



**Kanzen
Karate**

4th KANZEN CUP – SATURDAY 28TH OCTOBER 2017

Venue: Dundee International Sports Complex, Mains Loan, Dundee, DD4 7AA

Entry Fee: £6 Per Event

Doors Open: 10am

Event Start: 10:30am

Event Finish: 3.30pm (Approximately)

Spectator Fee: £5 (under 16s FREE)

ALL MEMBERS TO ATTEND

Dear Member,

You are encouraged to attend our 4TH Kanzen Cup to be held at the Dundee International Sports Centre. Competition is an integral part of Karate and **ALL** members should attend. The competition will be held under strict rules and sparring is a very safe and enjoyable part of Karate. The day will be a celebration of Karate marked with an opening ceremony and exciting competition held over three areas. Open to all members regardless of age or grade, with a fantastic selection of Medals and Trophies to be won and a certificate to all entrants. We look forward to welcoming you all.

The event will be open to spectators so all friends, families and supporters are encouraged to attend!

We would be grateful if you could complete the enclosed form and return it with payment to the coaching team no later than **Saturday 21st October** - no late entries will be accepted. There are three groups for every competitor:

Kata: Athletes will be awarded points on the basis of their Kata performance, Katas can be repeated.

Shobu Ippon: The match is won by two half points (Wazari) or one single point (Ippon). Mitts and gumshield are to be worn by every competitor. Mitts will be provided by Kanzen Karate.

Shobu Nihon: The match is won by four half points (Wazari) or two single points (Ippon). Mitts and gumshield are to be worn by every competitor. Mitts, body and head pads will be provided by Kanzen Karate.

Novice is an athlete is graded White to Blue Belt. Advanced is an athlete graded Brown to Black Belt.

Shobu Ippon will feature standard Kumite whilst Shobu Nihon will feature head pads. This is to give all our members the opportunity to compete under World Championship rules. Mitts, belts, body and head pads will be provided on the day by Kanzen Karate. Gumshields are available from the coaching team priced £4.

We understand that newer members may be apprehensive about competition and this is normal. Members need not worry as they will have an enjoyable competition and feel a real sense of achievement by competing.

We look forward to seeing you there. If you have any questions in the meantime, then please do not hesitate to contact us above or speak to a Kanzen Instructor.

Kanzen Karate

P: 07912 683274

W: www.kanzenkarate.net

E: info@kanzenkarate.net

4th KANZEN CUP - Categories:

KATA

MALE KATA

KATA GROUP	GROUP NUMBER
Aged 4 to 6 (All Belts)	1
Aged 7 to 10 (White to Blue Belt)	2
Aged 7 to 10 (Brown to Black Belt)	3
Aged 11 to 12 (White to Blue Belt)	4
Aged 11 to 12 (Brown to Black Belt)	5
Aged 13 to 15 (White to Blue Belt)	6
Aged 13 to 15 (Brown to Black Belt)	7
Adult Male 16+ (All Belts)	8

FEMALE KATA

KATA GROUP	GROUP NUMBER
Aged 4 to 6 (All Belts)	9
Aged 7 to 10 (White to Blue Belt)	10
Aged 7 to 10 (Brown to Black Belt)	11
Aged 11 to 12 (White to Blue Belt)	12
Aged 11 to 12 (Brown to Black Belt)	13
Aged 13 to 15 (White to Blue Belt)	14
Aged 13 to 15 (Brown to Black Belt)	15
Adult Female 16+ (All Belts)	16

4th KANZEN CUP - Categories:

IPPON KUMITE

MALE IPPON

KUMITE GROUPS – IPPON	GROUP NUMBER
Age 4 to 6 (All Belts)	17
Age 7 to 8 (White to Blue Belt)	18
Age 7 to 8 (Brown to Black Belt)	19
Age 9 to 10 (White to Blue Belt)	20
Age 9 to 10 (Brown to Black Belt)	21
Age 11 to 12 (White to Blue Belt)	22
Age 11 to 12 (Brown to Black Belt)	23
Age 13 to 15 (White to Blue Belt)	24
Age 13 to 15 (Brown to Black Belt)	25
Adult Male 16+ (All Belts)	26

FEMALE IPPON

KUMITE GROUPS – IPPON	GROUP NUMBER
Age 4 to 6 (All Belts)	27
Age 7 to 8 (White to Blue Belt)	28
Age 7 to 8 (Brown to Black Belt)	29
Age 9 to 10 (White to Blue Belt)	30
Age 9 to 10 (Brown to Black Belt)	31
Age 11 to 12 (White to Blue Belt)	32
Age 11 to 12 (Brown to Black Belt)	33
Age 13 to 15 (White to Blue Belt)	34
Age 13 to 15 (Brown to Black Belt)	35
Adult Female 16+ (All Belts)	36

4th KANZEN CUP - Categories:

NIHON KUMITE

MALE NIHON

KUMITE GROUPS – NIHON	GROUP NUMBER
Age 4 to 6 (All Belts)	37
Age 7 to 8 (All Belts)	38
Age 9 to 10 (All Belts)	39
Age 11 to 12 (All Belts)	40
Age 13 to 15 (All Belts)	41

FEMALE NIHON

KUMITE GROUPS – NIHON	GROUP NUMBER
Age 4 to 6 (All Belts)	42
Age 7 to 8 (All Belts)	43
Age 9 to 10 (All Belts)	44
Age 11 to 12 (All Belts)	45
Age 13 to 15 (All Belts)	46

“The ultimate aim of Karate lies not in victory or defeat, but in the perfection of the character of its participants.”

Gichin Funakoshi

The Founder of Shotokan Karate



**Kanzen
Karate**

Entry Form 4th Kanzen Cup

Kanzen Karate

Address: Kanzen Karate HQ, Unit 6 Manhattan
Works, Dundonald Street, DD3 7PY

Phone: 07912 683274

Email: info@kanzenkarate.net

Web: www.kanzenkarate.net

<u>Forename</u>	<u>Surname</u>	<u>Age (28/10/17)</u>	<u>Grade (Belt)</u>	<u>Phone</u>	<u>Group No.</u>	<u>Group No.</u>	<u>Group No.</u>	<u>Entry Fee (£)</u>

Declaration (to be completed by member or parent/guardian if under 18):

I understand that Karate is an assumed risk activity. Whilst all reasonable attempts will be made to secure the safety of participants, it is understood that there is still an element of risk within Karate training. In the event of illness or injury, I agree to authorise responsible persons to consent on my behalf for any urgent medical attention to be given on the advice of a qualified medical practitioner.

Signed: _____

Date: _____

Name: _____

(print)

Please complete and return this booking form by no later than Saturday 21st October. Booking forms can be posted to our office address above. Please make cheques payable to "Kanzen Karate". Refunds for cancellation by participant will not be given.

We look forward to welcoming you!

