



**Kanzen  
Karate**

**KANZEN  
INTER-CLUB CHAMPIONSHIPS**

**Sunday 20<sup>th</sup> May 2018**

**Venue:** Kanzen Karate HQ, Unit 6 Manhattan Works (Located in Showcase the Street)

**Entry Fee:** £5 Per Event

**Times:**

9:00am to 11:00am – **Age 4 to 6**

11:30am to 1.30pm – **Age 7 to 10**

2pm to 3:30pm – **Age 11 to 15**

3.30pm to 4.30pm – **Adults 16+**

**ALL MEMBERS TO ATTEND**

**ENTRY FORMS MUST BE SUBMITTED BY THURSDAY 17<sup>TH</sup> MAY**

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**Dear Member,**

You are encouraged to attend our second Inter-Club Championships of 2018 to be held at our HQ Dojo. 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 event is open to all members regardless of age or grade, with a fantastic selection of medals to be won and a certificate to all entrants and will be a great opportunity for members to improve their competition ability. We look forward to welcoming you all.

We would be grateful if you could complete the enclosed form and return it with payment to the coaching team no later than **Thursday 17<sup>th</sup> May** - no late entries will be accepted. There are three groups for every competitor:

**Kata:** Athletes will be awarded points based on 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.

**Shobu Sanbon:** The match is won by 6 half points (Wazari) or three single points (Ippon). Mitts and gumshield are to be worn by every competitor. Mitts, body and head pads will be provided by Kanzen Karate. **Age 13 and above only.**

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**



# Kanzen Karate

## 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

## Entry Form

<b>Name:</b>	
<b>DOB:</b>	
<b>Grade (Belt):</b>	
<b>Phone:</b>	
<b>Gender:</b>	

Age Group	Kata	Ippon	Nihon/Sanbon	White to Blue Belt	Brown to Black Belt
<u>4 to 6</u>					
<u>7 to 8</u>					
<u>9 to 10</u>					
<u>11 to 12</u>					
<u>13 to 14</u>					
<u>15 to 17</u>					
<u>18 +</u>					
<b>Total Events</b>					
<b>Total Fee (£)</b>					

\*Please tick the relevant boxes above (✓)

**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: \_\_\_\_\_ Name: \_\_\_\_\_ Date: \_\_\_\_\_  
(print)

Please complete and return this booking form by no later than Thursday 17<sup>th</sup> May. 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!