

THE 31st ANNUAL JKA MONTREAL KARATE TOURNAMENT

Event date and location:

- Saturday, March 16, 2019 in the Côte-des-Neiges Sports Center gymnasium
- 4880 Avenue Van Horne (Métro Plamondon, Buses 124, 161)

Tournament schedule:

Friday, March 15:

7:00 PM Class and gym setup

Saturday, March 16:

8:30 AM Competitor check-in starts for white to green belts. Balcony opens for spectators. Bake sale starts.

9:00 AM Gym opens

9:15 AM Judges conference

10:00 AM Tournament starts for white to green belts (9–6 Kyu)

11:00 AM Tournament continues, blue to brown belts (5–1 Kyu) on deck

12:00 PM End of black belts check-in (bring JKA passports for stamps)

TBD Lunch break

After break Tournament continues for brown and black belts

4:00 PM Anticipated end of tournament and clean up, then dinner and party

* FEBRUARY 16: DEADLINE FOR INDIVIDUALS AND TEAM MEMBERS

Events description:

1. Kata: A sequence of movements students are learning in class (Taikyoku 1, Heian 1–5, Tekki, etc.)
2. Kumite: Partner work, includes combinations that students are practicing in class (3-step, 1-step, Semifree (Jiyu Ippon), Free (2-minute Shobu Ippon))
3. Team kata: A three-competitor team performing synchronized kata (multi-age)
Note: Only some competitors will be prepared for team katas. The three names on each team must be given before the February 16 deadline. Each competitor may only participate in one team kata.

Fee: \$30 (Age 8–17) or \$40 (Age 18 or older) for 1, 2 or 3 events

Fee must be paid BEFORE February 16, 2019

Competitors will be divided into rank (e.g.: intermediate and advanced white belts, yellow, orange, green, blue, brown and black) and age (approximate age groups: 8–11, 12–17, adults 18+) categories for individual kata and kumite events. Each competitor is automatically registered in both individual kata and individual kumite, unless otherwise indicated. A clean white uniform will be required for tournament day. Competitors should bring a snack, sweatshirt, socks and a water bottle. No glasses. No jewelry. Flat white hand protectors and mouth guards are required for all competitors in Shobu Ippon kumite. Quiet in the gym and the balcony please. No flash nor video light in competitors' eyes please. Please turn cell phones off and step outside to take your calls.

Parents: Volunteers for child supervision in the corridors, changing rooms and the balcony. French, Spanish, Tamil and Tagalog translators needed for check-in counter, welcoming, directions and in the balcony. NO running in the center.

Bake sale: Please bring \$3 per child to spend at the bake sale. This is a fundraising bake sale. Thank you for your support.

Spectators: Tickets are sold for \$5 at the door.

Competitor's last name: _____ First name: _____

Gender: M F Rank (color): _____ Age (as of March 16, 2019): _____

Dojo: _____ Registration Fee (\$30/40): _____

Team kata Other members (if known): _____

PLEASE write this information on an envelope with the exact change inside and **RETURN IT TO YOUR SENSEI BEFORE February 16, 2019 – 8 days before the February 24 deadline for your dojo instructor.**