



Thunder Bay Karate School  
137 Pruden Street  
Thunder Bay, On. P7C 5J3  
807-622-8996



**All competitors must pre register before the deadline.  
Fax or E-Mail before February 23, and pay entry fee the day of Tournament will be allowed.**

**Kata:**

- Competitors can only perform from their belt level or lower, from the list below or their Style Equivalent.
- Novice White to Orange Belt: Taki Yoko Shodan, Heian Shodan, Heian Nidan, Heian Sandan
- Intermediate Green to Brown Belt: Heian Yondan, Heian Godan, Bassai Dai
- Black Belt: Any kata of their choice

**Team Kata:**

- To avoid time conflicts & delays, competitors can only belong to one team
- Mixed belt levels will be allowed
- Three to Five person teams will be allowed
- Specific Kata must be performed as determined by majority of the team's belt levels as above

**Kumite White to Brown Belts:**

- Free Sparring
- 3 points sparring
- Winner determined by first 3 points or highest score after 3 running minutes

**Kumite Black Belts**

- Free Sparring
- No weight or age categories
- 3 points sparring
- Winner determined by first 3 points or highest score after 3 stop time minutes with double elimination if time permits

**Kumite Rules**

- Mouth Guard Mandatory
- Groin Protection Mandatory
- Sport Glasses Only Allowed
- Light Hand Pads Mandatory
- Light Shin Pads Allowed
- No Head or Foot Pads Allowed
- No Contact Allowed
- No Jewelry or Wrist Bands Allowed
- Non Sportsmanship Not Allowed

**Tournament Rules**

- No Alcohol or Drugs Allowed during Competitions
- Black Belts compete first, followed by Kyu Belts
- All Kata & Kumite events per divisions will be completed after each other so stay at your ring
- Eye Glasses permitted for Kata Competitions