

**New for 2018!**  
- Youth Flag Sparring  
- Realigned Divisions  
- More Youth Grands

# Capital City Open Karate Tournament



**Saturday, March 3, 2018**

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

**Registration:** 8:30 a.m.  
**Competition:** 10 a.m.  
**Pre-registration (by 2/26/18):** \$40  
**Day of Event Entry:** \$45  
**Spectators:** \$5

## Forms Divisions

- 7 and under (Beg. – Adv.)
- 8 – 9 (Beg. – Int. – Adv.)
- 10 – 11 (Beg. – Int. – Adv.)
- 12 – 13 (Beg. – Int. – Adv.)
- 14 – 15 (Beg. – Int. – Adv.)
- 16 – 34 (Beg. – Int. – Adv.)
- 35 & up Senior (Beg. – Int. – Adv.)
  - 16 – 34 Male (Black)
  - 16 – 34 Female (Black)
  - 35 & up Senior Male (Black)
  - 35 & up Senior Female (Black)

## Weapons Divisions

- 9 & under (Beg - Adv)
- 10 – 15 (Beg - Adv)
- 16 & up (Beg - Adv)
- 16 – 34 Black Belt
- 35 & up Black Belt

## Sparring Divisions

- Combined Gender Divisions-**
  - 7 and under (Beg. – Adv.)
  - 8 – 9 (Beg. – Int. – Adv.)
  - 10 – 11 (Beg. – Int. – Adv.)
- Separate Gender Divisions-**
  - 12 – 13 (Beg. – Int. – Adv.)
  - 14 – 15 (Beg. – Int. – Adv.)
  - 16 – 34 (Beg. – Int. – Adv.)
  - 35 & up Senior (Beg. – Int. – Adv.)
    - 16 – 34 (Black)
    - 35 & up Senior (Black)

## Flag Sparring

- 5 and under
- 6 – 7
- 8 – 9

## “Open” Flag Sparring

15 and under all belt ranks

**Grand Champions: 3 Youth, 3 Adult**

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

For complete tournament info and updates: <http://www.jeffcitymartialarts.com>

or visit: <http://facebook.com/jeffcitymartialarts>

For more information contact: [JeffCityMartialArts@gmail.com](mailto:JeffCityMartialArts@gmail.com)

Tracey Tiethoff

Advisors: Brad Spraggs & Sasha Vasko

See back for rules and pre-registration form

## REGISTRATION FORM

Please mail form, postmarked by February 26, with check or money order for \$40 to:  
Jefferson City Area YMCA, P.O. Box 104176, Jefferson City, MO 65110-4176  
Entry fee is \$45 after February 26. Mailed registrations must be received by March 1.

Events (Circle): Weapons – Forms – Flag – Open Flag – Sparring

Division (Circle one): Beg – Int – Adv – Black

Gup/Kyu rank \_\_\_\_\_

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

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

Birth Date \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_ Email \_\_\_\_\_

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

Address \_\_\_\_\_

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

Instructor \_\_\_\_\_

I, the undersigned, do hereby voluntarily submit my application for attendance and participation in the Jeff City Martial Arts "Capital City Open Karate Tournament" at the Firley YMCA, March 3, 2018. I do hereby assume full responsibility for any and all damages, injuries or losses that I may sustain or incur, if any, while attending or participating and do hereby waive all claims against all promoters and directors of said Karate Tournament and the Jefferson City YMCA for any claim for injuries that may sustain.

Furthermore, I consent that any pictures furnished by me or any pictures or video taken of me in connection with the championships can be used for publicity, promotion, advertising and display and I waive compensation in regard thereto. If under 18 years of age this release and consent to be also signed by parent or guardian.

Competitor Signature \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

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### Tournament 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 seven points or two minutes running time; in case of a tie, the next point wins.

Black belt matches will be two minutes, or a spread of ten points.

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.