

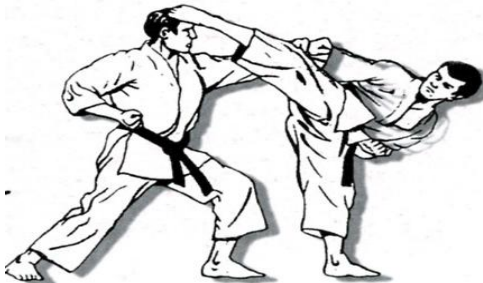


INTERNATIONAL OKINAWAN
GOJU RYU KARATE-DO FEDERATION

WEST OTAGO

Host to the
**2014 Southern Districts
Multi-Style Martial Arts**

KARATE CHAMPIONSHIPS



West Otago Community
Centre, Suffolk Street,
Tapanui

29th March 2014

Admission Gold coin donation
Family \$5

Karate – Tae Kwon Do – Kung Fu – All Martial Arts Disciplines

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West Otago Goju-Ryu Karate Club
Sensei: Gabriel Phillips
2 Cumberland Place, Tapanui. Ph/fax (03) 2048458
Email gnjphillips@xtra.co.nz

SOUTHERN DISTRICT MULTI-STYLE TOURNAMENT
Saturday 29th March 2014

Attention: All Sensei's and club members

A cordial invitation is extended to all styles to participate in this year's tournament, hosted by the West Otago Goju-Ryu Karate Club.

Could all Club Instructors please indicate if they are available to referee during the day for Kata &/or Kumite. To be fair to all competitors, referees will be briefed before hand.

Venue West Otago Community Centre, Tapanui

Starting Time 8:15am registration
9:00am Commencement of Tournament

Tournament Rules Attached. Any enquires regarding these rules should be directed to the writer. All entrants please familiarize yourselves with Kumite rules, which will also be explained on the day. Dojo's are asked to bring gloves, mouth guards (compulsory), groin guards, breast protectors, shin guards if they have them.

Waiver There is a waiver form enclosed. Please COPY and return signed for each competitor entering Kumite, Iri-Kumi Ju or Iri-Kumi Go events. Competitors under 16 years must have forms signed by their parents or Guardians. NO WAVIER NO FIGHT. Forms must be sent back BEFORE the event.

Registration Forms Attached. Entries close Saturday 22nd March 2014. Please ensure correct spelling of names on entry form and that all entries are received on time. Don't forget to enclose each persons waiver. Penalty: \$10 charge for late entry fee or any other late changes to draw.

Entry Fees

Junior (14years and under)	\$25
Colt (15 – 17years)	\$25
Senior (18 years and over)	\$30
(For the first 2 events, \$5 for each extra event)	

Door Charges

Non-participants will be charged an entry fee at the door	
Adult or child over 5	Gold Coin
Family	\$5

Canteen Lunch and snacks will be available to purchase from the canteen.

Please advise all students of the details of this tournament and encourage them to enter.

Medals will be issued to all place getters (1st, 2nd & 3rd) and certificates will be issued to all competitors taking part.

Accommodation Heriot Hotel, Roxbrough Street, Heriot ph 03 204 2211
Forest Lodge, Northumberland Street, Tapanui. Ph 03 204 8244
Please make own arrangements.

WEST OTAGO KARATE CLUB

CAN YOU ASSIST WITH THE REFEREEING???

Dear Sensei

As you will be aware, to run a good tournament you need referees.

Over the past few years we have relied on the assistance of some good people to help us out.

Can you??

If we have more referees then we can spread the workload a bit. Even if it is only for one or two events it all helps.

If you can, please contact Gabriel on (03) 2048458
or cell 027 685422
or email gnjphillips@xtra.co.nz

Thank-you

Michelle Neeson-May
Vice president
WOKC inc
damayklan@yahoo.co.nz
ph (03) 2048377

SOUTHERN DISTRICT MULTI-STYLE MARTIAL ARTS TOURNAMENT
West Otago – Saturday 29th March 2014

DIVISIONS

KATA	1	Pee Wee Boys All Grades – Under 8 Years
	2	Pee Wee Girls All Grades – Under 8 Years
	3	Junior Boys All Grades – Under 10 Years
	4	Junior Girls All Grades – Under 10 Years
	5	Junior Boys White to Yellow Belt – Under 12 years
	6	Junior Girls White to Yellow Belt – Under 12 Years
	7	Junior Boys Green to Black Belt – Under 12 years
	8	Juniors Girls Green to Black Belt – Under 12 years
	9	Boys White to Yellow Belt – Under 15 Years
	10	Girls White to Yellow Belt – Under 15 Years
	11	Boys Green Belt and Above – Under 15 Years
	12	Girls Green Belt and Above – Under 15 Years
	13	Colt Boys Below Brown Belt – 15 to 17 Years
	13a.	Colt Girls Below Brown Belt – 15 to 17 Years
	14	Colt Boys Brown and Black Belt – 15 to 17 Years
	14a.	Colt Girls Brown and Black Belt – 15 to 17 Years
	15	Senior Men's – Below Brown Belt
	16	Senior Women's – Below Brown Belt
	17	Senior Men's – Open Grade
	18	Senior Women's – Open Grade
	19	Weapons Kata – Open
	20	Teams Kata (3 per team)

KUMITE	21	Pee Wee Boys All Grades – Under 8 Years
	22	Pee Wee Girls All Grades – Under 8 Years
	23	Junior Boys All Grades – Under 10 Years
	24	Junior Girls All Grades – Under 10 Years
	25	Junior Boys White to Yellow Belt – Under 12 Years
	26	Junior Girls White to Yellow Belt – Under 12 Years
	27	Junior Boys Green to Black Belt – Under 12 Years
	28	Junior Girls Green to Black Belt – Under 12 Years
	29	Boys Green Belt and Below – Under 15 Years
	30	Girls Green Belt and Below – Under 15 Years
	31	Boys Brown and Black Belt – Under 15 Years
	32	Girls Brown and Black Belt – Under 15 Years
	33	Colt Boys – 15 to 17 Years
	34	Colt Girls – 15 to 17 Years
	35	Senior Men's – Below Brown Belt
	36	Senior Woman's – Below Brown Belt
	37	Senior Men – Open
	38	Senior Woman – Open

IRI KUMI JU Competitors **MUST** have Waver Signed to enter in this event.
Continuous free sparing – semi contact

- 39 Woman's 65kg and under
- 40 Woman's 65kg and Over

IRI KUMI GO Competitors **MUST** have Waver Signed to enter in this event.
No hand strikes to head, kicks only. Rules enclosed.

- 41 Men's Lightweight - under 65kg
- 42 Men's Middleweight – 65kg to under 75kg
- 43 Men's Light Heavyweight – 75kg to under 85kg
- 44 Men's Heavyweight 85kg and over

NOTE: *Divisions may be combined depending on the number of entries received*

KARATE – TAE KWON DO – KUNG FU
ALL MARTIAL ARTS DISCIPLINES

Southern District Multi-style Martial Arts Tournament Rules

KATA

1. The Kata must be performed with competence, and must demonstrate a clear understanding of the traditional principles it contains. In assessing the performance of a contestant or team the Judges will look for:
 - a. A realistic demonstration of the Kata and meaning.
 - b. Understanding of the techniques being used (BUNKI).
 - c. Good timing, rhythm, speed, balance and focus of power (KIME).t
 - d. Correct and proper use of breathing as an aide to KIME.
 - e. Correct focus of attention (CHAKUGAN) and concentration.
 - f. Correct stances (DACHI) with proper tension in the legs, and feet flat on the floor.
 - g. Proper tension in the abdomen (HARA) and no bobbing up and down of the hips when moving.
 - h. Correct form (KIHON) of the style being demonstrated.
 - i. The performance should also be evaluated with a view to discerning other points such as the difficulty of the Kata presented.
 - j. In Team Kata synchronization without external cues is an added factor.
2. In the first two rounds, a contestant who varies the Kata will be disqualified.
3. A contestant who comes to a halt during the performance of the Kata, or who performs a Kata different from that announced will be disqualified.

IRI KUMI JU (Continuous Free Sparring Semi-Contact)

To enter in this event you MUST have your waivers signed.

1. Matches will be 1½ minutes of continuous free sparring. The winner will be decided at the end of the 1½ minutes by HANTEL, when the referee will blow a sharp whistle, then the judges will in unison, raise their flag for the winner.
2. Semi Contact Techniques to the body and thighs are allowed, also head kicks are allowed. No punches to the face or groin.

IRI KUMI GO (Full Contact)

All waivers MUST be signed to enter in this event.

Protective equipment must be worn-
- Mouth guard
- Groin Cup
- Gloves (supplied at event)

No Glasses only "soft" contact lenses may be worn.

Only 2-minute rounds with 1 minute break in-between.

Attacks are limited to the following areas:

Head (kicks only), Face (kicks only), Chest, Abdomen, Legs, Arms

PROHIBITED area of attack includes:

eyes, neck, throat, groin, joints, back and spine.

NO Choking, NO Joint locks, NO Hand techniques to the head, No Elbow strikes or knee kicks to the prohibited areas, NO purposeless grabbing, time wasting or discourteous behavior.

Punching, kicking, grappling, ground techniques and pinning allowed-Broken after 5 seconds. Knee strikes to the legs and body allowed.

The winner will be decided by knockout or referee will call HANTEL.

Fighters will weigh in between 12:30 and 1pm.

POINTS SPARRING

Article 5: Duration of Bout

1. Duration of the Kumite bout is defined as three minutes for Senior Male and two minutes for a Senior Female, Cadet and Junior Bouts.

2. The timing of the bouts starts when the referee gives the signal to start and stops each time the referee calls "YAME".

3. The timekeeper shall give signals by bell or buzzer indicating "30 Seconds to go" or "time up". The "time up" signal marks the end of the bout.

1. Scores are as follows:

- a) SANBON Three points
- b) NIHON Two points
- c) IPPON One point

2. A score is awarded when a technique is performed according to the following criteria to a scoring area:

- a) Good form
- b) Sporting attitude
- c) Vigorous application
- d) Awareness (ZANSHIN)
- e) Good timing
- f) Correct distance

3. **SANBON** is awarded for:

Jodan kicks. And any scoring techniques delivered on a thrown or fallen opponent.

4. **NIHON** is awarded for:

Chudan kicks.

5. **IPPON** is awarded for:

Chudan or Jodan Tsuki. Or Uchi

10 years and Under – **Absolutely No techniques towards the head**

11 year to 17 year No Jodan contact with hand techniques and only a light touch (skin touch) is allowed for Jodan kicking techniques. Scoring distance is 5cm.

For senior (over 18 years) competitors, non-injurious, light, controlled "touch" contact to the face, head, and neck is allowed (but not to the throat).

6. Attacks are limited to the following areas:

- a) Head, Face, Neck (**not throat**), Abdomen, Chest, Back, Side

Article 7 Criteria for Decision if a draw at end of bout

Sal Shiai is a completely new match of one-minute duration. All previous scores and penalties are deleted from the scoreboard. Highest score wins or decision by Hantei.

There are two categories of prohibited behavior, Category 1 and Category 2.

CATEGORY 1

1. Techniques, which make excessive contact, having regard to the scoring area attacked, and techniques, which make contact with the throat.

2. Attacks to the arms or legs, groin, joints, or instep.

3. Attacks to the face with open hand techniques.

4. Dangerous or forbidden throwing techniques.

CATEGORY 2

1. Feigning, or exaggerating injury.

2. Repeated exits from the competition area (JOGAI).

3. Self-endangerment by indulging in behavior, which exposes the contestant to

injury by the opponent, or failing to take adequate measures for self-protection, (MUBOBI).

4. Avoiding combat as a means of preventing the opponent having the opportunity to score.

5. Clinching, wrestling, pushing, seizing or standing chest to chest, without attempting a throw or other technique.

6. Techniques, which by their nature, cannot be controlled for the safety of the opponent and dangerous and uncontrolled attacks.

7. Simulated attacks with the head, knees or elbows.

8. Talking to, or goading the opponent, failing to obey the orders of the Referee, discourteous behavior towards the Refereeing officials, or other breaches of etiquette.

**Southern District Multi-style Martial Arts Tournament
Tapanui, West Otago, Saturday 29th March 2014**

NAME..... AGE.....
CLUB..... SEX.....
WEIGHT (kg).....HEIGHT (cm)..... EVENT No.....

I, the undersigned, do hereby submit my application for registration as a participant in the Southern District Multi-style Tournament. In doing so I hereby agree to accept full responsibility and waiver any claims against the West Otago Karate Club Inc or against any person within the tournament for any injuries I may receive during the tournament. I agree to abide by the rules and regulations of the tournament and the decision of the official referees and judges which shall be final.

COMPETITORS SIGNATURE.....

PARENT SIGNATURE (if under 16 years).....

INSTRUCTORS SIGNATURE.....