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A CANADIAN ZEN KARATE ASSOCIATION

SANCTIONED EVENT

April 8, 2024

Dear Instructors,

Once again it is my great pleasure to invite you and your students to the 44th Annual Western Canadian Karate Championships which will be held May 25, 2024 at the Lindsay Thurber High School in Red Deer, Alberta.

This is the province’s longest running martial arts event of its kind and competition will be open to all qualified schools and styles. This year as in previous years in order to shorten the day, we will be running most forms and sparring divisions back to back.

In addition to our wide range of divisions,we will also feature 2 Junior colored belt Grand Champion events as well as an Adult colored belt Grand Champion event.

If you know of any schools that have not been invited, please feel free to extend this invitation to them.

For our Kickboxing & Muay Thai competition all matches will be under the direction of the Alberta Ring Sports Officials Assocition.

I look forward to seeing you in May.

Yours in martial arts,

Lyle Cheney

Master Instructor

Cheney's Zen Karate & Kickboxing

Alberta Director Canadian Zen Karate-Do Association

Referee In Chief Alberta Ring Sports Officials Association

Ph.403-347-9020

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**INFORMATION SHEET**

**44th Annual Western Canadian Karate Championships**

**LOCATION:** Lindsay Thurber High School (see map)

4204 58st. Red Deer, Alberta

**REGISTRATION:**

Saturday, May 25, 2024 at 8:30-9:30 a.m. In Person.

Online Registration go to cheneykarate.com/tournament or

Facebook htttps://fb.me/e/3yxqhmwv9

**BLACK BELT MEETING:** 9:30-10:00 a.m.

**COMPETITION BEGINS AT:** 10:15 a.m.

**COST:** Pre registration-$75.00 for 1-2 events

$10.00 for each additional event

In Person registration-$85.00 for 1-2 events

$10.00 for each additional event

**BLACK BELT SPARRING GRAND CHAMPION WILL RECEIVE $200.00**

**BLACK BELT FORMS GRAND CHAMPION WILL RECEIVE $200.00**

**SPARRING AND FORMS DIVISIONS**

1. LITTLE DRAGONS 5 & UNDER All Belts

(Forms & Sparring)

2. MINI PEE WEE 6-7 YEARS •White-Yellow  
(Forms & Sparring) •Orange-Green

•Blue-Black

3. PEE WEE A 8-9 YEARS •White-Yellow  
(Forms & Sparring) •Orange-Green

•Blue-Black

4. PEE WEE B 10-11 YEARS •White-Yellow  
(Forms & Sparring) •Orange-Green

•Blue-Black

5. JUNIOR A 12-13 YEARS •White-Yellow  
(Forms & Sparring) •Orange-Green

•Blue-Brown

6. JUNIOR B 14-16 YEARS •White-Yellow  
(Forms & Sparring) •Orange-Green

•Blue-Brown

7. PEE WEE WEAPONS 11 YEARS & UNDER •White-Black

8. JUNIOR WEAPONS 12-16 YEARS •White-Brown

9. JUNIOR WEAPONS 12-16 YEARS •Black Belts

10. JUNIOR BLACK A 12-14 YEARS •Black Belts

(Forms & Sparring)

11. JUNIOR BLACK B 15-16 YEARS •Black Belts

(Forms & Sparring)

12. MEN 17 & OVER •White-Yellow

(Forms & Sparring) •Orange-Green

•Blue-Brown

13. EXECUTIVE MEN 35 & OVER •White-Green

(Forms & Sparring) •Blue-Brown

**Head Gear Mandatory**

**SPARRING AND FORMS DIVISIONS**

14. WOMEN 17 & OVER •White-Yellow

(Forms & Sparring) •Orange-Green

•Blue-Brown

15. EXECUTIVE WOMEN 35 & OVER •White-Green

(Forms & Sparring) •Blue-Brown

16. TEAM FORMS •White-Orange

(The highest team member) •Green-Black

17. WEAPON FORMS 17 & OVER •White-Orange

•Green-Brown

•Black Belts

18. MUSICAL FORMS ALL BELTS

19. BLACK BELT FORMS 17 & OVER HARD STYLE

WOMEN SOFT STYLE

20. BLACK BELT FORMS 17 & OVER HARD STYLE

MEN SOFT STYLE

21. BLACK BELT FORMS 35 & OVER HARD/SOFT STYLE

EXECUTIVE

22. BLACK BELT SPARRING 17 & OVER •Women

•Light weight men

•Middle weight men

•Heavy weight men

35-44 years •Executive

45 & Over •Master executive

\*White belt through green belt is non contact sparring

\*Blue belt and above is touch contact sparring

**Head Gear Mandatory**

**SEMI-CONTACT KICKBOXING & MODIFIED MUAY THAI 17& OVER**

1. MEN NOVICE -- UNDER 1 YEAR

•LIGHT WEIGHT

•MIDDLE WEIGHT

•HEAVY WEIGHT

INTERMEDIATE 1-2 YEARS

•LIGHT WEIGHT

•MIDDLE WEIGHT

•HEAVY WEIGHT

ADVANCED 2 YEARS+

•LIGHT WEIGHT

•MIDDLE WEIGHT

•HEAVY WEIGHT

2. WOMEN NOVICE -- UNDER 1 YEAR

•LIGHT WEIGHT

•MIDDLE WEIGHT

•HEAVY WEIGHT

INTERMEDIATE 1-2 YEARS

•LIGHT WEIGHT

•MIDDLE WEIGHT

•HEAVY WEIGHT

ADVANCED 2 YEARS+

•LIGHT WEIGHT

•MIDDLE WEIGHT

•HEAVY WEIGHT

3. JUNIORS 11-12yrs.

13-14yrs.

15-16yrs.

Experience level and weight divisions

will be divided up

once the competitor pool is established.

**Head Gear Mandatory**

**SPARRING RULES**

**Sparring: Non-contact**

- No contact to the head, all blows must be stopped within two inches of the head

- contact to the body can be of medium force

- no strikes below the belt (with the exception of sweeps)

- if head contact is made, first offense results in loss of point, second offense results in disqualification

- all matches will be two minutes in duration or five point spread. In case of a tie, match will go into sudden death.

- foot sweeps are allowed but must be followed up immediately

**Sparring: Touch-contact**

- contact to the head must be light (neck must not snap) but is not always necessary to score a point. If there is no defense to a strike then a point should be called

- contact to the body can be made, but any malicious attempt to injure will not be tolerated

- no strikes below the belt (with the exception of sweeps)

- if excessive contact is made, first offense results in loss of point, second offense results in disqualification

- foot sweeps must be boot-to-boot and must be followed up

**Sparring: All divisions**

- if a person falls due to a sweep or a slip you have three seconds to score on the ground (must be a non-contact to the person on the ground)

- any disrespect to officials (e.g., swearing, showing poor sportsmanship, etc.) will not be tolerated. Black belts or instructors guilty of this offense may be disqualified and may have their entire clubs disqualified at the discretion of the Chief Referee

**Mandatory Equipment**

- **Foam hand gear and foot gear** which covers the heel,

groin cup, and mouth guard

- **HEAD GEAR IS MANDATORY**

**Disallowed Techniques**

- Knee and elbow strikes

- Groin attacks

- Leg attacks (with the exception of boot-to-boot sweeps)

**ALL OTHER TECHNIQUES WILL BE DISCUSSED AT THE BLACK BELT MEETING**

KICKBOXING RULES

1. Single elimination matches of 90 seconds. Finals will be two 60 second rounds.
2. Light controlled contact to the head and controlled contact to the body

Excessive contact -warning or immediate disqualification

2nd warning-disqualification.

1. Leg kicks inside and outside of leg above the knee only.
2. No knee or elbow attacks.
3. No contact to the back of the head.

Required equipment- Min.14oz boxing gloves, Head gear, Shin & instep protectors, Groin cup, &

mouth guard.

MODIFIED MUAY THAI RULES

**Same rules as Kickboxing but allowing knees to the body and legs.**

**“WESTERN CANADIAN KARATE CHAMPIONSHIPS”**

**OFFICIAL ENTRY FORM**

PLEASE PRINT

NAME RANK STYLE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ADDRESS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Street City Prov./State

AGE HOW LONG HAVE YOU PRACTICED YOUR ART? \_\_\_\_\_\_\_\_\_\_\_\_

CLUB NAME INSTRUCTOR

CLUB ADDRESS EMAIL PHONE\_\_\_\_\_\_\_

I hereby voluntarily submit my application for attendance and participation in the **“WESTERN CANADIAN KARATE CHAMPIONSHIPS”** as shown on this form, and do hereby assume full responsibility for any and all damages, injuries or losses that I may sustain or incur, if any, while attending or participating, and I hereby waive all claim against the promoters, or operators , or sponsors of said **”WESTERN CANADIAN KARATE CHAMPIONSHIPS”** individually or otherwise, for any claim for injuries that I might sustain.

I fully understand that any medical treatment given me will be of FIRST AID nature only.

I consent that any pictures of me or any picture taken of me in connection with the Championships can be used for publicity, promotion or television showing and I waive compensation in regard thereto.

**PARTICIPANT DATE \_\_\_\_\_\_\_\_\_\_\_\_\_**

**IF THE APPLICANT IS UNDER 18 YEARS OF AGE, THIS APPLICATION MUST BE SIGNED BY HIS OR HER GUARDIAN OR PARENT.**

**PARENT OR GUARDIAN DATE\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**ENTRANCE FEE: Pre Registration $75.00 for 1-2 Events**

**$10.00 for each additional event**

**In Person $85.00 for 1-2 events**

**$10.00 for each additional event**

**DIVISIONS ENTERED:**

**KATA TEAM KATA WEAPONS MUSICAL KATA**

**SPARRING LIGHT- KICKBOXING \_ MODIFIED MUAY THAI\_\_\_\_\_**

**HEAD GEAR MANDATORY**