



**CANADA J.K.A. KARATE FEDERATION
(CJKF)**

2014 Ontario Provincial Championships

Saturday May 24th 2014

Toronto

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General Information

The CJKF 2014 Ontario Provincial Championships are open to karatekas of all ages and ranks up to Purple/Blue Belts, and Brown/Black Belts 10 years or younger. All competitors must have valid CJKF membership.

Date & Time

Saturday May 24th, 2014
9:00am – 5:00pm

Tournament Location (map on last page)

Senator O'Connor Catholic Secondary School
60 Rowena Drive
Scarborough

Hotel Accommodation approx. 10 mins drive to tournament site:

Close to shopping centers and restaurants.

Delta Toronto East
2035 Kennedy Rd, Scarborough
<https://www.deltahotels.com/Hotels/Delta-Toronto-East>
Please call the reservations department toll free at 1-800-663-3386, or at 416-299-1500

Room Type	Group Rate
Standard Room Single/Double	\$125.00
Occupancy	
Each additional person over 18 years of age will be charged \$25.00.	

All Rates are quoted in Canadian Dollars.
Add 13% for taxes. Taxes not included.

Note: There is a limited number of rooms blocked for this event and must be booked by April 25th.

The above room rate includes:

- Complimentary parking for guests
- Full hot buffet breakfast for 2 adults in each room
- Complimentary High Speed Internet Access
- Upscale Fitness Facilities, complimentary for guests

The facilities include a hot tub, an indoor swimming and MONSTER waterslide. For your dining pleasure, the Delta offers Whitesides Terrace Grille, an all day restaurant, T.W.'s Bar & Grill and the delectable Japanese cuisine of Sagano.

FAMILY PLAN:

Children 18 years old and under may stay at no extra charge in their parents' room using existing bedding. Cots are available at a charge of \$25.00 per night, reservations must be made ahead of time, or cots are not guaranteed.

Children 6 years and under eat for free, 12 years and under eat from the children's menu at the listed price or off the regular menu at a 50% discount. Children must be accompanied by an adult ordering a main course from the regular menu.

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CHECK-IN/CHECK-OUT TIMES

Please note that the hotel check-in time is 3PM and check-out time is 11 AM. They will try to accommodate to the best of their ability any request for early arrivals or late check-outs, although these may incur costs depending on guestroom availability and times requested.

EARLY DEPARTURE FEES

Delta Toronto East will charge an Early Departure Fee of 50% of the room rate for guests who depart prior to their confirmed departure date.

Guests who choose to depart prior to their confirmed departure date shall inform the Front Desk prior to 11:00AM on the day of the revised departure date to avoid the early departure fee.

GUEST CONDUCT AND RESPONSIBILITY

Delta Toronto East reserves the right to control all unreasonable behavior. Liability for damages to the premises will be charged accordingly.

Each individual of our group will be held fully responsible for any damages to the premises. Please be advised of the following policies:

1. External radios or musical instruments of any sort will not be allowed in any guestroom.
2. Playing games and/or running is not permitted in the hotel, public spaces or corridors.
3. Please be advised all sports equipment must be left in guest's vehicles, for the duration of your stay.
4. Alcoholic beverages will not be allowed in any public area including the lobby/hallway.
5. Children must be supervised at all times throughout the hotel. Children under the age of 12 will not be permitted to use the pool facilities unless accompanied by an adult.
6. Excessive noise is not permitted in the hotel. Noise that results in the disruption of other guests, may lead up to and including eviction of the occupants of the room with no refund. In the event that the hotel is required to compensate due to complaints regarding the guestroom or guests, the compensation charge will apply.

Should any member of our group not adhere to these policies, and behave in any unacceptable manner, that individual will be required to vacate the premises.

Tournament Registration Deadline

COMPETITORS:

All individual tournament registration fees and forms must be submitted to **your dojo instructor** by the **deadline date specified by your dojo instructor**.

DOJO REGISTRATION DEADLINE:

Dojo tournament registration including summary sheets, fees, and signed individual waiver forms must be submitted to **Mississauga JKA** by **Saturday April 19 2014**.

Mail to Address: World Class Karate, 309 Lakeshore Road East, Mississauga, L5G 1H3

Please do not send cash in the mail.

TOURNAMENT EVENTS

Individual Kata

<u>Rank Divisions</u>	<u>Age groups, male or female</u>
White, Yellow & Orange Belt	9 & younger, 10-13, 14-17, 18 & older
Green & Purple/Blue Belt	9 & younger, 10-13, 14-17, 18 & older
Brown & Black Belt	10 & younger

Individual Kumite

<u>Rank Divisions</u>	<u>Age groups, male or female</u>
White, Yellow & Orange Belt	9 & younger, 10-13, 14-17, 18 & older
Green & Purple/Blue Belt	9 & younger, 10-13, 14-17, 18 & older
Brown & Black Belt	10 & younger

Team Kata

<u>Rank Divisions</u>	<u>Age groups, male or female or mixed teams</u>
White, Yellow & Orange Belt	15 & younger, 16 & older
Green & Purple/Blue Belt	15 & younger, 16 & older
Brown & Black Belt	10 & younger

TOURNAMENT RULES

EVENT CONSOLIDATION FOR COMPETITORS:

The Tournament Technical Committee reserves the right to consolidate age and/or rank divisions in any tournament event as it deems necessary. Males and females competing in Individual events will be separate in all rank divisions, except as follows:

INDIVIDUAL KATA/KUMITE where there is only a single competitor, males and females will be combined for all ranks in kata and kumite. Competitors may be moved up or down in age group depending on the number of competitors in the age division

TEAM KATA

Each team must consist of 3 contestants, any combination of males or females of any age or rank. A team will compete in the rank division of the highest ranking team member. If any team member is 16 & older, that team will compete in the 16 & older division.

Note: Competitors are allowed to participate on one team only.

THREE COMPETITORS RULE for kumite events:

In the case where there are only three competitors in an event, there will be no automatic bye. The loser of the first match will compete against the next competitor. If the loser of the first match wins the second match, that competitor will automatically finish second, and the winner of the first match will automatically finish first. If the loser of the first match loses the second match, that competitor will finish third, and the winner of the second match will compete with the winner of the first match for first and second place.

INDIVIDUAL KATA

White, Yellow & Orange Belt - 9 & younger, 10-13, 14-17, 18 & older

Preliminary matches, until the final 4

FLAG SYSTEM; one kata by random draw from:

White Belt	Heian Shodan
Yellow Belt	Heian Shodan, Nidan
Orange Belt	Heian Shodan, Nidan, Sandan

Final matches - final 4

POINT SYSTEM; the contestant must choose one kata from:

Heian Shodan, Nidan, Sandan

Green & Purple/Blue Belt - 9 & younger, 10-13, 14-17, 18 & older

Preliminary matches, until the final 4

FLAG SYSTEM; one kata by random draw from:

Green Belt	Heian Shodan, Nidan, Sandan, Yondan
Purple/Blue Belt	Heian Shodan, Nidan, Sandan, Yondan, Godan

Final matches - final 4

POINT SYSTEM; the contestant must choose one kata from:

Heian Nidan, Sandan, Yondan, Godan, Tekki Shodan

Brown & Black Belt - 10 & younger

Preliminary matches, until the final 8

FLAG SYSTEM; one kata by random draw from:

Heian Shodan, Heian Nidan, Sandan, Yondan, Godan, Tekki Shodan

Final matches - final 8

POINT SYSTEM; the contestant must choose one kata from the following:

Bassai-Dai, Kanku-Dai, Jion, Enpi, Jitte, Hangetsu, Gankaku

TEAM KATA

White, Yellow, Orange Belt - 15 & younger, 16 & older

Green & Purple/Blue Belt - 15 & younger, 16 & older

Brown & Black Belt - 10 & younger

POINT SYSTEM: Teams must choose one kata from the following:

Heian Shodan, Nidan, Sandan, Yondan, Godan, Tekki Shodan, Bassai-Dai, Kanku-Dai, Jion, Enpi, Jitte, Hangetsu, Gankaku.

Tiebreak Rule for Kata Matches (Item 39 JKA Rules)

Flag System

The Head Judge will randomly choose another kata to be performed by the 2 competitors.

Point System

The competitors will perform the same kata again. If there is still a draw, the lowest score that was dropped will be added for a total score. If there is still a draw, the highest score that was dropped will be added as well for a total score. If finally there is still a draw, the competitors will perform a different kata.

INDIVIDUAL KUMITE

Note: For safety reasons, competitors will not be allowed to wear regular eye glasses. Safety glasses and contact lenses are allowed.

White, Yellow, Orange Belt - 9 & younger, 10-13, 14-17, 18 & older

Kihon Sanbon Kumite (Basic Three Step Sparring):

Jodan (Face), Chudan (Stomach) – Start with Right Side

In the case of a tie, Start with Left Side

Green & Purple/Blue Belt - 9 & younger, 10-13, 14-17, 18 & older

Kihon Ippon Kumite (Basic One Step Sparring):

Jodan (Face), Chudan (Stomach), Mae-geri (Front kick) - Right Side Only

In the case of a tie, Left Side Only.

Brown & Black Belt - 10 & younger

Jiyu-Ippon Kumite (Semi-Free Sparring):

Jodan (Face), Chudan (Stomach), Mae-geri (Front kick). Yoko-geri Kekomi (Side Thrust kick), Mawashi-geri (Roundhouse kick) - Right Side Only

In the case of a tie, Left Side Only.

Additional Information from JKA Tournament Rules & Regulations

Guidelines for Kihon-Ippon Kumite

Attacking Techniques

1. Punch to the face or Jodan Oi-Zuki – aiming for either just below the nose, or lower part of the chin
2. Punch to the stomach or Chudan Oi-Zuki – aiming for the solar plexus
3. Front kick to the stomach or Chudan Mae-Geri – using the back leg, aiming for the solar plexus
4. There must be appropriate distance to attack. The attacking competitor steps the leg back and forms a downward block or Gedan-Barai. Each attack must be clearly announced before execution.
5. After the completion of an attack and defense sequence, both competitors simultaneously return to the natural position or Shizentai. The attacking competitor takes a step back to return to the natural position while the defending competitor takes a step forward to do the same

Defensive Techniques

1. Any kind of blocking techniques and body shifting can be used
2. Any kind of counterattack to the target areas can be used but only a single counterattack is allowed

Additional points

1. An attack or defense technique can only be used one time
2. There is to be one sudden vocal release of energy or Kiai per attack and per counterattack

Prohibited Elements (Attack)

1. Faking a movement in order to have the opponent move, and then attack that opponent
2. Lunging the body towards the opponent or taking more than one basic step forward to attack
3. From the natural position or Shizentai, the attack must follow a straight line forward and not follow the opponent who may have moved prior to completion of the attack
4. Face level and stomach level attacks that are executed with forceful motions such as pressing the arm downward while the opponent is executing a blocking technique
5. Withdrawing too quickly the hand that is executing an attack.

Prohibited Elements (Defense)

1. Contact or hitting the attacking competitor other than the blocking technique that should be executed

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2. Any combination technique: sweeping the attacking competitor, any projection techniques or holds involving the joints
3. During the execution of a blocking technique to the stomach, to be blocking at the other competitor's elbow
4. During the execution of a blocking technique to the face, any forceful motions that may cause a loss of balance of the attacking competitor
5. Withdrawing too quickly the hand that is executing a counterattack

Guidelines for Jiyu-Ippon Kumite

Attacking Techniques

1. Punch to the face or Jodan Oi-Zuki – aiming for either just below the nose, or lower part of the chin
2. Punch to the stomach or Chudan Oi-Zuki – aiming for the solar plexus
3. Front kick to the stomach or Chudan Mae-Geri – using the back leg, aiming for the solar plexus
4. Side thrust kick to the stomach or Chudan Yoko-Geri Kekomi – using the back leg, aiming for the solar plexus
5. Roundhouse kick to the mid-section of the body or Chudan Mawashi-Geri – using the back leg aiming for the rib area
6. There must be appropriate distance to attack and each attack must be clearly announced before execution.

Defensive Techniques

1. Any kind of blocking techniques and body shifting can be used
2. Any kind of counterattack to the target areas can be used but only a single counterattack is allowed

Additional points

1. An attack or defense technique can only be used one time
2. There is to be one sudden vocal release of energy or Kiai per attack and per counterattack
3. When there is proper distance or Maai to attack, the competitor must initiate that attack. It has been seen that proper distance or Maai has been reached and no attack is initiated. This must not be done.
4. The defending competitor must not back away creating a longer distance from the attacking competitor.
5. Faking a movement or Kensei is not allowed.

Prohibited Elements (Attack)

1. Distance is too short, and lunging the body towards the opponent.
2. Withdrawing too quickly the hand that is executing an attack.
3. Contact or hitting the opponent.
4. Blocking or shifting the body during the counterattack.
5. Grabbing or holding the opponent.

Prohibited Elements (Defense)

1. Stepping out of the court for 3 times.
2. Blocking and counterattacking at the same time.

Team Kata Registration Form

Dojo: _____

Each team must consist of 3 contestants, any combination of males or females of any age or rank. A team will compete in the rank division of the highest ranking team member.

If any team member is 16 & older, that team will compete in the 16 & older division.

Note: Competitors are allowed to participate on one team only.

Team: _____

Name	Age	Rank	Category (<i>Circle</i>)
			(15 & under) (16 & over) White/Yellow/Orange
			Green/Purple
			Brown/ Black (10 & under)

Team: _____

Name	Age	Rank	Category (<i>Circle</i>)
			(15 & under) (16 & over) White/Yellow/Orange
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			Green/Purple
			Brown/ Black (10 & under)

Team: _____

Name	Age	Rank	Category (<i>Circle</i>)
			(15 & under) (16 & over) White/Yellow/Orange
			Green/Purple
			Brown/ Black (10 & under)

Individual Registration Form

REGISTRATION DEADLINE: Payment and signed Registration form must be submitted to **your dojo instructor** by the **deadline date specified by your dojo instructor**.

Name: _____ Male/Female (*Please circle one*)

Dojo: _____ Rank: _____

Date of Birth: _____ Adult 18+

Contestants must have a valid CJKF membership card.

CJKF Membership No. _____ Expiry: _____

Event Fees: (Please check appropriate boxes)

- | | | |
|---|--------------------------|-------|
| 1. Individual Kata | <input type="checkbox"/> | |
| and/or Individual Kumite | <input type="checkbox"/> | \$35 |
| 2. Team Kata plus any Individual event(s) | <input type="checkbox"/> | \$40 |
| 3. Team Kata only | <input type="checkbox"/> | \$ 20 |

Please make cheques payable to: Peel JKA. Total enclosed \$ _____

The Tournament Technical Committee reserves the right to consolidate age and/or ranking categories as it deems necessary.

WAIVER: Please attach signed waiver on page 13 (Mandatory)

Waiver/Release Agreement

The undersigned is aware that there are risks and dangers inherent in participating at the 2014 CJKF Ontario Provincial Championships. In consideration of being permitted to participate at the 2014 CJKF Ontario Provincial Championships, I hereby release and waive any claims against Senator O'Connor Catholic Secondary School, the Japan Karate Association, Canada JKA Karate Federation, and any and all clubs, schools, instructors, members, judges, officials, officers, directors and representatives relating thereto (collectively the "Releases") for any injury or damage which I may suffer while participating at the 2014 CJKF Ontario Provincial Championships including travel to and from the 2014 CJKF Ontario Provincial Championships.

I understand and agree that this Release will have the effect of releasing, discharging, waiving and forever relinquishing any and all actions, those causes of action that I may have or have had, whether past, present or future, whether now known or unknown and whether anticipated or unanticipated by me, arising out of my participation at the 2014 CJKF Ontario Provincial Championships. This Release shall be binding upon me, my heirs, successors, administrators, assigns and legal representatives.

I assume full responsibility for any and all risk of death or personal injury or property damage, which I may suffer while participating at the 2014 CJKF Ontario Provincial Championships. I expressly acknowledge and assume any and all risk that my participation at the 2014 CJKF Ontario Provincial Championships may subject me to personal injury to bodily harm.

I confirm that I have no past or present medical condition, injury or other physical or mental restriction which may cause or contribute to personal injury or property damage while participating at the 2014 CJKF Ontario Provincial Championships and if in case I have such a condition, I agree to forthwith nullify the Releases, as the case may be, and withdraw from the 2014 CJKF Ontario Provincial Championships.

I further agree by signing this Release, I shall indemnify and hold any of the Releases harmless from any and all liability or costs, including legal fees, associated with or arising from my participation at the 2014 CJKF Ontario Provincial Championships.

I acknowledge that I have read this Release and that I understand the words and language in it. I sign this Release freely and voluntarily.

Signature: _____ Date: _____

Parent/Guardian's Signature: _____

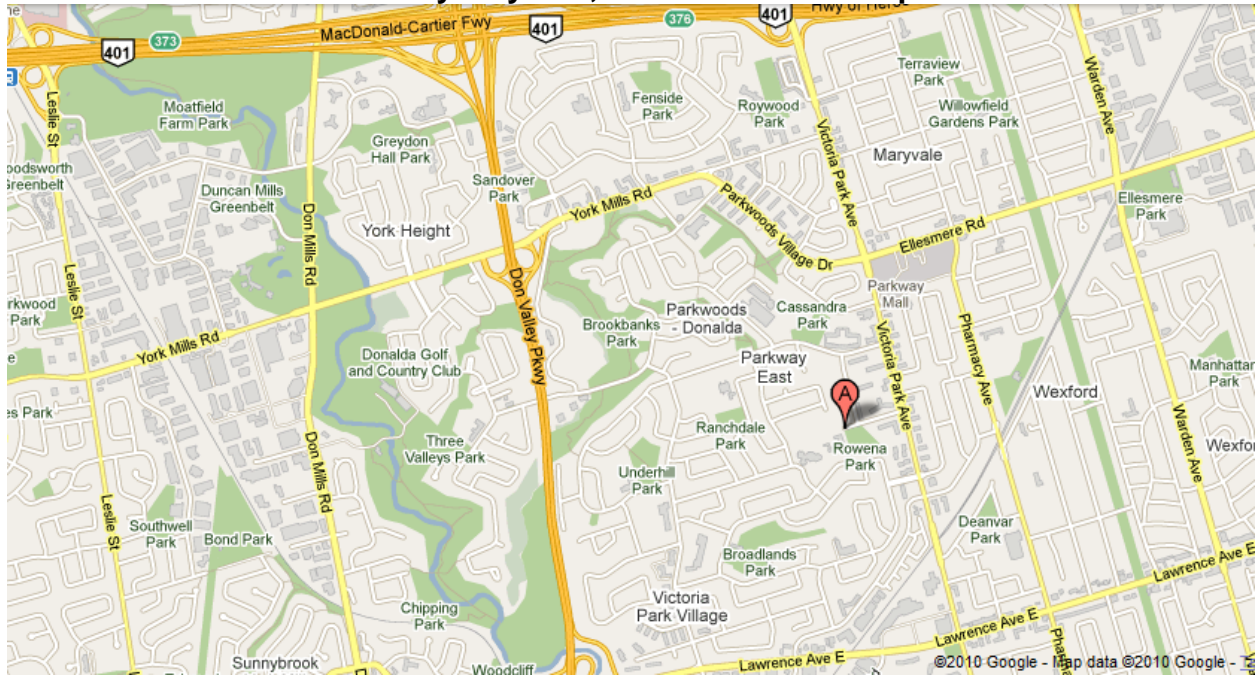
Required for contestants 17 years old & younger

Print Name: _____

MAP

**Senator O'Connor Catholic Secondary School
60 Rowena Drive, Scarborough**

Saturday May 24th, 2014 9:00am – 5:00pm



<p>From the East: Take Hwy 401 West Exit Victoria Park Ave South (turn left) Head South on Victoria Park Ave (2 km) Turn right at Rowena Drive School at end of street</p>	<p>From the West: Take Hwy 401 East Exit Victoria Park Ave South (turn right) Head South on Victoria Park Ave (2 km) Turn right at Rowena Drive School at end of street</p>	<p>From Delta Toronto East Go South on Kennedy Road (1 block) Take 401 West ramp Take Hwy 401 West (3 km) Exit Victoria Park Ave South (turn left) Head South on Victoria Park Ave (2 km) Turn right at Rowena Drive School at end of street</p>	<p>From the QEW Take QEW East to Gardiner Expressway Go East on Gardiner Expressway to Don Valley Parkway Go North on Don Valley Parkway Exit Lawrence Ave East Take Lawrence Ave East to Victoria Park Ave (1.8 km) Go North on Victoria Park Ave (turn left) Take Victoria Park Ave to Rowena Drive (1.8 km) Turn left at Rowena Drive School at end of street</p>
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