



3rd NORTHERN NECK KARATE TOURNAMENT



Saturday, August 21, 2010

A.T. Johnson Gymnasium
Montross, Virginia

Tournament Arbitrator: Renshi Eamonn Knights
5th Dan (Isshinryu)

Tournament Director: Sensei Melvin Stewart

WEAPONS, KATA, and SPARRING
(Traditional American, Japanese, Okinawan, Korean Styles)

1st – 4th place (Custom Certificates)
10-14 & underbelt prize for (Best Naihanchi Kata)
School with most students receives a \$60.00 Gift Card to Pizza Hut

Pre-Registration by August 7, 2010	\$30.00 (all events)
After August 14, 2010	\$35.00 (all events)
Spectator Fee	\$5.00
Children 7 and under	Free

Money orders should be made payable to: Melvin Stewart
Mail to: P.O. Box 81, Caret, VA 22436
Only Local Checks will be accepted

08:30 Registration / Check In

09:30 Blackbelt meeting

10:00 Tournament Start Time

For more information contact:

Sensei Stewart at 804-443-5319 or Mrs. Stewart at 804-472-3309

Day of event: 804-313-0717 **email: wuv2hit@yahoo.com**



CHILDRENS DIVISIONS

5-7	Beginner	Intermediate		
8-9	Beginner	Intermediate	Advanced	
10-12	Beginner	Intermediate	Advanced	Jr. Blackbelt

TEEN & ADULT DIVISIONS

14-17	Beginner	Intermediate	Advanced	Jr. Blackbelt
18-34	Beginner	Intermediate	Advanced	Blackbelt
35-44	Beginner	Intermediate	Advanced	Blackbelt
45-52	Beginner	Intermediate	Advanced	Blackbelt
53 & UP	Beginner	Intermediate	Advanced	Blackbelt

Note: Some divisions may be combined due to shortage of competitors.

Blackbelts should not judge their students if at all POSSIBLE!!

Proof of age may be required!!

Waiver Form

Name: _____ Age _____ DOB _____
Address: _____
City _____ State _____ Zip _____
Phone # _____ Male _____ Female _____
Dojo: _____ Belt Rank _____

_____ WEAPONS _____ KATA _____ SPARRING

I, the undersigned hereby voluntarily submit my application and participation in the 3rd Northern Neck Karate Tournament, and do hereby assume full responsibility for any and all damages, injuries, and losses that I may sustain or incur, in any way while contending and participating, I hereby waive all claims against the director, operators, A.T. Johnson Gymnasium of the said tournament individually or otherwise that they may sustain.

Signature (Parent or legal guardian if under 18)

Name: _____ Date: _____

DIRECTIONS

From Waldorf Md: Take 301 (south) pay toll @ bridge cross over into VA. Continue on 301 & make a (left) on Route #3. Continue on Route # 3 to Montross. A.T. JOHNSON GYMNASIUM is on the left after you pass Northern Neck Chevrolet/Pontiac car dealership.

From DC: Take 95 (S) to Massaponox exit get in (R) lane at stop sign make a (R) the get in Left lane & look for signs to Port Royal. At Port Royal light make a (L) continue to Sheetz & make a (R) on route 3. Take Route# 3 in to Montross. A.T. JOHNSON GYMNASIUM is on the left after you pass Northern Neck Chevrolet/Pontiac.

From Caroline County: Take 301 (N) continue pass Hornes Restaurant. Make a(R) on Route #3 & continue to Montross. A.T. JOHNSON GYMNASIUM is on the (L) after you pass Northern Neck Chevrolet/Pontiac.

From King George: Take Route #3 into Montross. A.T. JOHNSON GYMNASIUM is on the left after you pass Northern Neck Chevrolet/Pontiac.

From Gloucester: Take Route #17 (N) to Tappahannock then make a (R) @ the 8th traffic light. Cross the bridge @ 2nd traffic light make a left. Go to stop sign make a (L) travel about 10 minutes and A.T. JOHNSON GYMNASIUM is on the (R). Continue past the Richmond County A.T. JOHNSON GYMNASIUM that was on your (L) earlier.

From Richmond: Take 360 to Tappahannock & make a right @ the 8th traffic light. Go across the bridge & make a (L) @ 2nd traffic light. Go to stop sign & make (L). Travel about 10 minutes & Westmoreland County A.T. JOHNSON GYMNASIUM is on the (R).

Rules

Kata- Look for Balance, Control, Coordination, Focus, Power, and Speed. Please do not judge on how you personally think the kata goes since ability, physical, and health problems might be unknown to you. 1 point deduction for restart

Weapons- Center Referee will check all weapons (safety). If clarification is needed, see the Tournament Director/ Arbitrator. No STRIKING the floor. 1 point deduction for dropping the weapon. (UNDERBELTS) Jr. Blackbelts/Blackbelts will receive NO SCORE!!

Sparring- Headgear, Mouthpiece, Gloves, Athletic Cup, and Footgear. (MANDATORY) Chest Protector (Required for Females) and Shin Guards are highly suggested. Any blood realistically drawn calls for DISQUALIFICATION!!

One warning will be given for excessive contact, low kicking, running out of ring, or poor sportsmanship. 1 point will be awarded after that and for each violation thereafter.

Scoring:

Kata & Weapons: Beginners – 6-7, Intermediate – 7-8, Advanced – 8-9 Blackbelt – 9-10

Sparring: 2 minutes/3 points, Kicks and punches are 1 point. No Blind Techniques, No Front Leg Sweeps, No Grabbing/Holding. Kicks and Punches will be above the belt (UNDERBELTS) and Jr. Blackbelts.

Blackbelts will be 3 minutes or 5 points.

Note: Ties - Kata & Weapons – Underbelts can do same or a different kata, 2nd tie (Judges choose) Blackbelts- Will do another kata (NO EXCEPTIONS) 2nd tie (Judges choose)