

THE 18th ANNUAL LSCDN KARATE TOURNAMENT

Event date and location:

- Saturday, November 25, 2017 at Côte-des-Neiges Sports Center Gym
- 4880 Avenue Van Horne (Métro Plamondon, Buses 124, 161)

Schedule of the day:

10:00 AM	Volunteers arrive for court preparation and setup
11:00 AM	Judges, officials and parent volunteers arrive
11:30 AM	Competitor check-in for white, yellow and orange belts. Balcony opens for spectators. Bake sale starts.
12:00 PM	Competition starts for white, yellow and orange belts (9–7 Kyu)
1:30 PM	Competition starts for green, blue and purple belts (6–4 Kyu)
2:30 PM	End of brown and black belts check-in (bring JKA passports for stamps)
3:00 PM	Competition starts for brown and black belts (3–1 Kyu & Dan)
4:00 PM	Finish and clean up, then dinner options at Didar, 5987 Avenue Victoria

* NOVEMBER 15: 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 (5-step, 3-step, 1-step, Semifree)
Adult brown and black belts: Jiyu kumite (eliminations), 2-minute Shobu Ippon match (finals)
3. Team kata: A 3 student 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 November 15 deadline. If you do not have a team but are available for substitution, please let us know.

Fee: \$25 for 1, 2 or 3 events, all ages Fee must be paid before November 15, 2017
A \$10 late fee will be charged this year. Please avoid it and register early!

Competitors: The competitors will be divided into three or more age categories for individual kata and kumite: 8–11 years, 12–17 years, adults 18 years and up.

There will be rank divisions (advanced white belts, yellow belts, orange, green, blue, purple, brown and black).
A clean white uniform will be required for the competition day. Competitors should bring a snack, sweatshirt, socks and a water bottle. Safety plexiglass glasses. No jewelry. Flat white hand protectors and mouth guard are required for adult brown and black belts. Wild running in the gym is unacceptable.

Parents: Volunteers for child supervision in the corridors, changing rooms and the balcony. French, Tamil and Tagalog translators needed for check-in counter, welcoming, directions and in the balcony.

Bake sale: Please bring \$2 per child to spend at the bake sale. This is a fundraising bake sale. Thank you for your support.

Spectators: Tickets are sold for \$3 at the door.

Competitor's Last name: _____ First name: _____

Gender: M F Rank: _____ Club: _____

Age (as of November 25, 2017): _____ Registration Fee (\$25): _____ Volunteer: Yes No

Team kata Other members: 1: _____ 2: _____ Available for substitution:

Phone Number: _____ Email: _____

PLEASE write this information on an envelope with the exact change inside and RETURN IT TO YOUR SENSEI BEFORE November 15, 2017.