact to the head must be light (neck must not snap) but is not always necessary to score a point. If there is no defense to a strike then a point should be called
- contact to the body can be made, but any malicious attempt to injure will not be tolerated
- no strikes below the belt (with the exception of sweeps)
- if excessive contact is made, first offense results in loss of point, second offense results in disqualification
- foot sweeps must be boot-to-boot and must be followed up

Sparring: All divisions

- if a person falls due to a sweep or a slip you have three seconds to score on the ground (must be a non-contact to the person on the ground)
- any disrespect to officials (e.g., swearing, showing poor sportsmanship, etc.) will not be tolerated. Black belts or instructors guilty of this offense may be disqualified and may have their entire clubs disqualified at the discretion of the Chief Referee

Mandatory Equipment

- **Foam hand gear and foot gear** which covers the heel, groin cup, and mouth guard
- **HEAD GEAR IS MANDATORY**

Disallowed Techniques

- Knee and elbow strikes
- Groin attacks
- Leg attacks (with the exception of boot-to-boot sweeps)

ALL OTHER TECHNIQUES WILL BE DISCUSSED AT THE BLACK BELT MEETING

KICKBOXING RULES

1. Single elimination matches of 90 seconds. Finals will be two 60 second rounds.
2. Light controlled contact to the head and controlled contact to the body
Excessive contact -warning or immediate disqualification
2nd warning-disqualification.
3. Leg kicks inside and outside of leg above the knee only.
4. No knee or elbow attacks.
5. No contact to the back of the head.

Required equipment- Min.14oz boxing gloves, Head gear, Shin & instep protectors, Groin cup, & mouth guard.

MODIFIED MUAY THAI RULES

Same rules as Kickboxing but allowing knees to the body and legs.

“WESTERN CANADIAN KARATE CHAMPIONSHIPS”

OFFICIAL ENTRY FORM

PLEASE PRINT

NAME _____ RANK _____ STYLE _____

ADDRESS _____
Street City Prov./State

AGE _____ HOW LONG HAVE YOU PRACTICED YOUR ART? _____

CLUB NAME _____ INSTRUCTOR _____

CLUB ADDRESS _____ EMAIL _____ PHONE _____

I hereby voluntarily submit my application for attendance and participation in the “WESTERN CANADIAN KARATE CHAMPIONSHIPS” as shown on this form, and do hereby assume full responsibility for any and all damages, injuries or losses that I may sustain or incur, if any, while attending or participating, and I hereby waive all claim against the promoters, or operators, or sponsors of said “WESTERN CANADIAN KARATE CHAMPIONSHIPS” individually or otherwise, for any claim for injuries that I might sustain.

I fully understand that any medical treatment given me will be of FIRST AID nature only.

I consent that any pictures of me or any picture taken of me in connection with the Championships can be used for publicity, promotion or television showing and I waive compensation in regard thereto.

PARTICIPANT _____ DATE _____

IF THE APPLICANT IS UNDER 18 YEARS OF AGE, THIS APPLICATION MUST BE SIGNED BY HIS OR HER GUARDIAN OR PARENT.

PARENT OR GUARDIAN _____ DATE _____

**ENTRANCE FEE: \$60.00 for 1-2 Events
\$10.00 for each additional event**

DIVISIONS ENTERED:

KATA ___ TEAM KATA ___ WEAPONS ___ MUSICAL KATA ___

SPARRING ___ LIGHT- KICKBOXING ___ MODIFIED MUAY THAI ___

HEAD GEAR MANDATORY