

# KARATE COMPETITION



May 9, 2009

The Club at Chesterfield  
16625 Swingley Ridge Rd  
Chesterfield, MO  
63017

Missouri Karate Association  
Phone #: 636-493-0286  
Email: [mka@mokarate.com](mailto:mka@mokarate.com)  
Website: [www.mokarate.com](http://www.mokarate.com)



Missouri Karate Association

# MKA - Traditional Karate Championship

To Club Director:

On behalf of the MKA it gives me great pleasure to invite and welcome you to the MKA's Karate Championship. We invite all Karate Clubs to come and test themselves, meet fellow Karateka, and compete in the spirit of Budo. The Tournament is open to children age 3- 8, Teens age 9-16 and Adults 17 and up.

The event will be held on Saturday May 9, 2009 at the Club at Chesterfield in Chesterfield, MO. The Tournament will start with the Children's Competition at 8:30 A.M. Athletes must report to the registration table by the times listed on page 4 of this packet. Following is a brief summary of some important items concerning the tournament:

**Hotel Reservations:** Call (636) 532-5000 and ask for the MKA Tournament Rate. Call to receive the Special rate of **\$75.00/night**. Free parking available. The Tournament site, the Club at Chesterfield, is connected to the Doubletree Hotel.

**Equipment:** Competitor must wear a white karate gi, mouth piece, hand mits, helmet, cup and support (for males). Children age 3 through 12 will have to wear chest protector for Kumite matches (Provided by MKA).

**Rules:** WKF/USA-NKF – We reserve the right to home rule.

### Judges Clinic:

Judges and Recorders are to be selected from the MKA Adult senior students. For all Club Directors and Senior Belts who would like to volunteer there will be a Judges Clinic. Held the day of the tournament at 8:00 A.M. at the Chesterfield Athletic Club (MKA Dojo). Judges & Recorders should wear Black pants, white shirt and a dark red tie. If you would like to volunteer to be a Judge or Recorder please contact the MKA at (636) 493-0286 or email at [mka@mokarate.com](mailto:mka@mokarate.com).

I would like to thank all Club Directors for supporting the Annual MKA Karate Championship. The goal of the MKA is to promote the art of Karate and to build strong relationships within the Martial arts community, whereby we can all grow and learn from each other.

Yours in Karate,

Barry Power  
Tournament Director  
Chief Instructor – MKA  
(636) 493-0286

# General Information

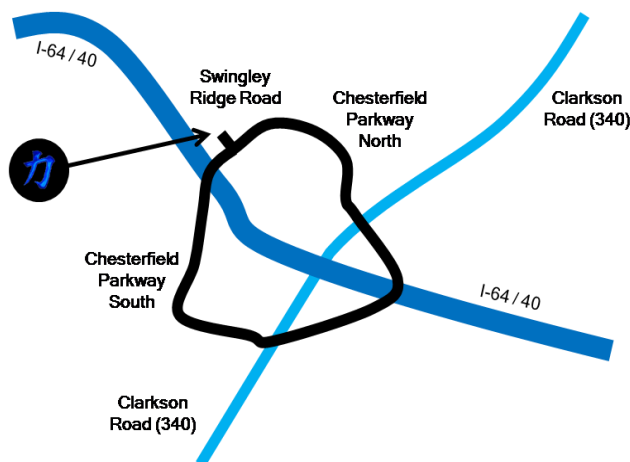
## When:

Saturday, May 9, 2009.

\*Times vary by age and experience. Division will not begin before listed check-in time.

## Where:

The Club at Chesterfield  
16625 Swingley Ridge Road  
Chesterfield, MO 63017  
Phone: (636) 493-0286



## Registration Fees:

### MKA Members:

1 event: \$20  
2 events: \$25  
3 or more events: \$30

### General Public:

1 event: \$30  
2 event: \$35  
3 or more events: \$40

### Spectators: \$5.00 per person

(Children under 5 are free)

- Family discount: Subtract \$5.00 for sibling
- **Deadline for registration is Friday May 1, 2009**

## Information:

For more information please contact the Missouri Karate Association:

Phone: (636) 493-0286

Email: [mka@mokarate.com](mailto:mka@mokarate.com)

Website: [www.mokarate.com](http://www.mokarate.com)

Send Registration Forms and Checks to:

Missouri Karate Association

968 Lafayette Landing Ct.

St. Charles, Mo

63303

## Hotel Accommodations:

### Double Tree Hotel

16625 Swingley Ridge Road

Chesterfield, Missouri, 63017

Phone: 636-532-5000

Rates: Ask for MKA Rate - \$75.00/night

Look Forward To Seeing You There

# Competitive Divisions

**Divisions:**           **Beginner:** Less than 1 year of training  
                          **Novice:** 1-2 years of training  
                          **Intermediate:** 2-3 years of training  
                          **Advanced:** More than 3 years of training

**Check in Times: Referees and staff:**       **8:00 am**

**Beginner/Novice:**       **Ages 3- 8 year olds – 8:30am**  
  **Ages 9-16 year olds – 9:45am**  
  **Ages 17 and up –11:00 am**

**Intermediate:**           **All ages 1:00pm**

**Advanced:**               **All ages 3:00 pm**

**Kihon:**               **Male & Female Combined**  
                          (Challenge format (Red vs/ Blue) two top 3 places)

**Kata:**                **Male & Female Combined**  
                          (Challenge format (Red vs/ Blue) two top 3 places)

**Team Kata:**        **Male & Female Combined**  
                          (Challenge format (Red vs/ Blue) two top 3 places)

**Kumite:**            **Male and Female Compete Separately**

## Beginner, Novice & Intermediates

- \*Repechage
- \* 90 Second round with stop time
- \* Winner to higher score at end of time or reaches 8 points

## Advanced

- \*Repechage
- \* 2 minute round with stop time
- \* Winner to higher score at end of time or reaches 8 points

**Team Kumite:**    **Male and Female Compete Separately**

## **Adult Only (Ages 18+)**

- \*Single Elimination
- \* 90 Second round with stop time
- \* Winner to higher score at end of time or reaches 8 points

# Kihon Competition Rules

## Ages 3–7 Mixed Gender

1. Stepping forward four times, executing punch to stomach level.
2. Stepping forward four times, executing front kick to stomach level.
3. Stepping forward four times, executing downward block.
4. Stepping forward four time, executing upward rising block to head level

## Ages 6–8 Mixed Gender

1. Stepping forward four times, executing punch to stomach level.
2. Stepping backward four times, executing upper rising block.
3. Stepping forward four times, executing front kick to stomach level.
4. Stepping backward four times in back stance, executing knife-hand block.

## Ages 9-12 Mixed Gender

1. Stepping forward four times, each step execute one punch to head level & two punches to stomach level.
2. Stepping backward four times, each step execute upper rising block, front kick (front leg) & reverse punch to stomach.
3. Stepping forward four times, each step execute Middle Block to stomach level, switch to horse stance & execute elbow attack to stomach level.
4. Stepping backward four times into back stance, each step execute knife-hand block, switching to front stance executing reverse punch to stomach level.

## Ages 13–17 (9 kyu – 6 kyu) Mixed Gender

1. Stepping forward four times, each step execute one punch to head level & two punches to stomach level.
2. Stepping backward four times, each step execute upper rising block, front kick (Front Leg), & reverse punch to stomach.
3. Stepping forward four times, executing front kick (back leg) & reverse punch to stomach level.
4. Stepping backward four times into back stance, each step execute knife-hand block, front kick (front leg) to stomach, switching to front stance, executing reverse punch to stomach.

## Ages 13–17 (5 kyu –) Mixed Gender

1. Stepping forward four times, each step execute one punch to head level & two punches to stomach level.
2. Stepping backward four times, each step execute upper rising block, front leg front kick, & reverse punch to stomach.
3. Stepping forward four times, each step execute front kick (back leg) to stomach level, roundhouse kick (back leg) to face level & reverse punch to stomach level.
4. Stepping backward four times into back stance, each step execute knife-hand block, roundhouse kick (front leg) to stomach, switching to front stance, executing reverse punch to stomach.



Missouri Karate Association

**MKA  
Karate Championship  
Saturday May 9, 2009**

8:30 AM – 5:00 PM  
The Club at Chesterfield  
16625 Swingley Ridge Rd  
Chesterfield, MO  
63017

**Registration Form**

**Entry Fee Check Payable To: MKA**

**Mail To:**

968 Lafayette Landing Ct.  
St. Charles, Mo  
63303  
Phone: 636-493-0286

**Registration by May 1, 2009**

**Mail Registration forms to MKA  
Or Email**

[mka@mokarte.com](mailto:mka@mokarte.com)

Office use only

Athlete #:

Please Print Clearly or Type

**Athlete: First Name:**

**Last Name:**

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**Gender X:** Male \_\_\_ Female \_\_\_ Age \_\_\_ # Years Training \_\_\_

**Circle Rank:** 10kyu 9kyu 8kyu 7kyu 6kyu 5kyu 4kyu 3kyu 2ku 1kyu Shodan Nidan+

**Athlete Phone #:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Club Name:** \_\_\_\_\_ **Instructor Name:** \_\_\_\_\_

**Instructor Phone #:** \_\_\_\_\_ **Instructor Email:** \_\_\_\_\_

Check all divisions you are competing in:

Kihon \_\_\_\_\_ Kata \_\_\_\_\_ Kumite \_\_\_\_\_ Team Kata \_\_\_\_\_ Team Kumite \_\_\_\_\_

Amount Tendered \$ \_\_\_\_\_ (Check # \_\_\_\_\_, Payable to Missouri Karate Association)

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**WAIVER**

I \_\_\_\_\_ with this submit my application for participation in Saturday, **May 9, 2009, in the MKA Karate Championship**. I understand that there are risks of injury involved in participating in the tournament. I claim full responsibility for myself in this event. I hereby waive release any and all claims, cause of action, losses, damages, cost, expenses, either known, now existing or arising in the future, that I may have of whatever kind or nature against any tournament organizer or director, the Club at Chesterfield, the Double Tree Hotel, or anyone involved in any way with the tournament. Also I agree, that any photos taken of me during the tournament can be used by the organizers for publicity or promotion without compensation to me.

**Signature (Parent or Guardian)**

**Date**