

The 25th annual LSCDN karate tournament

November 8–9, 2025

September 26, 2025

Dear karatekas,

The Shidokan International and the Concordia JKA karate clubs cordially invite you to the 25th annual LSCDN karate tournament.

Location: Côte-des-Neiges Sports Center gymnasium
4880 Avenue Van Horne Montreal, QC H3W 1J3

Eligible participants: All JKA karatekas aged 8 years or older.

October 19 Deadline – Competitors must register with their Sensei, who will then provide us with the list for the whole dojo

Tournament schedule:

Saturday, November 8

Competitor check-in for white to green belts	2:00 PM
Tournament starts for white to green belts	3:00 PM
Anticipated end of white to green belt events	5:30 PM

Sunday, November 9

Competitor check-in for blue to black belts	9:00 AM
Tournament starts for blue to black belts	10:00 AM
Anticipated end of tournament (depends on # of participants)	4:00 PM

Registration: All dojo registration forms must be received by email or by telephone by Sunday, October 19. Please do not send names of “Maybe’s” until they are sure to come and have paid their instructor in advance. We thank you for your support.

Spectators: \$5 for everyone at the door

Please contact us at (514) 735-4389 or (450) 538-0743. Hope to see you all in Montreal.

Sincerely,

Melarie Taylor, Alain Van der Loo, Nick Starinsky, Nancy Wada, An Li, Ramin S. Khanjani, François Delisle, Ahash Anantharaja
melarietaylor55@gmail.com

25th annual LSCDN karate tournament November 8–9, 2025

Event information

Rank categories	Kata	Team kata (multi-age, mixed genders)	Kumite
White 10–9 Kyu	Taikyoku 1	Taikyoku 1	Kihon sanbon (3 steps) Jodan Partner starts if tie
Adv. white 9 Kyu	Heian 1	Heian 1	Kihon sanbon (3 steps) Jodan Chudan if tie
Yellow 8 Kyu	Heian 1 or 2	Heian 2	Kihon sanbon (3 steps) Jodan, chudan Migi if tie
Orange 7 Kyu	Heian 2 or 3	Heian 3	Kihon ippon (1 step) Jodan, chudan Migi if tie
Green 6 Kyu	Heian 3 or 4	Heian 4	Kihon ippon (1 step) Jodan, chudan, chudan maegeri Migi if tie
Blue–purple 5–4 Kyu	Heian 4 or 5	Heian 5 or Tekki 1	Kihon ippon (1 step) Jodan, chudan, chudan maegeri, c. kekomi Migi if tie
Brown 3–1 Kyu	Heian 5, Tekki 1, Bassai Dai	Tekki 1 or Sentei (BD, KD, J, E)	Jiyu ippon Jodan, chudan, c. maegeri, c. kekomi (migi if tie)
			Shobu ippon (1 pt, 2 mins) (By request only)
Black Dan	Sentei (BD, KD, J, E)	Kata of choice	(8–17) Jiyu ippon (Shobu ippon by request only)
			(18+) Shobu ippon (1 pt, 2 mins) Final Nidan & +: Shobu sanbon (3 pts, 3 mins)
55+ Brown– black 3 Kyu–Dan	(Distinct category) (Mixed genders acceptable) Kata of choice		Team kata Kata of choice

There will be a separate category for Shodans. The top two ranked Shodans will join the Nidan and up eliminations.

Each competitor may only participate in one team kata.

Judges: Gray pants, white shirt, JKA burgundy tie, please bring your own whistle.

Coaches: JKA Canada jacket suggested.

Hand protectors: ONLY white, thin, and conservative. Mouth guard (clear or white): mandatory for free sparring for brown and black belts. No shin guards nor arm protection. Groin protection recommended.

Hair: tied back (male & female). Nails: short. No glasses, jewelry, body piercing ornaments, verbal retaliation.

Keep your gi and belt on at all times on the gymnasium floor. Lower your voices, others are competing.

The 25th annual LSCDN karate tournament

Event date and location:

- November 8–9, 2025 at Côte-des-Neiges Sports Center gymnasium
- 4880 Avenue Van Horne (Métro Plamondon, Buses 124, 161)

Tournament schedule:

Saturday, November 8

- 2:00 PM Competitor check-in starts for white, yellow, orange, and green belts. Balcony opens for spectators.
- 2:15 PM Judges and officials arrive
- 2:30 PM Judges conference
- 3:00 PM Tournament starts for white, yellow, orange, and green belts (9–6 Kyu)
- 5:30 PM Anticipated end of white, yellow, orange, and green belt events

Sunday, November 9

- 9:00 AM Competitor check-in starts for blue to black belts (bring JKA passports for stamps). Balcony opens for spectators.
- 9:15 AM Judges and officials arrive
- 9:30 AM Judges conference
- 10:00 AM Tournament starts for blue to black belts (5–1 Kyu & Dan)
- 4:00 PM Anticipated end of tournament and clean up

* OCTOBER 19: REGISTRATION DEADLINE

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 sparring (Jiyu Ippon), Free sparring (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 on October 19 or as soon after. 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

Fees must be paid before October 19, 2025

Competitors will be divided into rank (e.g.: intermediate and advanced white belts, yellow, orange, green, blue, purple, brown, and black) and age (approximate age groups: 8–11, 12–17, adults 18+) categories for individual kata and kumite events. Each competitor is registered automatically in both individual kata and individual kumite, unless requested otherwise. A clean white uniform will be required for tournament day. Competitors should bring a snack, sweatshirt, socks, and a water bottle. Hair: tied back (male & female). Nails: short. No glasses, jewelry, body piercing ornaments, verbal retaliation. Do not dress or undress in the gym. Keep your belt on. Flat white hand protectors and a mouth guard are required for all competitors in Shobu Ippon kumite.

Quiet in the gym and the balcony please. Lower your voices please, others are competing. Please turn cell phones off and step outside to take your calls. No flash nor video light in competitors' eyes. Please remain seated to not block the view of others.

Parents: Please welcome your neighbors from other clubs in the balcony. NO running in the center.

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

Competitor's last name: _____ First name: _____

Gender: ____ Rank (color & Kyu/Dan): _____ Age (as of November 8/9, 2025): ____

Dojo name and JKA-SKD Can. no.: _____ Registration fee (\$30/40): _____

Team kata ☐ Other members (if known): _____

PLEASE write this information on an envelope with the exact amount inside and RETURN IT TO YOUR SENSEI SEVERAL DAYS BEFORE the October 19 deadline.

Waiver release form

Last name: _____ First name: _____

Date of birth (M/d/y): ____/____/____ Rank: _____ Gender: ____

Dojo name and JKA-SKD Can. No.: _____

Upon the acceptance of my participation in the 25th annual LSCDN karate tournament to be held on November 8–9, 2025, I hereby assure that:

1. I am physically, mentally, and emotionally fit to participate in a karate tournament, and I have prepared for my events.
2. I will abide by the tournament rules and make every effort to exercise good sportsmanship.
3. I will respect the decisions of the judges, even if I, or my family members, do not win.
4. I will keep my gi and belt on at all times on the gymnasium floor.
5. I will not wear jewelry, piercings, or other accessories that may interfere with other participants.
6. I hereby release and hold harmless Melarie Taylor, Shidokan International, the Concordia JKA karate club, the judges, contestants and all individuals and groups associated with the tournament from all responsibility resulting from any injury or disability I may sustain while participating in this event.

There is a risk of injury from the activities involved in this program. I freely assume all risks and acknowledge full responsibility for my participation. I willingly agree to comply with the stated terms and conditions for participation.

My signature below confirms that I have carefully read the above and agree to all the conditions.

Competitor's signature: X _____

Parent/guardian's signature: X _____
(Required for participants 17 years old or younger)

Witness: X _____ Signed on (M/d/y) ____/____/____