



JUNE 10TH - 12TH

ACTION PACKED WEEKEND

All karateka in Karate NS, NB, NFLD, PEI, QUE and other Associations Under Karate Canada and the WKF.



EVENT SCHEDULE

- JUNE 10TH, 6-9 PM KUMITE CLINIC – CANADIAN COACHES RANDY RIX AND KAREN ARMOUR, & MITCH GERMAN
- JUNE 10TH, 6-9 PM OFFICIALS CLINIC – WKF REFEREE DAVE GRIFFIN
- JUNE 11TH, 8:30 AM – 6:00 PM – KARATE CHALLENGE CUP
- JUNE 11TH, 6:30-9 – KNS RECOGNITION AWARDS & KNS HALL OF FAME
- JUNE 12TH, 9:30-11:30 – KNS ATHLETE DEV. PROGRAM OPEN WORKOUT

READ ENTIRE BROCHURE FOR COMPLETE DETAILS

KARATE NOVA SCOTIA & KNSOA SANCTIONED



YARMOUTH KARATE

CHALLENGE CUP WEEKEND



\$25

KUMITE CLINIC JUNE 10th



RANDY RIX,
KARATE CANADA ATLANTIC
REGIONAL TRAINING CENTRE
KUMITE COACH

- Atlantic Regional Training Centre Kumite Coach since 2013
- More than 25 years experience in karate
- Personal Coach and Trainer of Pan Am Games medalist Kate Campbell
- NCCP Comp Intro certified and Comp Dev trained...



KAREN ARMOUR,
KARATE CANADA JUNIOR NATIONAL
TEAM ASSITANT KUMITE COACH

- Junior National Team Assistant Coach since 2014
- Karate Nova Scotia Provincial Team Coach and Manager since 2007
- Involved in karate for over 15 years in various capacities
- NCCP Comp Dev trained, and trained as Learning Facilitator and Evaluator...



MITCH GERMAN,
KARATE NS HEAD COACH

- Former Karate Canada Assistant Coach
- Multiple time winner Karate Canada coach of the year
- More than 30 years experience in karate

Mariners Center, 45 Jody Shelley Dr., Yarmouth

Ages 12-15, 6 – 7:30 PM,

Ages 16+, 6 – 8 PM

Ages 12+, 8 – 9 PM, Matches

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OFFICIALS CLINIC JUNE 10th

**Clinic Conductor: Sensei David Griffin,
PKF Referee A, PKF Kata Judge A, WKF Kata Judge A,
Chief Referee Karate Nova Scotia**

Sensei Griffin would like to take this opportunity to invite Sensei's, coaches and students to participate in a Provincial level official's clinic. It is open to all KNS and Karate Canada associated members, who are interested in developing and advancing their officiating skills. The WKF rules can be downloaded from <http://www.karatecanada.org/pdf/wkf-kataandkumite-competition-rules2015.pdf>

The schedule will be as follows:

6:00 – 7:00 Theory, Kata and Kumite Rules, discussion, Q & A

7:00 – 8:00 Kata review, flags and gestures

8:00 – 9:00 Practical application with some competitors

Mariners Center, 45 Jody Shelley Dr., Yarmouth

6:00 – 9:00 PM

FREE!

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2016 Karate Challenge Cup

Pre-Registration Is a MUST!!

Available starting May 23rd!

www.karatens.org

Saturday, June 11th, 8:30 am to 6 pm

Mariner Center,

45 Jody Shelley Dr., Yarmouth

Pre-Registration ENDS June 9th!

*Tournament is Filmed for Television on the Eastlink TV,
and Broadcasted Worldwide on the HD LiveStream.*



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Event Pre-Registration Fees:

\$20 Kumite,
\$15 Kata,
\$10 Ninja Turtle,
\$15 Team Kata (\$5 per Athlete),
\$15 Team Kumite (\$5 per Athlete)

Special!! Referees/Judges Compete for FREE!



Family rates apply – after 2 events, \$5 off each additional event



Pre-Registration allows us to build the draws for the tournament in advance. This allows us to start on time and put out a schedule of events for the tournament. If you think you “**might**” go to tournament, it is far better to pre-register and cancel if you cannot make it.

MAP TO MARINER CENTER, 45 Jody Shelley Dr., Yarmouth



2016 Karate Challenge Cup

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POINTS FOR THE YARMOUTH CUP WILL BE AWARDED AT THE RATE OF:

1st = 5 points

2nd = 3 points

3rd = 1 point

EXCEPTION TEAM KUMITE

Team Kumite

Winning team is from total points of the 3 matches.

1st = 9 points (3pts each athlete)

2nd = 6 points (2pts each athlete)

3rd = 3 points (1pt each athlete)

Tie breaker for Team Kumite

- 1. Most points**
- 2. Most wins**
- 3. Most Ippon**
- 4. Most waza-ari**
- 5. Most yuko**
- 6. If the tie persists we will have Hantei – (Decision by the judges)**

Trophy presentations immediately following finals.

- Best junior male**
- Best junior female**
- Best adult male**
- Best adult female**
- Sportsmanship award**
- Yarmouth Cup!!!**

Good luck/Bonne Chance!

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2016 Karate Challenge Cup



YARMOUTH KARATE

CHALLENGE CUP WEEKEND



DIVISION FORMAT

Divisions are based on the combination of karate **rank and experience**.

- ✓ **Novice** is any athlete who has just started and up to one year of training;
- ✓ **Intermediate** is based on 1 to 3 years of training and/or no competition experience;
- ✓ **Advanced** is any athlete with 3 plus years' experience or any athlete trying out for the Provincial Karate Team.

NOVICE (0 – 1 YEAR)	INTERMEDIATE (1 – 3 YEARS)		ADVANCED (3 YEARS +)	DIVISION SERIES
M/F 5 - 8 NINJA (ULTRA, MINI & MEGA, BASED ON SIZE) – FLAG KUMITE				YOUTH
M/F 5 - 7 KATA	M/F 5 - 7 KATA			
M/F 8 - 9 KATA	M 8 - 9 KATA			
	F 8 - 9 KATA			
M 7 - 9 KUMITE	M 8 - 9 KUMITE			
F 7 - 9 KUMITE	F 8 - 9 KUMITE			
M/F 10 - 11 KATA	M/F 10 – 11 KATA	M 10 - 11 KATA		
		F 10 - 11 KATA		
M 10 - 11 KUMITE	M 10 - 11 KUMITE	M 10 - 11 KUMITE		
F 10 - 11 KUMITE	F 10 - 11 KUMITE	F 10 - 11 KUMITE		
UNDER 12 TEAM KATA				
M/F 12 - 14 KATA	M/F 12 – 14 KATA	M 12 - 14 KATA	JUNIOR	
		F 12 - 14 KATA		
M 12 - 13 KUMITE	M 12 - 13 KUMITE	M 12 - 13 KUMITE		
F 12 - 13 KUMITE	F 12 - 13 KUMITE	F 12 - 13 KUMITE		
M/F 15 - 17 KATA	M/F 15 – 17 KATA	M 15 - 17 KAT		
		F 15 - 17 KATA		
M 14 - 15 KUMITE	M 14 - 15 KUMITE	M 14 - 15 KUMITE		
F 14 - 15 KUMITE	F 14 - 15 KUMITE	F 14 - 15 KUMITE		
M 16 - 17 KUMITE	M 16 - 17 KUMITE	M 16 - 17 KUMITE		
F 16 - 17 KUMITE	F 16 - 17 KUMITE	F 16 - 17 KUMITE		
12 - 17 TEAM KATA		12 - 17 TEAM KUMITE		

SOMETHING FOR EVERYONE!



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RULES AND REGULATIONS SUMMARY

NOVICE (0 – 1 YEAR)	INTERMEDIATE (1 – 3 YEARS)	ADVANCED (3 YEARS +)	DIVISION SERIES
M/F 18+ KATA	M/F 18+ KATA	M 18+ KATA	SENIOR
		F 18+ KATA	
M 18+ KUMITE	M 18+ KUMITE	M 18+ KUMITE	
F 18+ KUMITE	F 18+ KUMITE	F 18+ KUMITE	
M/F 36+ KATA	M/F 36+ KATA	M 36+ KATA	
		F 36+ KATA	
M 36+ KUMITE	M 36+ KUMITE		
F 36+ KUMITE	F 36+ KUMITE		
18+ TEAM KATA		18+ TEAM KUMITE	

TEAM KATA:

ALL TEAM MEMBERS MUST BE VALID FOR AGE GROUP OF DIVISION. TEAM MUST BE COMPRISED OF 3 ATHLETES; THE ATHLETES CAN COME FROM MULTIPLE DOJOS FOR SAME TEAM. IF VICTORIOUS EACH TEAM MEMBER WOULD RECEIVE THEIR SHARE OF POINTS FOR THEIR DOJO.

TEAM KUMITE:

THE REGISTRATION FOR THIS EVENT IS DONE AT TOURNAMENT ONLY.

ALL TEAM MEMBERS MUST BE VALID FOR AGE GROUP OF DIVISION. TEAM CAN BE COMPRISED OF MAXIMUM 3 ATHLETES; THE ATHLETES CAN COME FROM MULTIPLE DOJOS FOR SAME TEAM. IF VICTORIOUS EACH TEAM MEMBER WOULD RECEIVE 3 POINTS FOR THEIR DOJO. ATHLETES MUST BE AT LEAST A 5TH KYU.

KNS Tournaments rules of competition are based on the W.K.F with some Provincial adjustments. W.K.F rules and regulations are located at <http://www.wkf.net/ksport-rules-regulations.php>

GENERAL

1. The competitor must be a **registered athlete** in a dojo that is a member in **good standing** of KNS. **Exceptions** are made for athletes registered in other associations affiliated with **KC or WKF**.
2. The tournament will begin as soon as possible based on advertised start time. In some circumstances we may run a bit late.
3. Errors on your registration form may mean that an athlete does not get to compete. It is the responsibility of the athlete/parent to double check that you have been correctly pre-registered and report any discrepancies to the Head Table, upon arrival at the tournament.
4. Please do not approach the head table other than to confirm your registration.



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RULES AND REGULATIONS SUMMARY

5. Schedule of events is based on readiness of a division and availability of officials. Please have patience, due to door registration and athlete's changing divisions at the last minute this may be difficult to achieve. Schedule will be posted if possible and or announced on speaker system.
6. Karate Nova Scotia reserves the right to combine, subdivide or cancel any event.
7. **Karate Nova Scotia reserves the right to adjust the 1st round matches if we feel size may cause an unfair advantage in kumite.**
8. An athlete may be approved to compete in a division higher or lower than their rank/experience with the approval from their Dojo Coach/Sensei and the Tournament Co-ordinator.
9. Divisions are based on the combination of karate rank and experience. **Novice** is any athlete who has just begun and up to one year of training; **Intermediate** is based on 1 to 3 years of training and/or no competition experience; **Advanced** is any athlete with 3 plus years' experience or any athlete trying out for Provincial Karate Team.
10. If you plan to try-out for Karate Team Nova Scotia, you must compete in the Grand Prix tournaments in the age division you are trying out for. **NOTE:** To compete on the Junior National team you must have medaled and be of the same age of the division you competed at Nationals. An athlete of 12 yrs of age can participate at Nationals providing they turn 13 before first day of competition at Junior Pan Ams which is usually the last weekend of August every year.
11. Official's Dress Code: White shirt, dark tie, gray slacks, blue jacket, slip on shoes, dark socks.
12. Club coaches are permitted to sit in the coaching chairs provided in each ring; otherwise they must remain on the perimeter of the competition floor.
13. Competitors must wear a solid white traditional karate Gi. Girls can wear a plain white shirt under their Gis but boys cannot wear shirts under theirs.
14. Repechage is applied for any division with more than 3 competitors, otherwise round robin applies. **EXCEPTION: Team Kata is Single Elimination.**
15. No jewelry is allowed during competition, but elastic headbands are permitted.
16. Toenails and fingernails must be trimmed short
17. All announced match winners must report to ring's head table after each match to confirm proper name is moved forward to next match.

KATA

18. Team Kata consists of 3 members on each team
19. Team Kata members must register under a Team Name or Team Captain.
20. The AGE of Team Kata members **MUST** be valid for Age group of the Division. In some cases a team may be placed in a disadvantage and permitted to compete in division of oldest team member.
21. Team Kata members can compete on one team only.
22. Glasses are allowed only in kata.
23. Kata will be judged by 5 officials when the number of available officials permits, otherwise the number will be 3.
24. All Kata divisions will be judged using flags.
25. Kata Divisions will be mixed male/female for Novice and Intermediate divisions or where the amount of competitors is limited in numbers.



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RULES AND REGULATIONS SUMMARY

Division	Matches	Kata	Judging
Under 12 Nov/Int	Perform kata at the same time as opponent	Can Repeat	Flags
Under 12 Adv	Perform kata at the same time as opponent	CanNOT Repeat	Flags
12+ Nov/Int	Individual kata performance	Can Repeat	Flags
12+ Adv	Individual kata performance	CanNOT Repeat	Flags

KUMITE / NINJA

26. Ninja is permitted for **less than 9** years of age, any rank. You **cannot do both ninja and Kumite**
27. In kumite divisions you are expected to defend yourself, should you not, you will be penalized.
28. **Kumite is allowed for age 7 and up**
29. Kumite/Ninja match lengths. **Note:** Adjusted time for Medal rounds is **not guaranteed**:

Division	Matches (Stop Time)	Ring Size
Ninja	1 min or 3 pts	6 m ²
Nov/Int 7-9 years	1 min 30 seconds	6 m ²
Nov/Int/Adv 10-17 years	2 mins	Full
Nov/Int 18+, Nov/Int/Adv 36+	2 mins	Full
Adv Female 18+	2 mins	Full
Adv Male 18+	3 mins	Full

30. The **36+ division** kumite match duration is 2 mins and follows **Youth/Junior** rules. You are also permitted to compete in the 18+ divisions, but you must inform the tournament coordinators.
31. Competitors must provide their **own WKF or similar style** equipment for competition.
32. All Kumite competitors must wear a mouth guard.
33. All **male kumite** athletes must wear a groin protector; recommended for **female kumite** athletes.
34. All Kumite competitors must wear WKF style vinyl or leather sparring mitts; no cloth or foam-dipped gear permitted. You are advised to have both Red & Blue gloves, but not required.
35. You are advised to have both Red & Blue belts, but not required.

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VOLUNTEERS NEEDED

- FIRST AID
- MINOR
OFFICIALS
(TABLES)
- SETUP

If you can contribute in any way, please let us know as soon as possible at info@karatens.org

We would really appreciate support (parents, karateka, friends, and family)

... **Great Front Row Seats!**

From 9 am until 5:00 pm, we need some help working the tables as minor officials; keeping track of the matches, announcing, etc.

Shift work is fine!

The **NS Karate Team** and their supporters will be on hand with some fundraising! Please support the team, as someday it may be for you!

All funds raised go to support the trip to **Nationals** (**February 2017**)



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YARMOUTH KARATE

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TOURNAMENT SCHEDULE AND APPROXIMATE ORDER OF EVENTS:

8:30 – 9:00	Youth (Under 12) Registration “Check in” Junior (12-17) / Senior (18+) can also “Check in”
8:30 – 9:00	Organizing / Officials Meeting / Minor Official Instruction
9:00 – 9:15	Opening Announcements
9:30	<u>Competition Begins</u>
9:30 – 10:30	Youth Kata (Under 12)
10:30 – 11:00	Junior (12-17) Registration “Check in” Senior (18+) can also “Check in”
10:30 – 11:30	Youth Kumite (Under 12) / Ninja Turtles (Under 9)
11:30 – 12:00	Junior Team Kata (12-17) / Youth Team Kata (Under 12)
12:00 – 12:30	Officials Break
12:30 – 1:00	Karate Demos
12:30 – 1:00	Senior (18+) Registration “Check in”
1:00 – 2:00	Junior Kata (12-17)
2:00 – 3:00	Junior Kumite (12-17) / Junior Team Kumite (12-17)
3:00 – 4:00	Senior Team Kata (18+) / Senior Kata (18+)
4:00 – 5:30	Senior Kumite (18+) / Senior Team Kumite (18+)
5:30 - 6:00	Competition Must End / Cleanup!

Only the registration times are 100% accurate. Other times may differ based on usage of 2 or 3 rings and the number of officials available.



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2016 AWARDS RECEPTION

KNS Awards Reception

Date: Saturday June 11th, 2016 / 6:30 pm

Location: Knights of Columbus Hall, 5 Colins Street, Yarmouth

The intent is to recognize the highest athletic achievements, as well as, contributions to karate of the individuals in this province (athletes, coaches, officials, volunteers, supporters).

KNS Hall of Fame Induction "Sensei Duncan MacLeod"

Tickets:

12 and over \$15.00 each (HST incl.)

Children under 12 \$10.00 each (HST incl.)

The **MEAL** will be a Turkey Dinner, coffee, tea, rolls, and desserts.

Open bar available

MC Dwayne Robicheau

We encourage everyone to support this event!

All members of the KNS, their families, friends and fans are invited.

This event is not just for NS Team member. The evening will include various awards, speeches, and recognition not only for athletes but for individuals who work tirelessly behind the scenes for the betterment of our association and individual clubs.

**Payment can be made at the Yarmouth Cup or upon arrival at the banquet
but If possible please RSVP by June 9th**

Milton Bourque at mibourque@eastlink.ca / Greg Da Ros at darosgo@hotmail.com

For complete list of awards visit <http://karatens.org/programs/kns-awards/>

www.karatens.org

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KNS Athlete Development Program

For One Weekend Only!

Moving to Mukashi School of Karate

1166 Hardscratch Road, Brooklyn, Yarmouth County

Sunday June 12th, 9:30 am – 11:30 am

Come hangout, share some sweat and pick up some new drills and skills!

The focus is on Kumite. Students will learn development skills through a series of drills and exercises aimed at speed & coordination, strategy and fitness.



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ACCOMMODATION OPTIONS

- Rodd Grand hotel
- Comfort Inn
- Voyageur Inn

Refer to the Yarmouth Karate Challenge.

Reservations in advance highly advised.