

# South Calgary Wado Kai Karate 14<sup>th</sup> Annual Spring Tournament



In Celebration of Sensei Shintani (1927 – 2000)

The 2010-2011 season recognizes the 60 years Sensei Shintani spent training and teaching Karate.

Today this legacy continues through the members of the Shintani Wado Kai Karate Federation.



This event is sponsored in part by the AB Lottery Fund and the South Calgary Wado Kai Karate Club and the Shintani Wado Kai Karate Federation



## March 3-5, 2011

Workshops – Tournament - Pizza - Fundraising

## Workshops – Thursday & Friday March 3 & 4

Workshop	Date / Time	Location (maps)	Cost
Adult Workshop	Thursday March 3 / 8-10pm	West Island College	Donation
Youth White -Yellow	Friday March 4 / 6-7:30pm	Deer Run Community Centre	**\$10
Youth Orange - Blue	Friday March 4 / 6-7:30pm	Fish Creek School	**\$10
Adult White - Blue	Friday March 4 / 7:45 – 9:45pm	Deer Run Community Centre	**\$10
Adult Brown - Black	Friday March 4 / 7:45 – 9:45pm	Fish Creek School	**\$10

## Tournament - Saturday March 5 – 8:00am -6:00 pm

Location - South Fish Creek Rec Complex (Bishop O'Byrne High School), 100 - 333 Shawville Blvd SE, Calgary

**Competitors must be at tournament 15 mins prior to "marshal time" see event sheet**

- Youth - Kata, Kumite, Pad Kumite
- Black Belt Divisions - Kata, Kumite, (SWKKF Rules)
- Adults - Kata, Kumite (double elimination)
- Black Belt Team - (SWKKF Rules)
- Shindo – Kata Kyu belt (youth & adult, and BB divisions)

## Pizza Party - Saturday March 5 – 6:30 -10:30 pm

Location: Auburn Bay Beach House - All family and students are invited

This is a cash donation event (suggested \$15/person) RSVP – Sensei Cheryl [senseicheryl@calgarywadokai.com](mailto:senseicheryl@calgarywadokai.com)

## Fundraising – please participate

### Cash Prize Raffle Kick Off \$5/ticket

Our Annual Raffle will kick off March 4<sup>th</sup> with the draw will be held at the year-end party June 11, 2011. Funds will be used for tournament travel. Winners will be contacted by phone

### 50/50 Draw

This will be a one-day fundraiser, tickets will be available during the day with two draws one at 1pm and one at 5pm. Winners must be in attendance to win

### Push up-a-thon

All students are invited to use the attached pledge sheet to raise money and challenge themselves. Proceeds will be split between the competitor's home club and the SWKKF National Team. See attached sheet for more info.

## Prices

**\*\*Workshop** – see above, max \$25 per family

**Tournament** - \$20 per competitor, \$50 per family, spectators free or donation

**Black belt Competitors** - \$10 for those judging or assisting at the tournament (competitor only is \$20)

All tournament competitors will receive a tournament souvenir at time of event.

## Volunteers

Sign up to help - set up, fundraising, volunteer's food, results recorder, registration or score keeping. The scorekeepers clinic will be held Friday night at 6:15 at **Deer Run Community Centre**, please attend. Tournament day - be ready 15 mins prior to marshal time

## Registration

(Do not email – fill out & bring to pre-registration or registration)

Pre registration will be held at Thursday workshop 8-10pm & Friday workshops 5:45pm – 8pm (you must bring your stamped entry sheet Saturday)

Registration on day of tournament – 7:45 – 8:30am and 10:30-1:30pm

Contact: Heather Fidyk (403) 257-4638 Email: [senseiheather@calgarywadokai.com](mailto:senseiheather@calgarywadokai.com)

## ADDITIONAL INFORMATION

Parking – Lots of Parking

Food– Cafeteria in building and walking distance to Subway, Tim Hortons, Wendys

Seating – Lots of seating

Amenities - YMCA and Public library in building

[Google Maps](#)

[South Fish Creek Recreation Complex – Tournament](#)

[Fish Creek School - Workshop](#)

[West Island College - Workshop](#)

[Auburn Bay House – Pizza Party](#)

### Hotel Suggestions

Wingate by Wyndham Calgary Hotel

400 Midpark Way S.E. Calgary, Alberta T2X 3S4 Reservations: 1-877-614-7666

Super 8 Motel

60 Shawville Road Southeast Calgary, AB T2Y 3S6, Canada (877) 871-7666

Holiday Inn Express Hotel & Suites Calgary-South

12025 Lake Fraser Drive, Calgary, AB T2J 7G5, (403) 225-3000



*Celebrating 60 years of  
Shintani Karate*

*"teacher, philosopher, mentor"*

*Sensei Masaru Shintani*

*Feb 3 1927 - May 7 2000*



Contact: Heather Fidyk (403) 257-4638 Email: [senseiheather@calgarywadokai.com](mailto:senseiheather@calgarywadokai.com)

## Tournament Event Schedule

**Registration 7:45 - 8:30am & 10:30 - 1:30pm**

**Black Meeting 8:15am Time/Score Keepers Meeting 8:15am**

**Opening Ceremonies and Bow in will be at 9am**

Flight	Event	Division	Age	Marshal Time	Time of Event
1	1	White/White stripe	5 & 6	08:30:00	Approximate time of event 9:15 - 10:45am
1	2	White/White stripe	7	08:30:00	
1	3	White/White stripe	7	08:30:00	
1	4	White/White stripe	8	08:30:00	
1	5	White/White stripe	8	08:30:00	
1	6	White/White stripe	9	08:30:00	
1	7	White/White stripe	9	08:30:00	
1	8	Nidan/Sandan Ring #1	Black Belt	08:30:00	
2	9	White/White stripe	10	08:30:00	Approximate time of event 10:45 - 12:15pm
2	10	White/White stripe	11 & 12	08:30:00	
2	11	White/White stripe	13 to 15	08:30:00	
2	12	Yellow	7 & 8	08:30:00	
2	13	Yellow/Yellow Stripe	7 & 8	08:30:00	
2	14	Yellow/Yellow Stripe	7 & 8	08:30:00	
2	15	Yellow/Yellow Stripe	9	08:30:00	
2	16	Yellow/Yellow Stripe	10	08:30:00	
3	17	Yellow/Yellow Stripe	11	08:30:00	
3	18	Yellow/Yellow Stripe	12	08:30:00	
3	19	Yellow/Yellow Stripe	13 to 15	08:30:00	Approximate time of event 12:00 - 1:30pm
3	20	Shodan Ring #1	Black Belt	08:30:00	
3	21	Orange/Orange Stripe	8 to 9	11:00:00	
3	22	Orange/Orange Stripe	10 to 11	11:00:00	
3	23	Orange/Orange Stripe	12 to 13	11:00:00	
3	24	Orange/Orange Stripe	13 and up	11:00:00	
3	25	Female BB Kumite	Black Belt	08:30:00	
3	26	Shindo	Youth Kyu Belt	08:30:00	
4	27	Shindo	Black Belt	08:30:00	1:30 - 3pm
2 rings	28	Black Belt Team Competition			
4	29	Green	9 & 10	13:30:00	Approximate time of event 2:00pm - 4:30pm
4	30	Green	11 & 12	13:30:00	
4	31	Green/Green Stripe	12 & 13	13:30:00	
4	32	Green/Green Stripe	14 & 15	13:30:00	
4	33	Blue/Blue Stripe	10 to 12	13:30:00	
4	34	Blue/Blue Stripe	13 to 15	13:30:00	
4	35	Brown	14 & 15	13:30:00	
5	36	White	Adult	13:30:00	Approximate time of event 3:30pm - 6:30pm
5	37	Yellow	Adult	13:30:00	
5	38	Female W & Y Kumite	Adult	13:30:00	
5	39	Orange	Adult	13:30:00	
5	40	Green	Adult	13:30:00	
5	41	Female O & G Kumite	Adult	13:30:00	
5	42	Blue	Adult	13:30:00	
5	43	Brown	Adult	13:30:00	
5	44	Female B & B Kumite	Adult	13:30:00	
5	45	Yodan and up	Black Belt	13:30:00	

*All times are approximate and subject to change*

*Divisions maybe combined at the discretion of the tournament adjudicator*



# South Calgary Wado Kai Karate Club

## Competitor Information

Name (First & Last)					
Rank		Age (as of tournament day)		Male <input type="checkbox"/>	Female <input type="checkbox"/>
Club					
Sensei		Pass Book Number (some may not have one yet)			
Events (Circle)	<i>Kata</i>	<i>Kumite</i>	<i>Pad Kumite</i>	<i>Shindo</i>	<i>Black Belt Team</i>

## Tournament Waiver

### Participant information, waiver of claim and assumption of risk

Please read carefully before signing; all participants are required to have this form properly completed and on record with tournament officials before participating. In consideration of the benefits received by me and of permission granted now and in the future to participate in the tournament, I agree and acknowledge that:

1. I have met all the prerequisites and conditions required for participating in the tournament.
2. I will abide by the rules and decisions imposed on the participants of this tournament
3. I recognize there are risks and hazards inherent in the very nature of the tournament and that as a result of these risks and hazards, I as a participant may suffer accident, personal injury, including death, as well as loss or damage to personal property I nevertheless freely and voluntarily assume the aforesaid risks and hazards and accordingly my participation in any way in the tournament shall be entirely at my own risk.
4. I agree now and in the future to indemnify, hold and save harmless from any claim (including medical services), liability, suit, action, or any other proceeding of any kind arising from my participation in the tournament, the South Calgary Wado Kai Karate Club, the Shintani Wado Kai Karate Federation, Calgary Parks & Recreation, South Fish Creek Recreation Complex, their officers, agents, employees, instructors, fellow participants, or authorized guests.
5. The tournament officials may secure such medical advice and services as they, in their sole discretion, may deem necessary for my health and safety and the competitor shall be financially responsible for such advice and services.
6. This INFORMATION, WAIVER OF CLAIM and ASSUMPTION OF RISK is binding on myself, my heirs, my executors, administrators, personal representatives and assigns.
7. The South Calgary Wado Kai Karate Club is collecting this information in accordance with the Personal Information Privacy Act (2003). We will use this information to maintain membership lists under the requirements of the Societies Act (1980), to provide phone/email lists to members, to contact members with information about the club and SWKKF, and in the event of an emergency. We will not share this information with any third parties without prior written consent. By signing this form, you consent to this use of the information you provide.
8. Permission to publish first name and last initial and/or photographs of competitors ☐ (please initial)

**Competitor fee: \$20, \$50 (family rate) cheques made payable to South Calgary Wado Kai Karate**  
**Black belt fee: \$10 for competitors who assist with judging (\$20 for competitor only)**

CASH ☐ CHEQUE ☐

Participant Name \_\_\_\_\_

Signature or Signature of Parent or Guardian (if under 18 years of age) \_\_\_\_\_

Dated at Calgary, AB on March \_\_\_\_\_, 20\_\_\_\_\_



Competitor's Name	
Age (as of March 4, 2011)	
Phone	
Club/Instructor	
Black belt's Initials	



# KARATE PUSH-UP-A-THON

	SPONSOR 'S NAME	PHONE	PLEDGE/PU	FLAT PLEDGE	TOTAL	PAID
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
TOTAL NUMBER OF PUSH UPS/INITIALS Students will complete as many quality full body push-ups as possible in 5 minutes				TOTAL AMOUNT RAISED		\$

# CHALLENGE YOURSELF AND COMPETE!

Karate push-up-a-thon is a joint fundraiser between the competitor's club and the SWKKF National Team  
This event will be sponsored by the South Calgary Wado Kai Karate Club Annual Spring Tournament  
Ask friends and family members to sponsor you or donate a flat amount; please do not solicit unknown people

## Prizes

Six Prizes - \$50 gift card for each of the following categories

- |                   |                         |
|-------------------|-------------------------|
| 1. Ages 6-10      | Most Funds Raised       |
| 2. Ages 11-15     | Most Funds Raised       |
| 3. Ages 16-Adults | Most Funds Raised       |
| 4. Ages 6-10      | Most Number of push ups |
| 5. Ages 11-15     | Most Number of push ups |
| 6. Ages 16-Adults | Most Number of push ups |

## Process

1. All students will participate in the push-up-a-thon, fundraising is encouraged but is optional
2. For fundraising - please have pledge sheets completed by March 4<sup>th</sup>
3. Push-up-a-thon will take place at the beginning of the Friday workshops on March 4, 2011 OR
4. Students can complete the pushups under the supervision of a black belt before March 5<sup>th</sup>.
5. Students will complete as many quality full body push-ups as possible in 5 minutes.
6. Number of push ups will be recorded and students will collect and return funds to their club instructor by March 15, 2011
7. Club instructors will issue a cheque to the SWKKF c/o National Team for 50% proceeds by March 20, 2011

## Funds Raised

1. Proceeds will be split between the competitor's home club and the SWKKF National Team
2. Proceeds will be used to facilitate travel to tournaments and workshops
3. All proceeds need to be submitted to the competitor's instructor by March 15, 2011

Push-up-a-thon Fundraising Committee

Sensei Heather Fidyk

[Sensei Kevin Bowes](#)

[Sensei Kelsey Ross](#)

Thank you to all competitors, sponsors and donors!