



Legacy Cup – 5 years of excellence

-  **Date:** Sunday, December 7th, 2025
-  **Time:** 9:00 AM – 1:00 PM (Doors open at 8:45 AM)
-  **Location:** Copperfield School, 54 Copperstone Rd SE, Calgary

Registration & Fees

Deadline: No registrations accepted after December 4th

Divisions: Ages 4+ / All Belt Ranks

Fees (Non-refundable):

- Individual Event: \$40
- Team Event: \$45

All participants must submit a signed waiver and payment to complete registration.

Payment Options:

- KIHAP Application
- Cash
- E-transfer to empowjka@gmail.com
(Please include participant name and event in your transfer details.)

Important Notes

- Divisions may be adjusted or combined based on attendance to ensure fair participation.
- Proper etiquette, sportsmanship, and safety will be strictly upheld.



Competition Rules & Regulations

KATA

- Officials: 1 Head, 2 Corner, 1 Timekeeper, 1 Scorekeeper
- **Round 1:** Elimination (Flag System, 2 competitors)
- **Final Rounds:** Point System
 - Base score: **7.0**
 - Disqualification score: **6.4**
 - Perfect score: **7.6**

KUMITE

- Officials: 1 Head, 2–4 Corner, 1 Scorekeeper, 1 Timekeeper
- **Match Duration:** 2 minutes continuous time
- **Match Format:**
 - *Ippon Shobu* (1-point match): Winner is first to 1 full or 2 half points.
 - *Sanbon Shobu* (Finals, Youth/Adult): Winner is first to 2 full points.
- **Target Areas:** Head, chest, stomach, back

Scoring:

- Techniques must show *maximum spirit, focus, and clear visual contact* confirmed by at least one referee.
- **Excessive contact:**
 - 1st offense: Warning
 - 2nd offense: Point to opponent
 - Intentional or dangerous contact → *Disqualification*

Other Rules:

- *Out of bounds:* 1st & 2nd warnings, 3rd = point to opponent
- *Tie Matches:* 1-minute overtime (first to 3 points). If still tied, decision by Head Official based on spirit, sportsmanship, etc.

KIHON IPPON KUMITE (WHITE BELT – ORANGE BELT KIDS UNDER 10)

- 3 attacks from one side (Jodan, Chudan, Mae-geri), declared before attacking.
- Defender blocks and counters with a punch.
- If draw → repeat on the opposite side. (Migi -RIGHT)

Protective Equipment (Mandatory):

- Mouth guard
- JKA-approved fist protectors (White gloves)
- Groin protector
(Additional gear optional.)

FAMILY TEAM KATA

- 3 to 4 members per team (mixed gender allowed). Rank may vary.

PHANTOM FIGHT (Imaginary Kumite)

- **Duration:** 45 seconds
- Perform a realistic imaginary fight showing spirit, balance, and technique.
- Judged on realism, control, rhythm, and creativity.
- Overacting or unsafe moves may reduce points.

TEAM KUMITE

- **Ages:** 11 years and up (Juniors & Adults)
- Teams may include mixed belt ranks.
- Matches follow JKA standard kumite rules.

**Special Awards**

- **Legacy Cup Champion (Female)**
- **Legacy Cup Champion (Male)**

These special cups will be awarded to the competitors who demonstrate **outstanding performance, spirit, and attitude** throughout the tournament.