

# Capitol City Open Karate Tournament

## Saturday, March 5, 2016

### Firley YMCA \* 525 Ellis Blvd.



From I-70 take either Hwy. 63 at Columbia or Hwy. 54 at Kingdom City to Jefferson City.  
Exit Ellis Blvd. on Hwy. 54 or from Hwy. 50 take Hwy. 54 to Ellis Blvd. exit.

- Forms, Sparring and Weapons
- Light Contact Competition
- All ages and belt ranks welcome

**Registration:** 7:30 a.m.  
**Competition:** 9 a.m.  
**Pre-registration (by 2/28/16):** \$40  
**Day of Event Entry:** \$45  
**Spectators:** \$5

**1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Place Trophies, 4<sup>th</sup> Place and below receive medals  
Black Belt Prize Money --- 5 foot Grand Champion Trophies**

<u>Forms Divisions</u>	<u>Sparring Divisions</u>
Age 5 and under (Beg. – Adv.) Age 6 – 7 (Beg. – Adv. – Black) Age 10 – 12 (Beg. – Adv. – Black) Junior Male and /or Female Age 13 – 15 (Beg. – Adv. – Black) Women Age 16 and up (Beg. – Adv. – Black) Men Age 16 and up (Beg. – Adv. – Black) Seniors Age 35 and up (Under Black Belt – Black) <i>Male and Female</i>	Age 5 and under (Beg. – Adv.) Age 6 - 7 (Beg. – Int. – Adv.) Age 8 - 9 (Beg. – Int. – Adv. – Black) Age 10 - 9 (Beg. – Int. – Adv. – Black) Junior Male Age 13 – 15 (Beg. – Int. – Adv. – Black) Junior Male Age 16 – 17 (Beg. – Int. – Adv. – Black) Female Male Age 13 – 15 (Beg. – Int. – Adv. – Black) Women Age 16 and up (Beg. – Int. – Adv. – Black) Men Age 18 and up (Beg. – Int. – Adv. – Black) <i>Light and Heavyweight when needed.</i> Seniors Age 35 and up (Under Black Belt)
<b><u>Weapons Divisions</u></b> - Kids 16 and under (Under Black Belt) - Adult (Under Black Belt) - Black Belt	

The tournament director holds the right to combine or alter any division to promote fair and equal competition.

**For more information contact:**

Brad Spraggs, Tournament Director, at [afkarate1@aol.com](mailto:afkarate1@aol.com)  
or The YMCA Sports Director at 573-761-9003  
**See back for rules and pre-registration form.**

# USA – KIA

## PLEASE BE FAMILIAR WITH OUR RULES LIGHT CONTACT – CONTROLLED TECHNIQUES

All foot techniques to a legal target area are awarded two points.

All hand techniques to a legal target area are awarded one point.

Matches are five points or two minutes running time, in case of a tie, the next point wins.

Legal target areas are: chest, stomach, side of the body and head gear area.

No face contact under adult brown belt. No groin contact. No ground fighting.

Minus points awarded for: face contact, accumulation of two warnings, accidental heavy contact.

Disqualification for: malicious attacks, two minus points, unsportsmanlike conduct, disrespect to officials, excessive contact or causing swelling or bleeding of opponent.

Important Note: Martial Arts is a contact sport with a degree of risk of injury.

All participants must agree to assume that risk.

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### PRE – REGISTRATION FORM

Please complete and mail form with check or money order by February 28 for \$40 to:  
Jefferson City Area YMCA, 525 Ellis Blvd., P.O. Box 104176, Jefferson City, MO 65110-4176

Entry fee is \$45 after February 28. Mailed pre-registration must be received by March 1.

Division/Belt Rank \_\_\_\_\_ Style \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Birth Date \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ Weight \_\_\_\_\_ Height \_\_\_\_\_

Karate School \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Instructor \_\_\_\_\_