



CALGARY



WINTER JKA KARATE TOURNAMENT

KATA, KUMITE, TEAM KATA

February 8, 2025

Copperfield School,
54 Copperstone RD SE,
Calgary, AB



For more details:
empowjka@gmail.com



Calgary Winter JKA Karate Tournament

Saturday, February 8th, 2025 at 9am to 2pm

Participation Costs:

- All individual categories: \$35;
- Two categories: \$55
- Teams: \$45

Admission: Free. There is no charge for admission to watch the tournament.

Registration and Payment: will be completed electronically through this: [Registration Form](#)

Payment to be done through: empowjka@gmail.com (add details: full name and event category individual or team event) or Cash.

Deadline: January 24th. Please register as soon as you know you'll be attending the event. After January 24, 2025 and until the day before the event - \$45 / event. The second event will be \$65. On the day of the event no payment accepted.

Check In & Release Forms: Upon arrival at the tournament, all contestants must check in at the registration table to verify their place in the competition brackets. No contestants will be registered without signing a release form.

Uniform: White traditional karate-gi.

Protective Gear: *Mouth Guard* (Clear or White only) and *JKA style fist protectors*. *Groin Protectors*, *Chest Protectors* are recommended. No eyeglasses allowed except sports safety goggles.

Refunds

Refunds will be considered on a case-by-case basis. We appreciate your understanding that circumstances such as not arriving at the event or missing matches do not qualify for a refund. Thank you for your cooperation.

JKA EMPOW-LIL ACADEMY

CALGARY WINTER JKA KARATE TOURNAMENT

Registration/Waiver Form

Name _____

Age _____ Male(M) Female(F) _____

Dojo (Club name) _____ Belt Rank _____

The above-named person, by enrolling in the Karate Children's Tournament offered by **JKA EMPOW LIL ACADEMY**, recognizes that the program may involve strenuous physical activity including, but not limited to, muscle strength and endurance training, cardiovascular conditioning and training, and other various fitness activities. The above-named person hereby affirms that he/she is in good physical condition and do not suffer from any known disability or condition which would prevent or limit his/her participation in this exercise program. The above-named person acknowledges that his/her enrolment and subsequent participation is purely voluntary and in no way is mandated by **JKA EMPOW LIL ACADEMY**. In consideration of his/her participation in this event, the above-named person hereby releases **JKA EMPOW LIL ACADEMY** and its agents from any claims, demands, and causes of action as a result of his/her voluntary participation and enrolment. The above-named person fully understands that if any injury occurs as a result of his/her enrolment and subsequent participation in this program, he/she hereby releases **JKA EMPOW LIL ACADEMY** and its agents from any liability now or in the future for conditions that he/she may obtain. These conditions may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees, injuries to back, injuries to foot, or any other illness or soreness that I may incur, including death.

I HEREBY AFFIRM THAT I HAVE READ AND FULLY UNDERSTAND THE ABOVE STATEMENTS.

_____ (Participant Signature/Guardian if under 18 yrs old)

_____ Date Signed

Competition Rules and Regulations

Rules for Kata

Officials Required

Role	Quantity Required
Head Official	1
Corner Officials	2
Timekeeper	1
Scorekeeper	1

Competition Rounds

First Round – Kata Elimination

- **System:** Flag system.
 - Two participants perform simultaneously.
 - Officials indicate the winner by raising a flag for their chosen competitor.
 - Officials shows the kata name.

Example:

- Competitor A & B performs **Heian Nidan**.
- Officials observe **technique, spirit, timing, and execution**.
- A majority vote (flags) determines who advances.

Second Round to Finals – Point System

- **Scoring Range:**
 - Base score: **7.0**
 - Lowest possible score: **6.4** (disqualification due to severe errors).
 - Perfect score: **7.6**

Scoring Breakdown:

Criteria	Description
Technique	Proper form and execution of kata moves.
Timing	Consistency with kata rhythm and transitions.
Spirit	Energy, focus, and intensity demonstrated.
Errors	Mistakes in stance, steps, or forgetting moves.

Rules for Kumite

Rules for Kihon Ippon Kumite

Format Diagram (*Description for now*)

Two competitors face off, performing pre-announced attacks.

1. Attacker declaring "Jodan" (high punch) before stepping in to attack.
2. Defender blocks and counters with a punch.

Scoring Example

- Competitor A declares and performs **Chudan punch (mid-level attack)**.
- Competitor B blocks successfully and counters with a block and **Gyaku-zuki (reverse punch)**.
- Referees raise flags to indicate the better execution.

Match Format

Match Type	Description
Ippon Shobu	Winner declared by 1 full point or 2 half points.

Target Areas Diagram

(*Description of the diagram for now, a visual can be created later*):

A silhouette of a competitor highlighting the valid target areas:

- **Head:** Face and sides of the head (excluding back of the neck).
- **Chest and Stomach:** Frontal upper torso.
- **Back:** Upper and mid-back (excluding spine)

Examples of Scoring

- **Full Point (Ippon):**
 - Clean, powerful strike with proper form (e.g., Jodan punch to the head).
- **Half Point (Waza-ari):**
 - Effective strike lacking full power or follow-through.
- **Example 1:**
 - Competitor sweeps the opponent, follows up with a proper Jodan punch = **1 point (Ippon)**.
- **Example 2:**
 - Competitor lands a quick kick to the stomach, but no follow-up = **½ point (Waza-ari)**.

Prohibited Actions Table

Action	Penalty
Excessive Contact	1st Warning → 2nd Point awarded to opponent → Disqualification for injury.
Dangerous Techniques	Immediate disqualification if intent to harm is evident.
Out of Bounds	1st & 2nd Warnings → 3rd Opponent awarded a point.

Tie Breaker Scenarios

Scenario	Resolution
Match tied after 3 minutes	2-minute overtime match (to 3 points).
Still tied after overtime	Head Official decides based on criteria:
	Spirit, aggressiveness, and out-of-bounds.

Rules for Team Kata

Team Composition

Criteria	Details
Number of Members	3
Gender	Mixed, no restrictions.
Age Requirement	All members 15 years or below .
Age Variance	Members must be within 2 years of each other .

Protective Equipment

Equipment	Mandatory/Optional
Mouth Guard	Mandatory (White or Clear)
JKA-Approved Fist Protectors	Mandatory (Non JKA Members will be able to borrow)
Groin Protector	Optional
Extra Protective Gear	Optional

PROPOSED SCHEDULE OF EVENTS

(Pending final registration totals, some age divisions may need to be combined)

KUMITE

JUNIOR DIVISIONS

BLACK BELT Boys Ages 13-15 Free Sparring

BLACK BELT Girls Ages 13-15 Free Sparring

BROWN BELT Boys 1-3K Ages 13-15 Semi-Free (JCMKM) & Free Sparring Finals.

BROWN BELT Girls 1-3K Ages 13-15 Semi-Free (JCMKM) & Free Sparring Finals.

GREEN/BLUE/PURPLE BELT Boys (4-6K) Ages 13-15 Semi-Free (JCMK) & Free Sparring Finals.

GREEN/BLUE/PURPLE BELT Girls (4-6K) Ages 13-15 Semi-Free (JCMK) & Free Sparring Finals.

YELLOW/ORANGE BELT B&G (7-8 K) Ages 13-15 Basic One-Step (JCM w/right side)

WHITE BELT Beginner B&G (11k-9k, 2 month) Ages 13-15 Basic Three-Step Sparring (JC)

YOUTH DIVISIONS

BLACK BELT Boys Ages 10-12 Free Sparring

BLACK BELT Girls Ages 10-12 Free Sparring

BROWN BELT 1-3k (& **Black** Belt if nec.). Boys Ages 9-12 Semi Free Sparring (JCMK w/right side) & Free Sparring Finals

BROWN BELT 1-3k (& **Black** Belt if nec.). Girls Ages 9-12 Semi Free Sparring (JCMK w/right side) & Free Sparring Finals

GREEN/BLUE/PURPLE BELT 4-6k Boys Ages 11-12 Semi Free Sparring (JCMK w/right side) & Free Sparring Finals

GREEN/BLUE/PURPLE BELT 4-6k Girls Ages 11-12 Semi Free Sparring (JCMK w/right side) & Free Sparring Finals

GREEN/BLUE/PURPLE BELT 4-6k Boys Ages 9-10 Basic One-Step (JCMK w/right side) & Free Sparring Finals

GREEN/BLUE/PURPLE BELT 4-6k Girls Ages 9-10 Basic One-Step (JCMK w/right side) & Free Sparring Finals

GREEN/BLUE/PURPLE BELT 4-6K Boys Ages 6-8 Basic One-Step (JCM w/right side) & Free Sparring Finals

GREEN/BLUE/PURPLE BELT 4-6K Girls Ages 6-8 Basic One-Step (JCM w/right side) & Free Sparring Finals

YELLOW/ORANGE BELT 7-8k Ages 10-12 Basic Three-Step (JC) Yellow/Orange Belt 7-8k Ages 7-9 Basic Three-Step (JC)

Yellow/Orange Belt 7-8 k Ages 4-6 Basic Three-Step (JC)

WHITE BEGINNER B&G (11k-9k, 2 month) Ages 8-12 Basic Three-Step (JC) White Beginner B&G (9k, 3 month) Ages 4-7 Basic Three-Step (JC)

KATA

All eliminations: required kata using flag system

All finals: kata of choice by point system

JUNIOR DIVISIONS (Boys and Girls two separated divisions)

BLACK BELT Boys & Girls Ages 13-15 Eliminations: Shitei Kata **Black** Belt Boys & Girls Ages 10-12 (Heian 2, 3, 4, 5, Tekki 1) & Semi-Finals: Sentei Kata (Bassai Dai, Kanku Dai, Jion, Empi)

BROWN BELT (1-3k) Boys & Girls Ages 11-15 Heian 2, 3, 4, 5

GREEN/BLUE/PURPLE BELT (4-6k) B & G Ages 12-15 Heian 2 & 3

YELLOW/ORANGE BELT 7-8 kyu Ages 10-13 Taikyoku 1, Heian 1

YELLOW/ORANGE BELT (7-8K) Men & Women Ages 14-15 Eliminations: Taikyoku 1, Heian 1

BEGINNER 9k (up to 3 months) Men & Women Ages 14-15 Eliminations: Heian 1 or Taikyoku 1

BEGINNER 9k (up to 3 months) Ages 9-13 Heian 1 or Taikyoku 1

YOUTH DIVISIONS (Boys and Girls two separated divisions)

BROWN BELT B & G Ages 7-10 Heian 2, 3, 4, 5

GREEN/BLUE/PURPLE BELT (4-6k) B & G Ages 6-8, 9-11 Heian 2 & 3

YELLOW/ORANGE BELT 7-8 kyu Ages 4-6, 7-9 Heian 1

BEGINNER 9k (up to 3 months) Ages 4-8 Heian 1 or Taikyoku 1

TEAM KATA

BROWN/BLACK BELT MEN & WOMEN Ages 14+

BROWN/BLACK BELT Juniors Ages 6-13

GREEN/BLUE/PURPLE BELT (4-6k) MEN & WOMEN Ages 14+

GREEN/BLUE/PURPLE BELT (4-6k) B & G Ages 6-13

YELLOW/ORANGE BELT 7-8 kyu Ages 14+

YELLOW/ORANGE BELT 7-8 kyu Ages 6-13