



ULTIMATE TRUTH

KYOKUSHIN KARATE

3rd Annual Vernon and Lumby Friendship Tournament

- Date:** October 15th, 2011
Time: 10:00am -5:00pm
Sign in Time: 9:00- 9:45 am
Location: White Valley community Center,
Lumby , BC
- Entry Deadline:** October 8th, 2011
- Fees:** 10\$, Per Division by October 8th, 2011
15\$, at Door, Per Division

Tournament Schedule

9:00 –to 945 am Sign In
10:00 am kumite starts
11:30 to 12:30 Lunch
4:00 to 5:00 pm clean up, end of Tournament

These times can be subject to change due to the turn out and the amount of assistant in organize to event

All entries must complete the following before they can compete

- waiver form signed
- entry fee paid
- competition form filled out

ENTRIES

All entry forms must be fully completed and include payment and a signed General Liability Waiver.

DIVISIONS

Divisions may be combined or cancelled at the Tournament Director's discretion.

SAFETY EQUIPMENT

Properly sized mouth guards are required for all kumite divisions. Head gear is mandatory for all continuous non-contact and knockdown divisions with the exception of the Open Division. Groin cups are mandatory for Knockdown Divisions. The Rocky Mountain Dojo will provide all headgear, chest protectors, shin guards and gloves for children divisions. Adults must supply their own equipment including chest protectors (there will be two adult chest protectors available).

OFFICIALS AND VOLUNTEERS DRESS CODE

All tournament volunteers, marshals and officials must adhere to the tournament dress code (white shirt, black pants). Official's dress code (navy shirt, Canada patch over left breast pocket)

DIRECTIONS

Location White Valley Community Centre. From Vernon: head East on Hwy 6, Approximately 25 minutes. Go straight through the flashing lights and then turn left onto Norris Ave. Then turn right onto Glencaird St followed by a left onto Shields Ave. You will see the Community Centre is between the Curling rink and the Hockey rink inside the building with the library.

COMPETITION RULES

GENERAL RULES

No pushing and grabbing; no contact with any hand techniques to the head; no contact with any techniques to the back; no forward front roll kick.

CHILDREN'S KNOCKDOWN DIVISIONS

One round, 1-1.5 minutes, no extensions; no contact with any technique to the head, legs or collarbone; male and females combined for all 12 & under divisions

INTERMEDIATE DIVISIONS—COLOUR BELT: 13&14; 15&16; 17&18 year olds

One round, 1.5-2 minutes, no extensions; no contact with any technique to the head or collarbone; no contact with any technique on or below the knee; separate divisions, male/female.

COLOURED BELT: 19 years and Over

One round, 2 minutes; 1 extension in final (1 minute); no contact with any technique to the knee; separate divisions for males and females.

COLOURED BELT: 35 years and Over

One round, 2 minutes, no extensions; light touch to the head (kicks); no contact with any technique on or below the knee; separate divisions for males and females.

OPEN DIVISION

One round, 2 minutes (3 minutes in final); 2 extensions allowed in all matches (2 minutes each); if draw after two extensions, then decision goes to weight; the lighter competitor is given the victory. If the weight difference is less than 3kg, then the competitor with the greatest number of boards broken wins; separate divisions for males and females. Page 5 of 10



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*3rd Annual Vernon and Lumby Friendship
Tournament
Junior And Adult Knockdown Divisions*

NAME: _____

DOJO: _____ IKO MEMBERSHIP#: _____

HEIGHT: _____ WEIGHT: _____ D.O.B.: _____

INSTRUCTOR: _____ PHONE: _____

I understand that this registration for the above mentioned tournament may be terminated at any time. I have chosen to participate in the *Vernon and Lumby Friendship Tournament* and I understand there are risks involved in any physical activity. I therefore choose to participate not holding any sponsoring company, organization or individual responsible should any injury of any nature occur while taking part in this tournament. Upon being accepted to participate in the tournament, I will obey all the rules and regulations governing said tournament. I agree that this registration may be cancelled at any time.

SIGNED: _____ DATE: _____

PARENT OR GUARDIAN SIGNATURE: _____

(IF UNDER 19 YEARS OLD)

*****ALL FIGHTER'S MUST BE REGISTERED BY 9:30 a.m.*****

Single elimination

KNOCKDOWN:

___ C.B. 13 & 14 YEARS (110 & under) ___ Female (120 & under) ___ Male

___ C.B. 13 & 14 YEARS (111 & over) ___ Female (121 & over) ___ Male

___ C.B. 15 & 16 YEARS (120 & under) ___ Female (140 & under) ___ Male

___ C.B. 15 & 16 YEARS (121 & over) ___ Female (141 & over) ___ Male

___ C.B. 17 & over (135 & under) ___ Female (165 & under) ___ Male

___ C.B. 17 & over (136 & over) ___ Female (166 & over) ___ Male

___ C.B. SENIORS (35 years & over) ___ Female ___ Male

___ SENIORS OPEN (35 years & over) ___ Female ___ Male

___ BROWN BELT (16 to 18 years) ___ Female ___ Male

___ OPEN DIVISION

Lightweight: (135 & under) ___ Female (165 & under) ___ Male

Heavyweight: (136 & over) ___ Female (166 & over) ___ Male

Entry Deadline : October 8th, 2011

Entry Fee : 15 \$ at door, 10\$ For Early Entry



**ULTIMATE
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*3rd Annual Vernon and Lumby Friendship
Tournament
12 and Under Contact Divisions*

NAME: _____

DOJO: _____ **IKO MEMBERSHIP#:** _____

HEIGHT: _____ **WEIGHT:** _____ **D.O.B:** _____

INSTRUCTOR: _____ **PHONE:** _____

I understand that this registration for the above mentioned tournament may be terminated at any time. I have chosen to participate in the *Vernon and Lumby Friendship Tournament* and I understand there are risks involved in any physical activity. I therefore choose to participate not holding any sponsoring company, organization or individual responsible should any injury of any nature occur while taking part in this tournament. Upon being accepted to participate in the tournament, I will obey all the rules and regulations governing said tournament. I agree that this registration may be cancelled at any time.

SIGNED: _____ **DATE:** _____

PARENT OR BUARDIAN SIGNATURE: _____
(IF UNDER 19 YEARS OLD)

*******ALL FIGHTER'S MUST BE REGISTERED BY 9:45 a.m.*******
Single elimination

KNOCKDOWN:

___ Children – 12 & under (under 60 lbs) (male & female combined)

___ Children – 12 & under (61 to 70 lbs) (male & female combined)

___ Children – 12 & under (71 to 80) (male & female combined)

___ Children – 12 & under (81 - 90) (male & female combined)

___ Children – 12 & under (91 - 100) (male & female combined)

___ Children – 12 & under (101 and over) (male & female combined)

Entry Deadline : October 8th, 2011
Entry Fee : 15 \$ at door, 10\$ For Early Entry



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*3rd Annual Vernon and Lumby Friendship
Tournament
12 and Under Non Contact Divisions*

NAME: _____

DOJO: _____ IKO MEMBERSHIP#: _____

HEIGHT: _____ WEIGHT: _____ D.O.B: _____

INSTRUCTOR: _____ PHONE: _____

I understand that this registration for the above mentioned tournament may be terminated at any time. I have chosen to participate in the *Vernon and Lumby Friendship Tournament* and I understand there are risks involved in any physical activity. I therefore choose to participate not holding any sponsoring company, organization or individual responsible should any injury of any nature occur while taking part in this tournament. Upon being accepted to participate in the tournament, I will obey all the rules and regulations governing said tournament. I agree that this registration may be cancelled at any time.

SIGNED: _____ DATE: _____

PARENT OR BUARDIAN SIGNATURE: _____
(IF UNDER 19 YEARS OLD)

*******ALL FIGHTER'S MUST BE REGISTERED BY 9:45 a.m.*******

Single elimination

Non Contact

- ___ Children – 12 & under (under 60 lbs) (male & female combined)
- ___ Children – 12 & under (61 to 70 lbs) (male & female combined)
- ___ Children – 12 & under (71 to 80) (male & female combined)
- ___ Children – 12 & under (81 - 90) (male & female combined)
- ___ Children – 12 & under (91 - 100) (male & female combined)
- ___ Children – 12 & under (101 and over) (male & female combined)

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Photo Release Form

NAME: _____

DOJO: _____

HEAD INSTRUCTOR: _____ PHONE: _____

E Mail Address : _____

I hereby give permission for my photograph to be taken and used by the IKOK-C and/or the above mentioned dojo for publication of the photograph in brochures, web sites, leisure guides and other promotional materials the IKOK-C and/or the above mentioned dojo creates, including permission for the IKOK-C and/or the above mentioned dojo to copyright the photograph in its name. The purpose of the promotional materials is to encourage people to participate in activities of the IKOK-C and/or the above mentioned dojo.

I hereby release the IKOK-C and/or the above mentioned dojo from all claims arising out of its use of the photograph, including all claims for libel or invasion of privacy.

I confirm that I have read this form and understand its contents

SIGNED: _____ DATE: _____

PARENT OR GUARDIAN SIGNATURE: PARENT OR GUARDIAN NAME: (PRINT)
(IF UNDER 19 YEARS OLD)