

Karate NL Tournament Registration

Location : The *Powerplex* (NL Provincial Training Center), Crosbie Road, St. John's, NL
Note: "No outside footwear permitted in gym area." Leave outside or carry in a waterproof bag

Date : 20 Nov 2010 Sat

Time : **9:00 am.** to 1:00 pm. (Junior events **12yrs & under**).
1:30 pm to 4:30 pm . (Junior events **13yrs & older**; **Senior** events)
Please appreciate the times given are an estimation and competitors should arrive and be ready 30 mins prior.

Cost : \$15 – Any 1 event, \$25 – Any 2 events, \$30 – all 3 events
(Kata, Team Kata & Kumite)

- Team Kata 3 members – designate team captain.
 - Divisions determined by highest ranking/age member on the team
- Kumite – All competitor must have own gum shield, Jock for male, Jill for female (optional), Shin guard (optional), gloves and belts (Blue and Red).

All registrations must be received by Tournament Co-ordinator by deadline: 16 Nov 2010 Tue

Registration Form – Karate NL Tournament: Date _____

Dojo: _____ Sensei(s): _____ Amt: \$ _____

Name: _____ M/F _____ Age _____ Rank _____

Events: *Kumite* Weight _____ Height _____

Kata (individual)

Team Kata

Team Kata Members:

1. (Captain) _____ 2. _____ 3. _____

Permission of parent/guardian if competitor under 19yrs:

Signature of Parent/Guardian Date: _____