CHAMPION
KARATE
TOURNAMENT

March 23
2024

McKenzie Towne
School

More information
www.championclub.ca
info@championclub.ca
#championkarate

CHAMPION
KARATE

Karate Alberta

Registration Options

Online Registration - available until **March 20, 2024**
Last Registration - in person – Saturday, March 23, 2024 - penalty fee $20

Volunteers

Set up*Take Down*Registration*Scorekeeping*First Aid*Hospitality Room
Sign up online **VOLUNTEER LINK**

Location Address

McKenzie Towne School - 679 Prestwick Cir SE, Calgary, AB T2Z 0V3

Prices

Entry fee $50 – 1st Category, extra category - $25
Every change or extra category after March 20 - fee $20

Overview*

8:00 Officials/Volunteers Meetings & Set Up
9:00 Tournament starts
Detailed schedule will be available on March 21
2:00 Clean up

*Tentative schedule, subject to change, if ahead of schedule we will continue without competitor!

All competitors receive medals according to the archived place (Gold/Silver/Bronzes)

Registration Link

Champion Karate Tournament 2024

Devisions

PD (workout):
Male/Female: 4-5 years; 6-7 years, 8-9 years

Phantom:
Male: 4-5 years, 6-7 years, 8-9 years
Female: 4-5 years, 6-7 years, 8-9 years

Kumite:
Male: 8-9 years, 10-11 years, 12-13 years, 14-15 years
Female: 8-9 years, 10-11 years, 12-13 years, 14-15 years

Tournament Director reserves the right to combine or divide divisions in a safe and competitive manner.

WKF / Phantom - Rules

All categories will be split into 4.
If there are less than 4 competitors in the category - Round Robin applies.
PD (Workout): 6-10 push-ups (depends on age); 10 times core exercises; exercise on a ladder (in-out run) - Come back like a bear (monkey); Multi-stage fitness test;

Each participant will have 2 attempts. Ranking by best result.

Kumite: Kumite events shall be - 1.5 min

Phantom: Phantom events shall be - 45 sec

WKF Rules: **World Karate Federation (wkf.net)**

Safety Equipment

Phantom Divisions:
Same color (AKA / AO)- gloves and belt, additional equipment optional
Kumite Divisions:
Hand & foot protection and mouth guard mandatory, additional equipment optional