



# 2023 Calgary Open Shotokan Cup

June 3, 2023

Calgary Alberta

The ASK welcomes all Coaches, Sensei's Volunteers, Officials and Competitors to the 2023 Calgary Open Shotokan Cup.

With the support of Karate Alberta, this tournament will help foster the growth of karate in Calgary and Alberta. We wish to bring you a tournament that is competitive and enjoyable for all competitors of all levels and ages.

Registration is to be emailed to [Askaratecouncilalberta@gmail.com](mailto:Askaratecouncilalberta@gmail.com) so draws can be completed. In order to make this effective, please ensure that parents and competitors provide accurate and complete information to their Sensei and that Sensei's take extra care to make sure this information is submitted correctly.

If you are interested in officiating, please contact Kristie Schafer at [Askaratecouncilalberta@gmail.com](mailto:Askaratecouncilalberta@gmail.com). The officials are an integral part of the success of our tournament, so your assistance is greatly appreciated. ~~XXXXXXXXXXXX~~  
~~XXXX~~

If you have any questions, please contact us at [Askaratecouncilalberta@gmail.com](mailto:Askaratecouncilalberta@gmail.com)

Looking forward to seeing you all there!

Sensei Chris Walker, Sensei Kristie Schafer and Sensei Marc Ward

## Tournament Details

DATE	<b>Calgary Open Shotokan Cup:</b> All divisions, <b>Saturday June 3rd, 8:30 am (set-up) to 4:00 pm</b>
LOCATION	West Island College 7410 Blackfoot Trail SE Calgary, AB T2H 1M5
REGISTRATION DEADLINE	REGISTRATION (May 31, 2023) <b>(FEES DUE DAY OF EVENT, DOJOS ONLY NEED TO PRE-REGISTER PARTICIPANTS BY SENDING ATTACHED SPREADSHEET)</b>
REGISTRATION, WAIVER & INFORMATION	Please email the attached Registration Spreadsheet with all competitors information to <a href="mailto:askaratecouncilalberta@gmail.com">askaratecouncilalberta@gmail.com</a> All competitors must complete the waiver found in the enclosed Registration Form and bring to the tournament.
MANDATORY KUMITE EQUIPMENT	Shall comply with current WKF rules (eg, fist protectors, mouth guards, groin cups, shin/instep protectors)
ENTRY FEES	\$30.00/person, single event – Kata or Kumite \$15.00/person, for second events Kata or Kumite \$15.00 per Team Kata
OFFICIALS, COACHES & VOLUNTEERS	Officials meeting will take place at 8:30am in the gym. Please wear full officiating outfit (white collar shirt, grey/black dress pants and black shoes.) Coaches may coach from a side chair in a respectful manner and should be in a team tracksuit. Volunteers will be needed for set up at 8:30 am SATURDAY MORNING and for teardown at 4:00 pm SATURDAY AFTERNOON. Volunteers are also required for table officials and marshalling. Please contact Kristie Schafer by May 31, 2023 at <a href="mailto:askaratecouncilalberta@gmail.com">askaratecouncilalberta@gmail.com</a> to volunteer.

# Rules

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- Enter your appropriate division based on age at the time of this Tournament.
- Consolidation of divisions will occur at the discretion of the tournament organizer.
- The tournament will be run following the rules established by the WKF.
- Divisions will be divided by age and belt level.

<b>Belts</b>	<b>Ages</b>
White / Red: 10 <sup>th</sup> and 9 <sup>th</sup> Kyu	4-6 years old
Yellow / Orange: 8 <sup>th</sup> and 7 <sup>th</sup> Kyu	7-8 years old
Green / Purple / Blue: 6 <sup>th</sup> , 5 <sup>th</sup> and 4 <sup>th</sup> Kyu	9-11 years old
Brown: 3 <sup>rd</sup> , 2 <sup>nd</sup> , and 1 <sup>st</sup> Kyu	12-13 years old
Black: Shodan +	14-15 years old
	16-17 years old
	18-20 years old

## *Dress Code/ Safety Equipment*

- All competitors must wear a plain white gi.
- Dojo/association crests and embroidery are permissible.
- WKF Safety requirements to apply
- White safety equipment is allowed
- ALL male competitors are required to wear groin protection.
- Polycarbonate safety glasses may be worn upon approval by the chief official.

## *Kata*

Kata from any traditional style or association is allowed. All kyu grades can repeat Kata. Dan grades cannot repeat a kata.

- All Children and youth 13 and younger will perform kata simultaneously with their opponent.
- 3 – 5 judges will cast flags for each opponent, using the WKF Kata judging rules
- 13 and younger divisions are single elimination
- 14 and older events will perform 1 at a time (red then blue)
- 14 and older will have repechage

### *Kumite Rules - WKF Rules*

#### Flag Kumite for 4–6-year-old

- One minute event
- Two flags for each participant with one flag on either side of belt (left/right): blue for one participant, red for the other
- Participant who captures both of their opponents' flags is declared the winner

#### 7–13-year-old

- Matches will be 1.5 minutes running time or first to 6 points.

#### 14 – 17-year-old

- Matches will be 2 minutes stop time or first to 8 points.

#### 18 -20 years old

- Men's and Women's kumite will be 3 minutes stop time or first to 8 points.

In the event of a tie where neither opponent has Senshu, a whistle will be blown, and the officials will vote and declare a winner.

#### Points will be awarded based on the following:

- Six scoring criteria are (Distance, Timing, Technique, Zanshin(continued awareness), Sporting Attitude, Vigorous application) for more see current WKF rules at wkf.net.
- The target areas are the Torso(front, back and sides), Head (front, back and sides) and Throat and neck(contact to this area will result in a penalty).
- 1 point (YUKO) – Awarded for any hand strike or punch to the correct target area.
- 2 points (Waza-ari) – Awarded for a kick to the body.
- 3 Points (Ippon) – Awarded for head kick or a successful attack to an opponent whose torso is on the floor.

#### Penalties

- Excessive contact (All divisions 17 and younger allow no contact to the head, face, neck or throat)
- Striking to the groin or any target area below the hip bone.
- Striking with an elbow or knee
- Striking to any joint in the body (ashi-barai are allowed)
- Exiting the fighting area during a match
- Wild or uncontrolled techniques
- Talking during the match
- Un-sportsmanlike conduct
- Excessive grabbing, holding or pushing

### *Team Kata*

Pre-registration is MANDATORY for Team Kata

- Teams may use any Kata from their curriculum.

# TOURNAMENT INDIVIDUAL REGISTRATION

## Calgary Open Shotokan Cup Tournament

October 2, 2021  
Calgary, Alberta

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Medical Concerns: \_\_\_\_\_

Alberta Health Care #: \_\_\_\_\_

Birth Date (mmm/dd/yy) \_\_\_\_\_ Sex: \_\_\_\_\_ Weight \_\_\_\_\_

Belt Colour (Kyu Only) \_\_\_\_\_ Club Name \_\_\_\_\_

Category: (e.g. A4) \_\_\_\_\_

Event: Kata \_\_\_\_\_ Kumite \_\_\_\_\_ Team Kata \_\_\_\_\_

### Acknowledgement, Waiver and Release

I, \_\_\_\_\_, hereby acknowledge that I am aware and understand that the art and sport of karate is potentially hazardous and that a participant is exposed to risks in said activity. I further acknowledge that in the course of doing karate I may receive injuries that may be serious and permanent.

I hereby acknowledge and accept all hazards and risks in the doing of said activity and hereby remise, release and forever discharge the Calgary Open Shotokan Cup, its officers, servants, employees, successors, agents and assigns from any and all claims and demands whatsoever for damages, loss or injury, however arising which may now or may hereafter be sustained by me in consequence of my participation in the Calgary Open Shotokan Cup Tournament on October 2, 2021 including, without limiting the generality of the foregoing, training, practice, competition, demonstration, traveling to or from any of the foregoing, and any other matter related in any way to the said activity.

I CONSENT THAT ANY PICTURES OR VIDEO FURNISHED BY OR TAKEN OF ME CAN BE USED FOR PUBLICITY, PROMOTION OR TELEVISION SHOWING, AND WAIVE COMPENSATION IN REGARDS THERETO.

IN WITNESS WHEREOF I have hereunto set my hand this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_

Parent/Guardian: \_\_\_\_\_ Witness: \_\_\_\_\_

## Divisions Kata and Kumite

Age	Kata / Kumite	Belt	Female Division	Male Division
4 to 5 years old	Kata	White/Red	A1	A1
4 to 5 years old	Flag Kumite	White/Red	A2	A2
4 to 5 years old	Kata	Yellow/Orange	A3	A3
4 to 5 years old	Flag Kumite	Yellow/Orange	A4	A4
6 to 7 years old	Kata	White/Red	B1	B1
6 to 7 years old	Kumite	White/Red	B2	B3
6 to 7 years old	Kata	Yellow/Orange	B4	B4
6 to 7 years old	Kumite	Yellow/Orange	B5	B6
6 to 7 years old	Kata	Green – Purple	B7	B7
6 to 7 years old	Kumite	Green – Purple	B8	B9
8 to 9 years old	Kata	White/Red	C1	C1
8 to 9 years old	Kumite	White/Red	C2	C3
8 to 9 years old	Kata	Yellow/Orange	C4	C4
8 to 9 years old	Kumite	Yellow/Orange	C5	C6
8 to 9 years old	Kata	Green – Purple	C7	C7
8 to 9 years old	Kumite	Green – Purple	C8	C9
8 to 9 years old	Kata	Brown	C10	C10
8 to 9 years old	Kumite	Brown	C11	C12
10 to 11 years old	Kata	White/Red	D1	D1
10 to 11 years old	Kumite	White/Red	D2	D3
10 to 11 years old	Kata	Yellow/Orange	D4	D4
10 to 11 years old	Kumite	Yellow/Orange	D5	D6
10 to 11 years old	Kata	Green – Purple	D7	D7
10 to 11 years old	Kumite	Green – Purple	D8	D9
10 to 11 years old	Kata	Brown / Black	D10	D10
10 to 11 years old	Kumite	Brown / Black	D11	D12
12 to 13 years old	Kata	White/Red	E1	E1
12 to 13 years old	Kumite	White/Red	E2	E3
12 to 13 years old	Kata	Yellow/Orange	E4	E4
12 to 13 years old	Kumite	Yellow/Orange	E5	E6
12 to 13 years old	Kata	Green – Purple	E7	E7
12 to 13 years old	Kumite	Green – Purple	E8	E9
12 to 13 years old	Kata	Brown / Black	E10	E10
12 to 13 years old	Kumite	Brown / Black	E11	E12

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14 to 15 years old	Kata	White/Red	F1	F1
14 to 15 years old	Kumite	White/Red	F2	F3
14 to 15 years old	Kata	Yellow/Orange	F4	F4
14 to 15 years old	Kumite	Yellow/Orange	F5	F6
14 to 15 years old	Kata	Green – Purple	F7	F7
14 to 15 years old	Kumite	Green – Purple	F8	F9
14 to 15 years old	Kata	Brown	F10	F10
14 to 15 years old	Kumite	Brown	F11	F12
14 to 15 years old	Kata	Black	F13	F13
14 to 15 years old	Kumite	Black	F14	F15
16 to 17 years old	Kata	White/Red	G1	G1
16 to 17 years old	Kumite	White/Red	G2	G3
16 to 17 years old	Kata	Yellow/Orange	G4	G4
16 to 17 years old	Kumite	Yellow/Orange	G5	G6
16 to 17 years old	Kata	Green – Purple	G7	G7
16 to 17 years old	Kumite	Green – Purple	G8	G9
16 to 17 years old	Kata	Brown	G10	G10
16 to 17 years old	Kumite	Brown	G11	G12
16 to 17 years old	Kata	Black	G13	G13
16 to 17 years old	Kumite	Black	G14	G15
18 – 21 years old	Kata	White/Red	H1	H1
18 – 21 years old	Kumite	White/Red	H2	H3
18 – 21 years old	Kata	Yellow/Orange	H4	H4
18 – 21 years old	Kumite	Yellow/Orange	H5	H6
18 – 21 years old	Kata	Green – Purple	H7	H7
18 – 21 years old	Kumite	Green – Purple	H8	H9
18 – 21 years old	Kata	Brown	H10	H10
18 – 21 years old	Kumite	Brown	H11	H12
18 – 21 years old	Kata	Black	H13	H13
18 – 21 years old	Kumite	Black	H14	H15
All ages	Kata	All Belts (Male)	AWAD M	AWAD M
All ages	Kata	All Belts (Female)	AWAD F	AWAD F
4 - 13 years old	Team Kata	White – Orange Beginner	TK1	TK1
4 - 13 years old	Team Kata	Orange – Purple Intermediate	TK2	TK2
4 - 13 years old	Team Kata	Brown – Black Advanced	TK3	TK3
14+	Team Kata	White – Orange Beginner	TK4	TK4
14+	Team Kata	Orange – Purple Intermediate	TK5	TK5
14+	Team Kata	Brown – Black Advanced	TK6	TK6



