



A CANADIAN ZEN KARATE ASSOCIATION SANCTIONED EVENT

March 10, 2025

Dear Instructors,

Once again it is my great pleasure to invite you and your students to the 45th Annual Western Canadian Karate Championships which will be held May 24, 2025 at Hunting Hills High School in Red Deer, Alberta.

This is Canada's longest running martial arts event of its kind and competition will be open to all qualified schools and styles. This year, as in previous years in order to shorten the day, we will be running most forms and sparring divisions back-to-back.

In addition to our wide range of divisions, we will also feature 2 Junior colored belt Grand Champion events as well as an Adult colored belt Grand Champion event.

If you know of any schools that have not been invited, please feel free to extend this invitation to them.

For our Kickboxing & Muay Thai competitions, all matches will be under the direction of the Alberta Ring Sports Officials Association.

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
Referee In Chief Alberta Ring Sports Officials Association
Ph. 403-347-9020
Website: cheneykarate.com



INFORMATION SHEET

45th Annual Western Canadian Karate Championships

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|------------------------------|---|
| LOCATION | Hunting Hills High School 150 Lockwood Avenue, Red Deer, Alberta |
| REGISTRATION | IN PERSON: Saturday, May 24, 2025, at 8:30 - 9:30 a.m. ONLINE REGISTRATION: go to cheneykarate.com/tournament or View the Facebook Event |
| BLACK BELT MEETING | 9:30 - 10:00 a.m. |
| COMPETITION BEGINS AT | 10:15 a.m. |
| COST | Pre-registration - \$85.00 for 1-2 events - \$10.00 for each additional event In-person registration - \$95.00 for 1-2 events - \$10.00 for each additional event |

BLACK BELT SPARRING GRAND CHAMPION WILL RECEIVE \$200.00

BLACK BELT FORMS GRAND CHAMPION WILL RECEIVE \$200.00

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) | 35 & 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, the 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 boot-to-boot and must be followed up

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, the first offense results in loss of point, second offense results in disqualification
- Foot sweeps are allowed but 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 strike 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” or “WCKC” 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 to 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 WCKC 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 _____

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| ENTRANCE FEE | Pre-Registration: | In-Person: |
| | \$85.00 for 1-2 Events | \$95.00 for 1-2 events |
| | \$10.00 for each additional event | \$10.00 for each additional event |

DIVISIONS ENTERED:

KATA ____ TEAM KATA ____ WEAPONS ____ MUSICAL KATA ____

SPARRING ____ LIGHT- KICKBOXING ____ MODIFIED MUAY THAI ____

HEAD GEAR MANDATORY