

South Calgary Wado Kai Karate 19th Annual Spring Workshops & Tournament



Featured Guests
Sensei Labbe
Sensei H. Fidyk
Sensei D. Fidyk
Sensei Humphries
Sensei Gosselin

Clinics
Workshops
Kata
Kumite
Shindo
Team Events

March 10 - 13, 2016

CLINICS & WORKSHOPS

Thursdays Feb 25 & Mar 10, 2016

West Island College

SWKKF Officiating Clinic 7-10pm

Friday March 11, 2016

Crescent Point Regional Field House

Tournament Workshops

Youth 6:00-7:15 Adult 7:30 – 9:30

[ONLINE REGISTRATION LINK – CLICK HERE](#)

TOURNAMENT

Saturday March 12, 2016

Crescent Point Regional Field House

EVENTS

- Youth Kyu belts– Kata • Kumite • Team Ippon Kumite 10-15 yrs Yellow-Brown
- Adults Kyu belts - Kata • Kumite • Team Ippon Kumite – if time permits
- Shindo - Kata Kyu belt
- Black Belts - Kata • Kumite • Shindo • Team Kumite

Cash Raffle Draw March 12, 2016

Tickets \$5 each



Workshops & Clinics (Addresses and Prices on next page)

Workshop / Clinic	Date(s)	Time	Location	Who
SWKKF Officials Clinic	Feb 25 & Mar 10	7-10pm	West Island College	Brown & UP
Youth Workshop	Friday Mar 11	6-7:15pm	Crescent Point Regional Field House	White to Green 6-14 years
Adult Workshop	Friday Mar 11	7:30-9:30	Crescent Point Regional Field House	White – Black 15 to Adult
Scorekeeping Q&A	Friday Mar 11	6:45-7:15	Crescent Point Regional Field House	Any Volunteer Scorekeepers
SWKKF National Team & KAA Training Session	Sunday Mar 13	9 – 4pm	Deer Run Community Centre	Competitive Club & Brown & UP
SWKKF National Team Training Session	Monday Mar 14	TBA	TBA	Competitive Club & Brown & UP

Registration Options

- Online Registration- submit by Mar 1, 2016 to receive Free Souvenir Tournament T-Shirt
- Online Registration - Available until March 10, 2016
- Registration - Friday at Workshops
- Late Registration - day of tournament – 8 – 8:30am

ONLINE REGISTRATION LINK

Volunteers

Set up* Take Down*Registration*Scorekeeping*First Aid*Hospitality Room

Sign up online [LINK](#)

Scorekeeping clinic online [LINK](#)

VOLUNTEER LINK

Annual Cash Raffle Draw \$5/ticket

Our Annual Raffle draw will occur after the Tournament.
All sold ticket stubs, money, and unsold tickets must be returned prior to the draw.

Hotel Suggestions

- Best Western Plus Okotoks Inn & Suites (403) 995-6262
- Lakeview Inn & Suites (403) 938-7400
- Okotoks Inn (403) 938-4101

Additional Information

- Check Google maps for Location and directions for each event
- Parking – Lots of Parking
- Food– Cafeteria in building – driving distance to restaurants
- Seating – Lots of seating above tatamis
- No flash Photography
- Respectful spectators only

Casino Volunteer Reminder

April 22 & 23, 2016 [LINK](#)

Funds are used for Facility Rental and your Annual SWKKF Membership Fees

CASINO VOLUNTEER LINK

Tournament Itinerary Saturday Mar. 12, 2016

- 8:00 Officials Meeting & Volunteer Meeting
Final Registration for Tournament
- 8:30 Registration Closed
- 8:45 Opening Ceremony
- 9:00 Black Belt Shindo
Black Belt Masters Kata
Black Belt Men Kata
Black Belt Womens Kata
Marshal and organize Youth White & Yellow divisions
If enough Officials begin Youth White & Yellow divisions
- 10:00 Kyu Rank Shindo Divisions
Black Belt Mens Masters Kumite
Black Belt Womens Masters Kumite
SWKKF Black Belt Mens Kumite
SWKKF Black Belt Womens Kumite
Begin Youth White & Yellow divisions
- 11:00 Youth White & Yellow divisions
Marshal and organization of Youth Orange divisions
- 12:00 Finish up Yellow divisions
Youth Orange divisions
Marshal and organization of Youth Green - Brown divisions
- 1:00 Finish up Orange divisions
Black Belt Open Kata
- 1:30 Black Belt SWKKF/WKF Modified Kumite Events
Marshal and organize all Adult divisions
- 2:30 Finish up Black Belt SWKKF/WKF Modified Kumite Events
Begin Youth Green – Brown divisions
Begin Adult Brown belt divisions
Youth Ippon Kumite Events Yellow to Brown 10-15 years
- 3:45 Begin Adult White – Blue divisions
- 5:00 Black Belt Team Kumite
- 6:00 Take Down
- 6:30 Dinner
- 7:00 Raffle draw

Prices

Official Clinics – Free
Handbook - \$20-must be pre-ordered

OFFICIALS CLINIC REGISTRATION

Workshops - \$10, max \$25/ family

Tournament
\$25 individual \$60 family

Black belt Competitors - \$5 donation for those Officiating or assisting at the tournament (competitor only is \$25)

All tournament competitors will receive a tournament T-Shirt at check in.
Registered prior to March 1, 2016 only

Location Addresses

Officials Clinic

West Island College
7410 Black foot Trail SE, Calgary

Workshop – Friday

Crescent Point Regional Field House
125 Field House Dr East, Okotoks, AB

Tournament - Saturday

Crescent Point Regional Field House
125 Field House Dr East, Okotoks, AB

Dinner – Saturday

Crescent Point Regional Field House
Catered - Riley's Cattle Barn-More Info

SWKKF National Team & KAA

Training Session - Sunday

Deer Run Community Centre
2223 146th Ave SE, Calgary

Casino Volunteer Reminder

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Additional Kyu Belt Information (rule modifications)

KATA

- Must be SWKKF Kata
- Pinan Katas cannot be above competitor's rank
- Optional SWKKF Katas can be competed at any rank
- Tie Break Kata – Simultaneous Kata as determined by Centre Referee
- Large Divisions
 - Divisions with 10-14 top 3 will compete Kata as determined by Centre Referee in Finals
 - Divisions with 15 - 19 top 4 will compete Kata as determined by Centre Referee in Finals
 - Divisions with 20+ top 6 will compete Kata as determined by Centre Referee in Finals

KUMITE

- All Kyu Belt Kumite Divisions will be Revised Single Elimination - guaranteed two matches: first match determines A or B side, then single elimination after match first match, bye will not count as a match.
- Time for Matches
 - White to Yellow Youth Divisions - 1.5 min Run Time
 - Orange Youth Divisions - 1.75 min Run Time
 - Green Youth through Adult Kyu Belts - 2 min Run Time

TEAM IPPON KUMITE

- 8 divisions for Youth Team Ippon Kumite
 - Girls Yellow to Orange ages 10-12
 - Boys Yellow to Orange ages 10-12
 - Girls Green to Blue ages 10-12
 - Boys Green to Blue ages 10-12
 - Girls Yellow to Green ages 13-15
 - Boys Yellow to Green ages 13-15
 - Girls Blue to Brown ages 13-15
 - Boys Blue to Brown ages 13-15

If time Permits

- Adult Women Green to Brown
- Adult Men Green to Brown

Please note that Team Ippon Kumite Events will occur at approximately 3:45

Black Belt Event Information and Rules

Kata - 5 Events

1. Male Kata 16-34 all dan ranks
2. Female Kata 16-34 all dan ranks
3. Male Masters 35+ all dan ranks*
4. Female Masters 35+ all dan ranks*
5. Open Kata: single elimination seeded
 - Round 1-Pinan Shodan,
 - Round 2-Pinan TBA,
 - Round 3-Open Shintani kata,
 - Round 4-Open styles kata

*Maybe combined if less than 5 per division

- Divisions with 10-14 top 3 will compete Kata as determined by Centre Referee in Finals
- Divisions with 15 - 19 top 4 will compete Kata as determined by Centre Referee in Finals
- Divisions with 20+ top 6 will compete Kata as determined by Centre Referee in Finals

Yodansha can compete any SWKKF Kata, with rank no dan restrictions! This means competitors should start practicing, or learning, katas that they think will compete at the tournament.

Kumite - 10 Events

Male Kumite (WKF/SWKKF combined Rules)**

1. >70kg
2. >84kg
3. <84kg

Female Kumite (WKF/SWKKF combined Rules)**

4. >50kg
5. >60kg
6. <60kg

**Drawsheet - Revised single elimination with a repechage

7. Male Kumite 16-34 all dan ranks (SWKKF Rules)***
8. Male Masters 35+ (SWKKF Rules)***
9. Female Kumite 16-34 all dan ranks (SWKKF Rules)***
10. Female Masters 35+ (SWKKF Rules)***

***Drawsheet will be Revised single elimination

Team Kumite - 1 Event

- Teams will consist of 1 female and 3 males – black belts only
- WKF/SWKKF combined Rules (Appendix A)
- Each match will be completed at either 2 min run time, DQ, or 8 point spread.

Shindo – 1 Event

Yodansha Level in Shindo

Appendix A

WKF/SWKKF Rules Combined

Scores – Ippon, Wazari, Yuko

IPPON, 3 points, is awarded for:

- Jodan kicks
- A scoring technique immediately delivered on a thrown or fallen opponent

Note: throws where the opponent is grabbed below the waist, grabbed with two hands, thrown without being held onto, thrown dangerously, or where the pivot point is above belt level, are all prohibited - warning, penalty or DQ will occur.

WAZARI, 2 points, is awarded for:

- Chudan kicks

YUKO, 1 point, is awarded for:

- Chudan or Jodan Tsuki
- Chudan or Jodan Uchi

Scoring targets - limited to the following areas:

- Head – not back of head in line with spine
- Chest
- Abdomen
- Face
- Back - not crossing the spine
- Side

Score is awarded - when a technique is performed according to the following criteria to a scoring target area:

- Good form- characteristics conferring probable effectiveness within the framework of traditional Karate concepts
- Sporting attitude - refers to a non-malicious attitude of great concentration obvious during delivery of the scoring technique
- Vigorous application - defines the power and speed of the technique and the palpable will for it to succeed
- Awareness (ZANSHIN) - the state of continued commitment in which the contestant maintains total concentration, observation, and awareness of the opponent's potentiality to counter-attack
- Good timing - delivering a technique when it will have the greatest potential effect
- Correct distance - delivering a technique at the precise distance where it will have the greatest potential effect

Warnings

Category 1

On the 4th warning result will be *DQ

1. Techniques which make excessive contact, having regard to the scoring area attacked, and techniques which make contact with the throat.
2. Attacks to the arms or legs, groin, joints, or instep.
3. Attacks to the face with open hand techniques.
4. Dangerous or forbidden throwing techniques.

***Modification:** Contact to the face will result in Category 1 penalty or DQ. DQ from match or event at the discretion of the referee based on, but not limited to, intent to injure and/or lack of control.

Category 2

On the 4th warning result will be DQ

1. Feigning, or exaggerating injury.
2. Exit from the competition area (JOGAI) not caused by the opponent.
3. Self-endangerment by indulging in behaviour, which exposes the contestant to injury by the opponent, or failing to take adequate measures for self-protection, (MUBOBI).
4. Avoiding combat as a means of preventing the opponent having the opportunity to score.
5. Passivity – not attempting to engage in combat. (Cannot be given after less than the last 10 seconds of the match.)
6. Clinching, wrestling, pushing, or standing chest to chest without attempting a scoring technique or takedown.
7. Grabbing the opponent with both hands
8. Grabbing the opponent's arm or karategi with one hand without immediately attempting a scoring technique or takedown.
9. Techniques, which by their nature, cannot be controlled for the safety of the opponent and dangerous and uncontrolled attacks.
10. Simulated attacks with the head, knees, or elbows.
11. Talking to, or goading the opponent, failing to obey the orders of the Referee, discourteous behaviour towards the Refereeing officials, or other breaches of etiquette.