

Register Now!

Midwest Karate Assn St Paul 2009 Children's Tournament, Ages 5-15

Kata

The eliminations will be judged by the flag system. The competitors perform two at a time with each competitor performing the kata of their choice. The competitor that receives the most flags wins the match.

Eliminations will follow a round robin. The competitor with the most wins in each pool will advance to the final round. The finals will be judged using the number system. The divisions are as follows:

10th Kyu Kata
8th & 7th Kyu Kata
3rd Kyu & Up Kata (includes Black Belts)

9th Kyu Kata
6th, 5th, 4th Kyu Kata

Kumite

Kumite will be different, depending on rank. The lower ranks (below 3rd kyu) will be judged by the flag system. The competitors perform the required kumite for their division. The competitor who receives the most flags wins the match. 3rd kyu & up division will use the point system- the competitor must use good timing and distance to deliver an effective technique.

Kumite will follow single elimination bracket system. Each division is divided by rank. The attack requirements are listed below. In the one-step categories the defender may use the defense of his or her choice. Kogo kumite is free sparring in a controlled, predetermined attack situation.

10th & 9 Kyu: 3 Step Kumite
8th & 7th Kyu: 1 Step Kumite: 2 head, 2 body step-in punch
6th, 5th 4th Kyu: Kogo Kumite- 1 punching attack, 1 kicking attack, 1 attack either
3rd Kyu & Up: Kogo Kumite- Each side gets three free style attacks

Each division will depend on the number of participants and may be changed if necessary. There will not be any weight or age divisions unless there is a large number of participants in the division.

**Saturday
May 9, 2009
Check-in: Noon
Start time: 1:00**

Detach, fill out and mail
registration form below.

**Pre-registration
Required**

\$10.00 for one event
\$15.00 for all events

**Midwest Karate/ St Paul
762 E 7th St
St Paul MN 55106
(651) 771-7901**

2009 Spring Shiai Registration Form

Students Name: _____

Age: _____ Rank: _____ Dojo: _____

Events (circle): Kata Kumite Team Kata

(Note: If a student doesn't have a team and wishes to compete in team kata He/She will be put on a team the day of the shiai.)

I give my permission for the above named student to compete in the 2009 Spring Shiai in the events circled above.

Signature (parent/guardian)

Please give this form to your sensei or mail to: Midwest Karate Assn/ St Paul
762 E 7th St
St Paul, MN 55106

For more information call (651) 771-7901



Midwest Karate of St Paul

Presents:

**2009 Spring Shiai
for Student Age 5-15
Saturday, May 9, 2009**

Pre-registration Required

\$10.00 per event

\$15.00 for all events

(See your Sensei to Register)

White & Yellow Belt Kata (10th & 9th Kyu)

Orange Belt Kata (8th & 7th Kyu)

Green & Purple Belt Kata (6th, 5th, 4th Kyu)

Brown & Black Belt Kata (3rd Kyu & Up)

White & Yellow Belt Kumite (10th & 9th Kyu): 3 Step Kumite

Orange Belt Kumite (8th & 7th Kyu):

1 Step Kumite: 2 head, 2 body step-in punch

Green & Purple Kumite (6th, 5th 4th Kyu):

Kogo Kumite- (1 punching attack, 1 kicking attack, 1 attack either punch or kick)

Brown & Black Belt Kumite (3rd Kyu & Up):

Kogo Kumite- Each side gets three free style attacks

Team Kata (Any Ranks Mixed)

There will not be any weight or age divisions unless there is a large number of participants in the division.

**Check-in Begins at 12:00pm
Shiai Begins at 1:00 pm**