

*Karate Alberta
Presents the ...*



*Western
Canadian
Karate
Championships
June 4, 2016*

Karate Alberta is proud to present the Western Canadian Karate Championships at the Crescent Point Regional Field House located in beautiful Okotoks, AB – 15mins south of Calgary, AB

June 3, 2016 Officials Clinic
presented by Yaro Tarana



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Karate Alberta Facebook

Message from the Tournament Director

The Western Canadian Karate Championships Committee is pleased to present this tournament which will showcase all levels of karate-ka from British Columbia, Alberta, Saskatchewan, Manitoba and the Northwest Territories.

The facility we have chosen is a brand new state of the art field house where athletes, coaches and officials will be on the competition floor with ample spectator viewing from above. As always, we will be recruiting volunteers for: registration; to marshal and organize competitors; score keep and table work; as well as, set up and take down. To volunteer please sign up online at www.volunteersignup.org/H447Q.

There are numerous events which athletes will be able to participate in. Including: Recreational; Elite; AWAD; Masters divisions; and Team events. We will be hosting an Official's course conducted by Yaro Tarana on Friday June 3, 2016.

I am looking forward to an amazing event and seeing everyone in June.

Heather Fidyk,
Tournament Director for The Western Canadian
Karate Championships

Message President of Karate Alberta

On behalf of Karate Alberta, I would like to welcome all athletes, coaches, officials, volunteers, family and friends to the 2016 Western Canadian Karate Championships (WCKC) in Okotoks, Alberta on June 4, 2016.

Karate Alberta is excited to reintroduce the WCKC after a long absence. It is an honor to host our fellow Karate Associations from British Columbia, Alberta, Saskatchewan, Manitoba and the Northwest Territories. The WCKC offers competitors a unique opportunity to compete against their Western counterparts as well as maintain and build new friendships.

I look forward to welcoming you all in Okotoks!

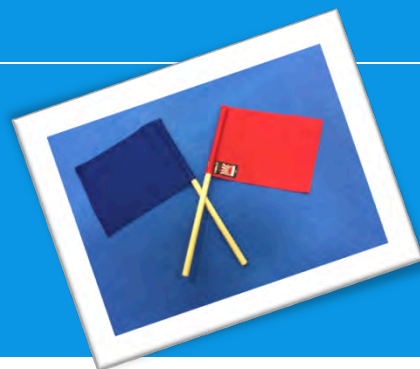
Marc Ward,
President, Karate Alberta

“Championship Tournament for Everyone”



Details

Eligibility	Must be a member in good standing of either Karate BC, Karate Alberta, Prairie Karate Association, Karate Manitoba or Karate Northwest Territories
Registration Online	<p>Sportdata link</p> <p>Athletes</p> <ul style="list-style-type: none"> • Recreational - age will be as of day of Tournament • Elite - Enter division(s) for your age and weight as of March 2017 Nationals. • AWAD – Intellectual Challenges, Physical & Visual limitations Junior & Senior <p>Divisions</p> <ul style="list-style-type: none"> • List of Divisions is included in this package. Consolidation of divisions will occur at the discretion of the Tournament Committee. • Please check Sportdata one day prior to tournament for draws
Registration Information	Registration opens April 11, 2016 & will close May 25, 2016
Hotel	<p>Best Western 100 Southbank Road Okotoks, Alberta, T1S 0N3</p> <p>Reservations: 403-995-6262 or email roanneb@bestwesternokotoks.com and quote Western Canada Karate Championship before April 25, 2016 Rate \$149.50 plus tax.</p>
Club Registration at Tournament	<p>Registration will begin at 8am</p> <p>Receipts will be issued after 12 noon</p> <p>ONE cheque must be submitted from each dojo for payment of all registrations. No cash.</p>
Waiver forms	Club Administrators are responsible for collecting completed and signed waiver forms from their athletes prior to the tournament. Club Administrators will submit waivers with payment at Registration Table on the day of the tournament.
Mandatory Equipment	Rules differ for various divisions refer to information on pages 5 & 6.



Details, continued ...

Entry Fees	<p>\$50/person single Recreational & AWAD event, Kata or Kumite \$70/person single Elite event, Kata or Kumite \$25/person for second event, Kata or Kumite \$50/Team, for Team Event</p> <p>No Refunds. If a competitor must withdraw an email must be received at least 48 hours prior to the tournament date June 4, 2016</p> <p>Credits will only be offered for Medical reasons (Doctor's note required) or if an event is cancelled.</p>
Volunteers	<p>www.volunteersignup.org/H447Q</p>
Officials	<p>Officials please contact Pat Karl at ptrckrls2@gmail.com</p>
Officials Clinic	<p>June 3, 2016 10-5pm Crescent Point Field House, presented by Yaro Tarana</p>
Officials Clinic Details	<p>Registration for Officials Course LINK Registration Deadline is May 25, 2016</p>
Ring side Coaches	<p>Preregistration through Sportdata is mandatory for all coaches to be on the competition floor.</p> <p>Coaches must be in track suit and clean closed toe shoes (WKF Rules)</p> <p>Coaches must be trained Comp Intro</p>



Recreational Kata & Kumite

Kata

Divisions are based on age and belt levels.

Division Definitions

- Novice - White - Orange (8th, 7th, 6th kyu)
- Intermediate - Green & Blue (5th, 4th, 3rd kyu)
- Advanced - Brown (2nd & 1st kyu)
- Black belts

Rule Modification

Colored belts may use any kata from their style curriculum

Novice level may restart their kata once without penalty

Advanced level may not repeat a kata

All recreational division will compete their kata simultaneously with their opponent.

Kumite

- Divisions A, B, C, D, E will be 2 minutes run time for matches
- Divisions F, G, will be 2 minute stop time for matches
- Divisions D, E, F, G, will be divided by weight

Safety Equipment

- Hand Pads - mandatory and must be foam filled and vinyl covered
- Shin/instep protectors recommended for all competitors
- Equipment can be blue, red or white but must be foam filled and vinyl covered, no cloth or leather.
- Male competitors must wear groin protection
- Female competitors 16+ must wear chest protection
- Only polycarbonate safety glasses may be worn upon approval by chief official

Rule Modification

Divisions may be consolidated to ensure a competitive event

Combining will not occur for juniors and seniors

Athletes With A Disability - AWAD

Kata Juniors 12-17 & Seniors 18+ Male & Female

If suitable/comparable athletes exist kumite event(s) will be held.

AWAD will compete individually for kata

Junior rules will apply to all kumite

Safety equipment will be same as Recreational

Elite Kata & Kumite & Team

Kata

Divisions are based on age.

- Youth 12-13
- Cadet 14-15
- Junior 16-17
- U21 18-20
- Senior 18+

Rule Modification

WKF rules with repechage

Youth & Cadet will compete their kata simultaneously with their opponent

Junior, U21, Senior will compete individually

Youth elite may repeat their kata after they have performed 4 different kata.

Kumite

Divisions are based on Age, Weight, Gender

Matches will be 2 minutes stop time and 3 minutes stop time U21 & Senior male divisions

Safety Equipment

- Competitors must meet safety requirements described in the WKF Rules
- Chest Protectors mandatory for all competitors
- Shin/instep - must have both red & blue and must be foam filled and vinyl covered
- Hand Pads - must have both red & blue and must be foam filled and vinyl covered
- Must use red/blue belts as required
- Only polycarbonate safety glasses may be worn upon approval by chief official

Rule Modification

Events will be repechage

Divisions may be consolidated to ensure a competitive event

Team Kata & Team Kumite

Divisions are based on age.

Division

- Team Kata - Senior Male & Female
- Team Kumite - Senior Male & Female

Rule Modification

WKF Rules with repechage

Must compete Bunkai for finals

Recreational Kata & Kumite & AWAD

Event	H-R	AWAD
KATA	Female	Male
AWAD (intellectual) Youth	1	2
AWAD (intellectual) Adult	3	4
AWAD (physical/visual) Youth	5	6
AWAD (physical/visual) Adult	7	8
KUMITE (only if appropriate competitors exist)*		
AWAD 12-17	1	2
AWAD 18+	3	4
Event	A-R	7-8 Years
KATA	Female	Male
Novice	1	2
Intermediate	3	4
Advanced	5	6
KUMITE		
Novice	7	8
Intermediate	9	10
Advanced	11	12
Event	B-R	9-11 Years
KATA	Female	Male
Novice	1	2
Intermediate	3	4
Advanced	5	6
KUMITE		
Novice	7	8
Intermediate	9	10
Advanced	11	12
Event	C-R	12-13 Years
KATA	Female	Male
Novice	1	2
Intermediate	3	4
KUMITE		
Novice	7	8
Intermediate	9	10
Event	D-R	14-15 Years
KATA	Female	Male
Novice	1	2
Intermediate	3	4
KUMITE		
Novice under 50kg	5	
Novice over 50kg	7	
Intermediate under 50kg	9	
Intermediate over 50kg	11	
Novice under 63kg		6
Novice over 63kg		8
Intermediate under 63kg		10
Intermediate over 63kg		12

Event	E-R	16-17 Years
KATA	Female	Male
Novice	1	2
Intermediate	3	4
KUMITE		
Novice under 61kg	5	
Novice over 61kg	7	
Intermediate under 61kg	9	
Intermediate over 61kg	11	
Novice under 75kg		6
Novice over 75kg		8
Intermediate under 75kg		10
Intermediate over 75kg		12
Event	F-R	18+ Years
KATA	Female	Male
Novice	1	2
Intermediate	3	4
Advanced	5	6
Black Belt	7	8
KUMITE		
Novice under 61kg	9	
Novice over 61kg	11	
Intermediate under 61kg	13	
Intermediate over 61kg	15	
Advanced under 61kg	17	
Advanced over 61kg	19	
Novice under 75kg		10
Novice over 75kg		12
Intermediate under 75kg		14
Intermediate over 75kg		16
Advanced under 75kg		18
Advanced over 75kg		20
Event	G-R	35+ Years
KATA	Female	Male
Novice	1	2
Intermediate	3	4
Advanced	5	6
Black Belt	7	8
KUMITE		
Novice under 61kg	9	
Novice over 61kg	11	
Intermediate under 61kg	13	
Intermediate over 61kg	15	
Advanced under 61kg	17	
Advanced over 61kg	19	
Novice under 75kg		10
Novice over 75kg		12
Intermediate under 75kg		14
Intermediate over 75kg		16
Advanced under 75kg		18

Elite Kata & Kumite & Team

Event	A-E	12-13 Years
KATA	Female	Male
YOUTH	1	2
KUMITE		
Youth under 35kg	3	
Youth under 40kg	5	
Youth under 45kg	7	
Youth over 45kg	9	
Youth Open Weight	11	
Youth under 35kg		4
Youth under 40kg		6
Youth under 45kg		8
Youth over 50kg		10
Youth Open Weight		12

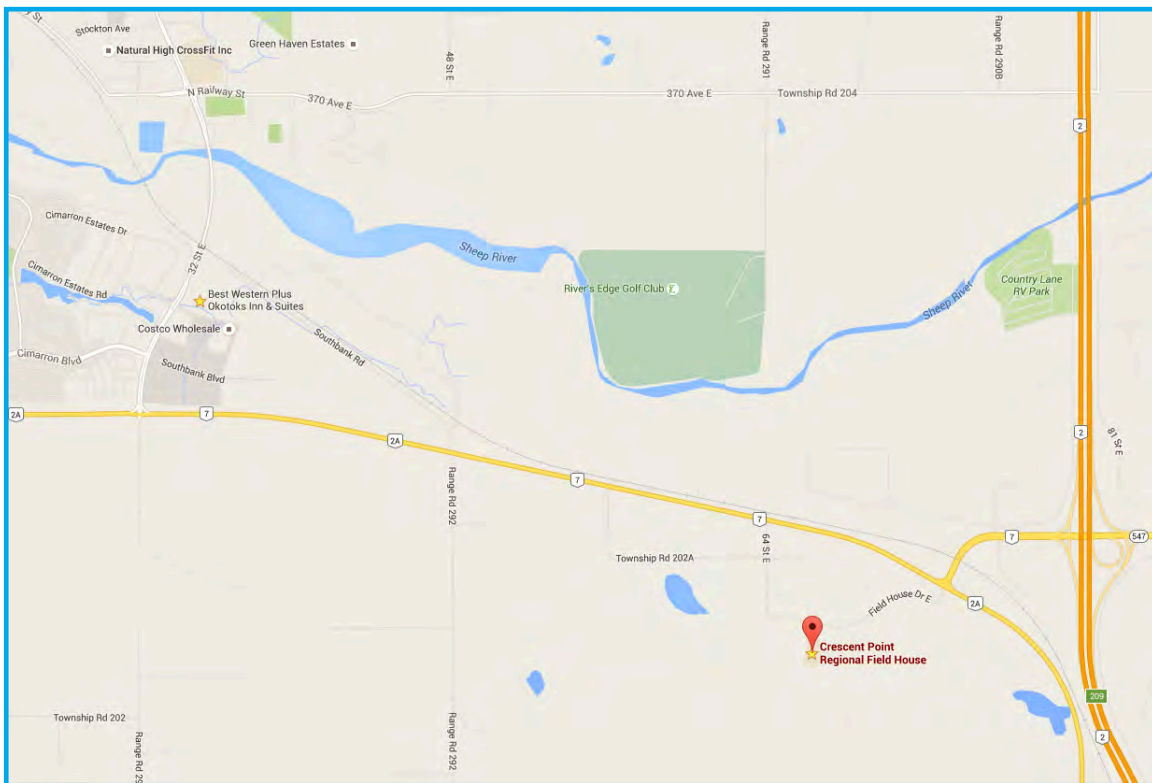
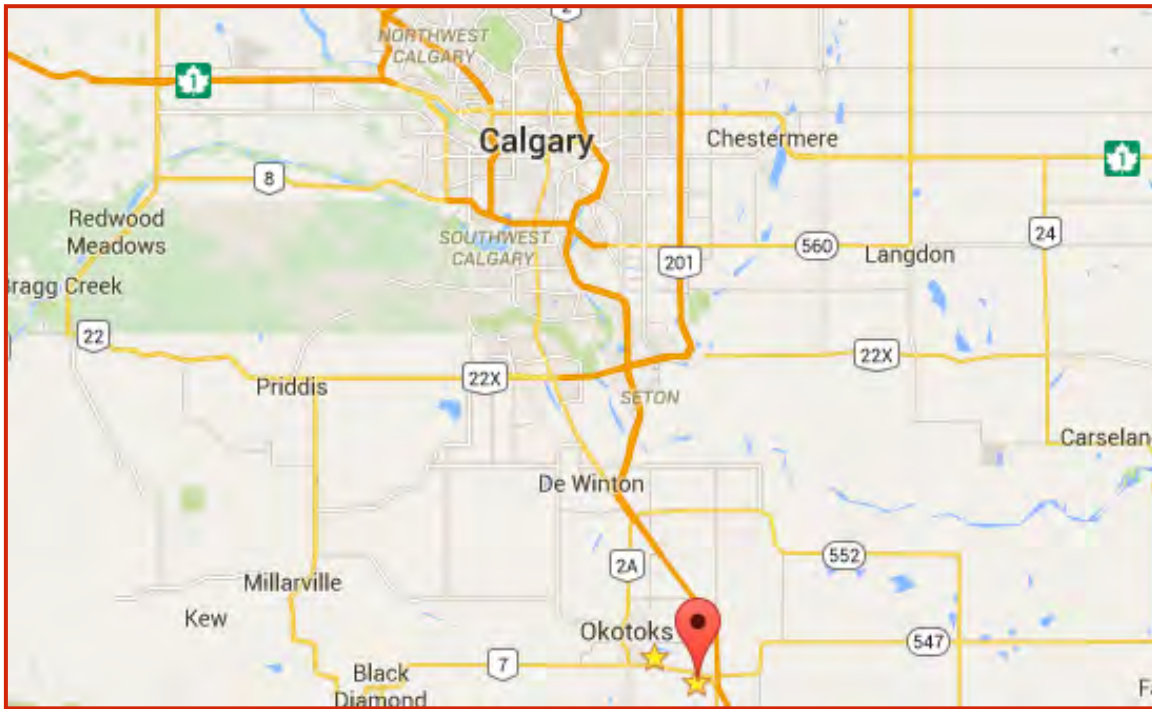
Event	B-E	14-15 Years
KATA	Female	Male
CADET	1	2
KUMITE		
Cadet under 47kg	3	
Cadet under 54kg	5	
Cadet over 45kg	7	
Cadet Open Weight	9	
Cadet under 52kg		4
Cadet under 57kg		6
Cadet under 63kg		8
Cadet under 70kg		9
Cadet over 70kg		10
Cadet Open Weight		12

Event	C-E	16-17 Years
KATA	Female	Male
JUNIOR	1	2
KUMITE		
Junior under 48kg	3	
Junior under 53kg	5	
Junior under 59kg	7	
Junior over 59kg	9	
Junior Open Weight	11	
Junior under 55kg		4
Junior under 61kg		6
Junior under 68kg		8
Junior under 76kg		10
Junior over 76kg		12
Junior Open Weight		13

Event	D-E	18-20 Years
KATA	Female	Male
U21	1	2
KUMITE		
U21 under 50kg	3	
U21 under 55kg	5	
U21 under 61kg	7	
U21 under 68kg	9	
U21 over 68kg	11	
U21 Open Weight	13	
U21 under 60kg		4
U21 under 67kg		6
U21 under 75kg		8
U21 under 84kg		10
U21 over 84kg		12
U21 Open Weight		14

Event	E-E	18+ Years
KATA	Female	Male
SENIOR	1	2
KUMITE		
Senior under 50kg	3	
Senior under 55kg	5	
Senior under 61kg	7	
Senior under 68kg	9	
Senior over 68kg	11	
Senior Open Weight	13	
Senior under 60kg		4
Senior under 67kg		6
Senior under 75kg		8
Senior under 84kg		10
Senior over 84kg		12
Senior Open Weight		14

Event	F-E	18+ Years
	Female	Male
TEAM KATA	1	2
TEAM KUMITE	3	4



Address
 Crescent Point Regional Field House,
 125 Field House Drive East,
 Aldersyde, AB T1S 0C4

Directions from Calgary
 Hwy 2 South
 Exit west on Hwy 7 (exit #209)
 Straight through lights
 Right at T (Field House Road)

Western Canadian Karate Championships 2016

Tournament Registration & Waiver

First Name		Address	
Last Name		City, Province, PC	
DOB		Phone	
Age as of June 5, 2016			
Gender		EVENTS	
Club Name		Elite or Recreational	
Belt Color or Kyu		Kata Event(s) eg, A-R2	
Weight		Kumite Event(s) eg, C-E6	
		Team	

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 risk 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 Karate Alberta Association, 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 Western Canadian Karate Championships tournament on June 4, 2016 including, without limiting the generality of the foregoing, training, practice, competition, demonstration, traveling to and from and 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, media showing, and waive compensation in regards thereto.

In witness of I have here unto set my hand this _____ day of _____, 20__.

Competitor/Guardian (print) _____ Signature _____

Witness (print) _____ Signature _____

This waiver form must be submitted to the registration table prior to the commencement of the tournament.