



A CANADIAN ZEN KARATE DO ASSOCIATION SANCTIONED EVENT

April 10, 2026

Dear Instructors,

Once again it is my great pleasure to invite you and your students to the 46th Annual Western Canadian Karate Championships which will be held May 30th at École Secondaire Notre Dame 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 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 be adding both hard and soft style forms for most of our colored belt divisions. There will be a Grand Champion division for colored belts 11 and under, 12-16 years and a 17 and over 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
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Website: cheneykarate.com



INFORMATION SHEET

46th Annual Western Canadian Karate Championships

LOCATION	École Secondaire Notre Dame High School 50 Lees St. , Red Deer, Alberta
REGISTRATION	IN PERSON: Saturday, May 30, 2026, 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 \$150.00

BLACK BELT FORMS GRAND CHAMPION WILL RECEIVE \$150.00

SPARRING AND FORMS DIVISIONS

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

Head Gear Mandatory

SPARRING AND FORMS DIVISIONS

14. WOMEN (Forms & Sparring)	17 & OVER (Hard & Soft)	<ul style="list-style-type: none">•White-Yellow•Orange-Green•Blue-Brown
15. EXECUTIVE WOMEN (Forms & Sparring)	35 & OVER (Hard & Soft)	<ul style="list-style-type: none">•White-Green•Blue-Brown
16. TEAM FORMS (The highest ranking 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 35 – 44 Years 45 and Over	<ul style="list-style-type: none">•Women•Light weight men•Middle weight men•Heavy weight men•Executive•Master executive

Head Gear Mandatory

SEMI-CONTACT KICKBOXING & MODIFIED MUAY THAI

1. MEN	NOVICE -- UNDER 1 YEAR	17 and Over
	<ul style="list-style-type: none">•LIGHT WEIGHT•MIDDLE WEIGHT•HEAVY WEIGHT	
	INTERMEDIATE 1-2 YEARS	
	<ul style="list-style-type: none">•LIGHT WEIGHT•MIDDLE WEIGHT•HEAVY WEIGHT	
	ADVANCED 2 YEARS+	
	<ul style="list-style-type: none">•LIGHT WEIGHT•MIDDLE WEIGHT•HEAVY WEIGHT	
2. WOMEN	NOVICE -- UNDER 1 YEAR	17 and Over
	<ul style="list-style-type: none">•LIGHT WEIGHT•MIDDLE WEIGHT•HEAVY WEIGHT	
	INTERMEDIATE 1-2 YEARS	
	<ul style="list-style-type: none">•LIGHT WEIGHT•MIDDLE WEIGHT•HEAVY WEIGHT	
	ADVANCED 2 YEARS+	
	<ul style="list-style-type: none">•LIGHT WEIGHT•MIDDLE WEIGHT•HEAVY WEIGHT	
3. JUNIORS	Experience level and weight divisions will be divided up once the competitor pool is established.	11 – 12 Years 13 – 14 Years 15 – 16 Years

Head Gear Mandatory

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.
- We will be using the 3,2,1 point system. 3 points for a jump kick to the head. 2 points for a jump kick to the body or a kick to the head. 1 point for a punch to the body or head.
- Matches will be a 2 minutes total points or a 10 point spread.

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 2 minutes. 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
6. No spinning back fists
7. Weight divisions will be formed once a competitor pool is established.

Required equipment:

Min.14oz boxing gloves,10 oz or lighter for children depending on referee discretion. 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 _____

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:

SOFT-STYLE KATA ____ **HARD-STYLE KATA** ____ **TEAM KATA** _____

MUSICAL KATA _____ **WEAPONS** _____

SPARRING ____ **LIGHT- KICKBOXING** ____ **MODIFIED MUAY THAI** _____

HEAD GEAR MANDATORY