



Please find enclosed your:

Grand Prix #1 Tournament Package 2010-2011

**Divisions Have Changed – New Categories!  
Recreational for Novice, Intermediate & Advanced  
Elite for Points to Nationals.  
Use The New Forms Please!**

**Elite 14-15, Master's 40+ Divisions will begin at 8:00am  
sharp (be there 15 minutes early)  
All other Kids divisions begin at 9:00am  
Adults and Black Belts Begin at Noon**

The generic forms are now available on the website at  
[www.karate-ontario.com](http://www.karate-ontario.com) for your convenience.

Thank You  
Shivakumaar Vadivelu  
Karate Ontario  
Tournament Commissioner



The Sport Governing Body For Karate In Ontario

**Grand Prix #1 Tournament**  
**Sunday, June 06<sup>th</sup>, 2010**  
**Humber College**

**Applications must be received**  
**With complete payment**  
**NO LATER THAN**  
**Friday, May 28<sup>th</sup>, 2010**

**To:**

**Tournament Commissioner**  
**160-2 County Court Blvd**  
**Brampton, ON L6W4V1**



**Please make all payments to “Karate Ontario”**

**Please ensure that all competitors are clearly marked in the right categories  
and their names printed clearly.**

**There may be weigh-ins at the tournament**

**All competitors must be registered**  
**2010 Karate Ontario Members**  
**to compete in the Tournament.**



## **Tournament Fees**

**All Adults and Children  
\$40.00**

**Family of 2 fee  
\$70.00**

**Family of 3 or more fee  
\$80.00**

**Payments only accepted by:**

- 1. Money Order**
- 2. Certified Cheques**
- 3. Dojo Cheques**

# IMPORTANT

## Re: Grand Prix #1, Sunday June 06<sup>th</sup>, 2010

Please ensure that your athletes, officials and parents are aware of the following:

- New!**
1. The tournament starts at 8:00am for **Elite 14-15 & Master's 40+** divisions. For Recreational divisions and kids the tournament begins at 9:00am. Adults and Black Belts begin at 12:00.
  2. There may be weigh-ins. Athletes are responsible for knowing their weights.
  3. **The age requirement deadline for all Advanced Juniors is the date of the finals of the National Karate Championships.**
  4. Parents and guardians must sign for junior competitors in the signature space provided on the "Tournament Application and Club Summary" form.
  5. NOTE: Forms must be filled out correctly, sent with all fees and received on time by **May 28<sup>th</sup>, 2010**
  6. Competition fees: All Adults and Children \$40 each. Family of 2 fee \$70. Family of 3 or more \$80. ***Payments only accepted by: 1. Money Order, 2. Certified Cheques, 3. Dojo Cheques.***
  7. Mouth guards, groin protector and knuckle pads are mandatory. Glasses are not allowed, however if necessary, only proper safety glasses with straps will be allowed.
  8. Mandatory chest protection is required for all kumite competitors under 14 years of age. Its supply by Karate Ontario at tournament.
  9. Mandatory foot protection is required for all competitors ages 14 and up.
  10. Club coaches must wear proper attire (tracksuit) and have completed the coaching test as to which a new coaches pass will be issued.
  11. All competitors 14 and up must have new Red & Blue gloves and Red & Blue belts for new WKF rules when competing in their divisions.
  12. Intermediate, Advanced and adult competitors must choose between the Recreational divisions or the Elite divisions for points, (not both).
  13. Black Belts of 40 years or more can compete only in the new 40 years + division in kata.

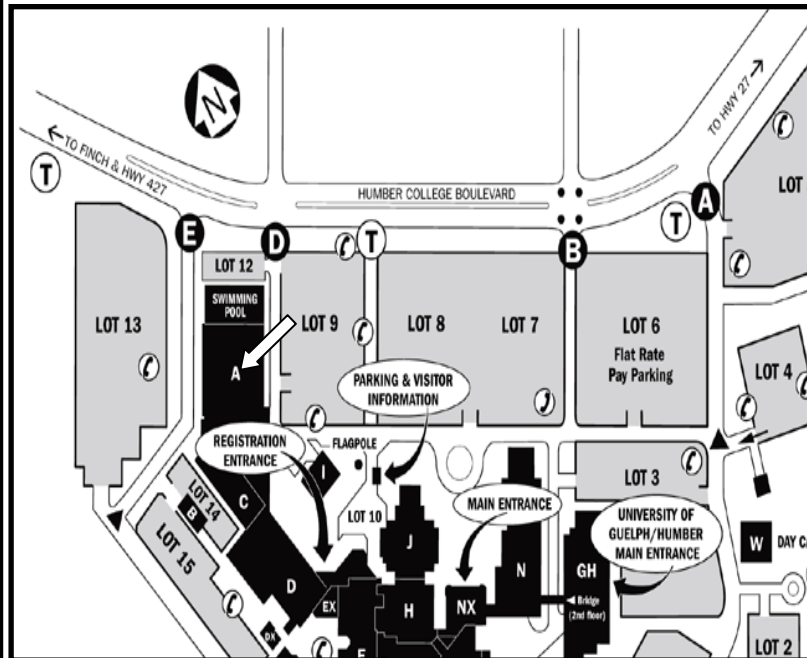
We appreciate your cooperation in this regard.

# IMPORTANT

# Karate Ontario

The Sport Governing Body For Karate In Ontario

## 1st Grand Prix Tournament Sunday, June 6<sup>th</sup>, 2010 Humber College 205 Humber College Blvd 416-675-6622





The Sport Governing Body For Karate In Ontario

**Referee/Coaches Clinic**  
**Club Coaches and New Officials Welcome**  
**Sunday May 23rd, 2010, 9:30am to 3:00pm**  
**For the 1st Grand Prix Tournament,**  
**At Karate Club Eagle Dojo**

It is now mandatory that anyone acting as a Club Coach, representing their dojo at Karate Ontario Grand Prix tournaments, must attend the Referee clinics.

Passes will be issued on the basis of a WKF test consisting of 50 questions on kumite, with a passing score of 75%.

All Coaches must go through this procedure in the next six months.

Please supply your picture and \$15 for your pass.

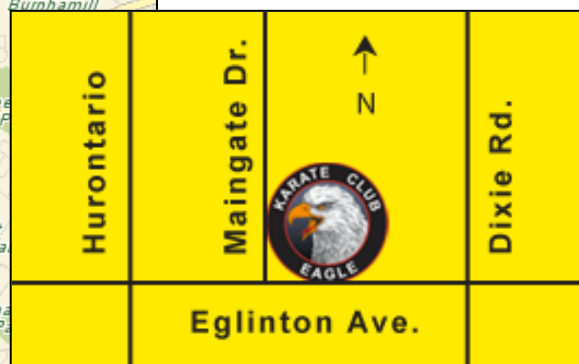
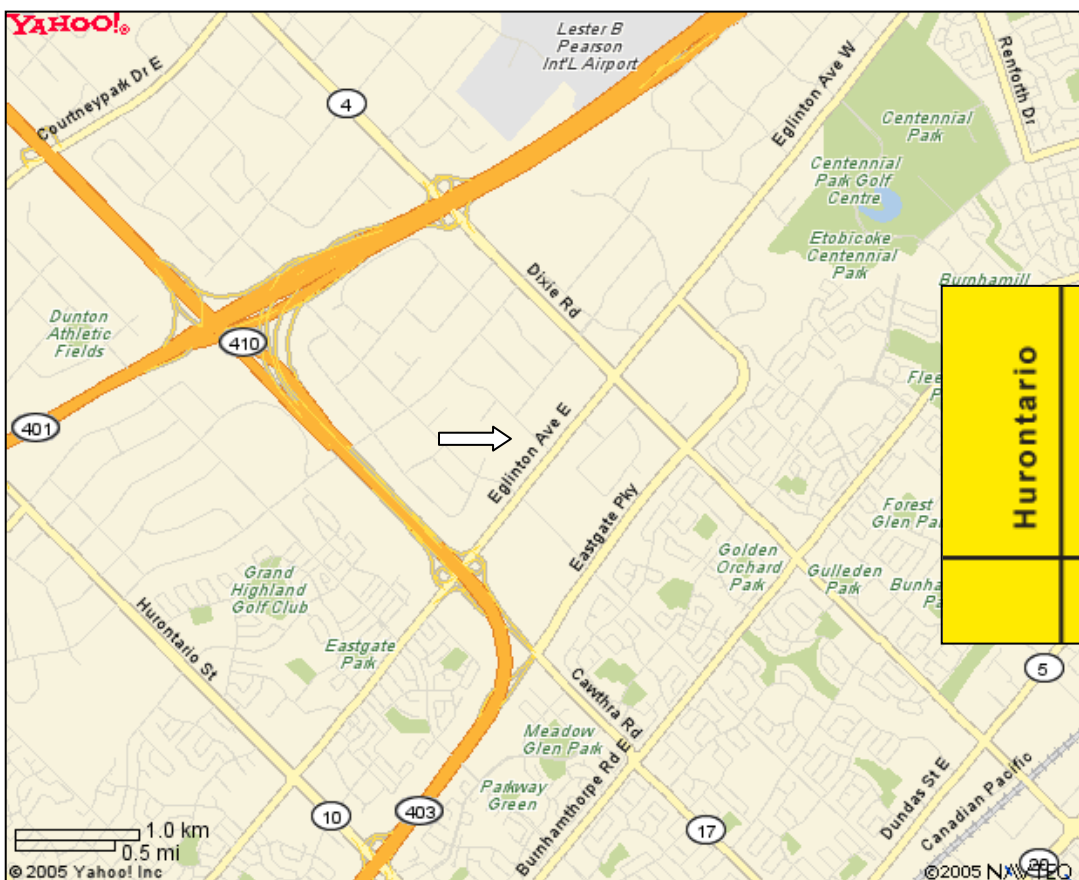
Date: Sunday May 23<sup>rd</sup>, 2010

Place: Karate Club Eagle  
5033 Maingate Dr.,  
Mississauga, ON  
905-625-1655

Time: 9:30 am to 3:00 pm.

Coaches can ask Questions between  
9.30-10.00am

See You There!



**TOURNAMENT APPLICATION AND CLUB SUMMARY**

**Sensei:**

**Dojo:**

**Club Number:**

**Warning - Please Read Carefully**

By Signing This, you give up the right to sue for any injury or loss to you or to property. If you are a parent or guardian, you give up that right on behalf of your child (ren) and guarantee that no claim will be made.

I understand and acknowledge that the risk of physical injury from an accident or from negligence, or loss or damage to property is present in competition or in attending karate events. I am aware there are inherent risks. In return for my application (or my child's) being accepted, I accept full responsibility for any injury to me (or my child), or damage or loss of property, whether caused by accident, negligence or other cause. I release all claims and right to sue. This release is given to Karate Ontario, its executive officers, directors, tournament directors, judges, referees, officials, volunteers and all competitors and participants. This release is

binding on me and my estate in the event of death. If signed by a parent, the parent gives this release on behalf of the child and other parent. The parent(s) agree(s) and guarantee(s) that no claim or suit or demand will be made by or on behalf of the child; If made, the parent(s) will fully pay any settlement or award in favor of the child, and fully indemnify and reimburse whomever is sued or the subject to the claim.

Competition fees: Adults and Children \$40, Family of 2 fee \$70, Family of 3 or more \$80.  
Payments only accepted by: 1. Money Order, 2. Certified Cheques, 4. Dojo Cheques. Complete and mail the forms with all fees to the address:

**Tournament Director  
2 County Court Blvd, Unit 160  
Brampton, Ontario L6W4V1**

**Applications must be received with complete payment no later than May 23 2010**

**PLEASE PRINT CLEARLY**

#	Karate Ontario #	Elite	Name (Print)	Signature (Parent or Guardian for Juniors)	Junior Women				Junior Men				Paid \$
						Nov	Int	Adv		Nov	Int	Adv	
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

Total =

## Junior & Cadet Kata Divisions

### Novice: White to Orange

#### Approx. Up to 1 Year of Training

- 1 Girls up to 7
- 2 Boys up to 7
- 3 Girls 8 to 9
- 4 Boys 8 to 9
- 5 Girls 10 to 11
- 6 Boys 10 to 11
- 7 Girls 12 to 13
- 8 Boys 12 to 13
- 9 Girls 14 to 15
- 10 Boys 14 to 15
- 11 Girls 16 to 17
- 12 Boys 16 to 17

### Intermediate: Green to Brown 3rd & 2nd Kyu

#### Approx. Up to 2 Years of Training

- 13 Girls up to 7
- 14 Boys up to 7
- 15 Girls 8 to 9
- 16 Boys 8 to 9
- 17 Girls 10 to 11
- 18 Boys 10 to 11
- 19 Girls 12 to 13
- 20 Boys 12 to 13
- 21 Girls 14 to 15
- 22 Boys 14 to 15
- 23 Girls 16 to 17
- 24 Boys 16 to 17

### Advanced : Brown 1st Kyu to Black

#### Approx. 2 Years and up Training

- 25 Girls 10 to 11
- 26 Boys 10 to 11
- 27 Girls 12 to 13
- 28 Boys 12 to 13
- 29 Girls 14 to 15
- 30 Boys 14 to 15
- 31 Girls 16 to 17
- 32 Boys 16 to 17

Competitors must choose the Recreational Advanced Category or the Elite category. Competitors cannot compete in both.

## Junior & Cadet Kumite Divisions

### Novice: White to Orange Belt

#### Approx. Up to 1 Year of Training

- 33 Girls up to 7
- 34 Boys up to 7
- 35 Girls 8 to 9
- 36 Boys 8 to 9
- 37 Girls 10 to 11
- 38 Boys 10 to 11
- 39 Girls 12 to 13
- 40 Boys 12 to 13
- 41 Girls 14 to 15
- 42 Boys 14 to 15
- 43 Girls 16 to 17
- 44 Boys 16 to 17

### Intermediate: Green to Brown 3rd & 2nd Kyu

#### Approx. Up to 2 Years of Training

- 45 Girls up to 7
- 46 Boys up to 7
- 47 Girls 8 to 9
- 48 Boys 8 to 9
- 49 Girls 10 to 11
- 50 Boys 10 to 11
- 51 Girls 12 to 13
- 52 Boys 12 to 13
- 53 Girls 14 to 15
- 54 Boys 14 to 15
- 55 Girls 16 to 17
- 56 Boys 16 to 17

### Advanced : Brown 1st Kyu to Black

#### Approx. 2 Years and up Training

- 57 Girls 10 to 11
- 58 Boys 10 to 11
- 59 Girls 12 to 13
- 60 Boys 12 to 13
- 61 Girls 14 to 15
- 62 Boys 14 to 15
- 63 Girls 16 to 17
- 64 Boys 16 to 17

Competitors must choose the Recreational Advanced Category or the Elite category. Competitors cannot compete in both.

## Team Kata Divisions

- 65 Girls and boys up to 13 years **Novice**, White to Orange
- 66 Girls and boys up to 13 years **Intermediate**, Green to Black
- 67 Junior Girls 14 to 17 years **Intermediate**: Green to Black
- 68 Junior Boys 14 to 17 years **Intermediate**: Green to Black
- 69 Womens Adult Novice Team Kata White to Orange
- 70 Mens Adult Novice Team Kata White to Orange
- 71 Womens Adult Intermediate Team Kata Green to Brown 2nd and 3rd Kyu
- 72 Mens Adult Intermediate Team Kata Green to Brown 2nd and 3rd Kyu
- 73 Womens Adult Black Belt Team Kata Brown 1st Kyu to Black
- 74 Mens Adult Black Belt Team Kata Brown 1st Kyu to Black

## Adult Kata Divisions

### Novice: White to Orange Belt

#### Approx. Up to 1 Year of Training

- 75 Womens Novice
- 76 Mens Novice

### Intermediate: Green to Brown 3rd & 2nd Kyu

#### Approx. Up to 2 Years of Training

- 77 Womens Intermediate
- 78 Mens Intermediate

### Advanced : Brown 1st Kyu to Black

#### Approx. 2 Years and up Training

- 79 Womens Advanced
- 80 Mens Advanced
- 81 Women - Master's 40+
- 82 Men - Master's 40+

Competitors must choose the Recreational Advanced Category or the Elite category. Competitors cannot compete in both.

## Adult Kumite Divisions

### Novice: White to Orange Belt

#### Approx. Up to 1 Year of Training

- 83 Womens Novice
- 84 Mens Novice

### Intermediate: Green to Brown 3rd & 2nd Kyu

#### Approx. Up to 2 Years of Training

- 85 Womens Intermediate
- 86 Mens Intermediate

### Advanced : Brown 1st Kyu to Black

#### Approx. 2 Years and up Training

- 87 Womens Black Belt -60kg
- 88 Womens Black Belt +60kg
- 89 Mens Black Belt -70kg
- 90 Mens Black Belt -80kg
- 91 Mens Black Belt +80kg

Competitors must choose the Recreational Advanced Category or the Elite category. Competitors cannot compete in both.



# Elite - New Tournament Point Divisions Only 2010-2011

**First Round Shitei Kata must be performed (except 14-15) Second and Third Round Tokui Kata performed**

## Elite Kata Points Divisions

**MANDATORY: ALL ELITE DIVISIONS MUST PERFORM SHITEI KATA IN THE FIRST ROUND EXCEPT FOR AGES 14-15**

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> 101 Girls 14 to 15 | <input type="checkbox"/> 103 Boys 14 to 15 | <input type="checkbox"/> 105 Womens Adult |
| <input type="checkbox"/> 102 Girls 16 to 17 | <input type="checkbox"/> 104 Boys 16 to 17 | <input type="checkbox"/> 106 Mens Adult   |

**MANDATORY: ALL ELITE DIVISIONS MUST PERFORM SHITEI KATA IN THE FIRST ROUND EXCEPT FOR AGES 14-15**

## Elite Kumite Points Divisions

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> 107 Junior Girls 14 to 15 -47 kg | <input type="checkbox"/> 114 Junior Boys 14 to 15 -52kg | <input type="checkbox"/> 124 Womens -50kg |
| <input type="checkbox"/> 108 Junior Girls 14 to 15 -54 kg | <input type="checkbox"/> 115 Junior Boys 14 to 15 -57kg | <input type="checkbox"/> 125 Womens -55kg |
| <input type="checkbox"/> 109 Junior Girls 14 to 15 +54kg  | <input type="checkbox"/> 116 Junior Boys 14 to 15 -63kg | <input type="checkbox"/> 126 Womens -61kg |
| <input type="checkbox"/> 110 Junior Girls 16 to 17 -48 kg | <input type="checkbox"/> 117 Junior Boys 14 to 15 -70kg | <input type="checkbox"/> 127 Womens -68kg |
| <input type="checkbox"/> 111 Junior Girls 16 to 17 -53kg  | <input type="checkbox"/> 118 Junior Boys 14 to 15 +70kg | <input type="checkbox"/> 128 Womens +68kg |
| <input type="checkbox"/> 112 Junior Girls 16 to 17 -59kg  | <input type="checkbox"/> 119 Junior Boys 16 to 17 -55kg | <input type="checkbox"/> 129 Mens -60kg   |
| <input type="checkbox"/> 113 Junior Girls 16 to 17 +59kg  | <input type="checkbox"/> 120 Junior Boys 16 to 17 -61kg | <input type="checkbox"/> 130 Mens -67kg   |
|   | <input type="checkbox"/> 121 Junior Boys 16 to 17 -68kg | <input type="checkbox"/> 131 Mens -75kg   |
|   | <input type="checkbox"/> 122 Junior Boys 16 to 17 -76kg | <input type="checkbox"/> 132 Mens -84kg   |
|   | <input type="checkbox"/> 123 Junior Boys 16 to 17 +76kg | <input type="checkbox"/> 133 Mens +84kg   |

## Elite Team Kata Divisions

- |  |
|--|
| <input type="checkbox"/> 134 Junior Girls 14 to 15 years |
| <input type="checkbox"/> 135 Junior Boys 14 to 15 years  |
| <input type="checkbox"/> 136 Junior Girls 16 to 17 years |
| <input type="checkbox"/> 137 Junior Boys 16 to 17 years  |
| <input type="checkbox"/> 138 Womens Adult Team Kata      |
| <input type="checkbox"/> 139 Mens Adult Team Kata        |

**1st Round shitei kata Judged by Score.**

**2nd Round Tokui Kata Judged by Score..**

**Top 2 Finals by Flag**

**Team Kata also same rules.**

**All Kumite 2 minutes only, Final Male Adult 3 Minutes..**

**Recreational: Junior & Cadet Kata Divisions**

**Novice: White to Orange**

**Intermediate: Green to Brown 3rd & 2nd Kyu**

**Advanced : Brown 1st Kyu to Black**

**Approx. Up to 1 Year of Training**

**Approx. Up to 2 Years of Training**

**Approx. 2 Years and up Training**

<input type="checkbox"/> 1 Girls up to 7	<input type="checkbox"/> 13 Girls up to 7	<input type="checkbox"/> 25 Girls 10 to 11
<input type="checkbox"/> 2 Boys up to 7	<input type="checkbox"/> 14 Boys up to 7	<input type="checkbox"/> 26 Boys 10 to 11
<input type="checkbox"/> 3 Girls 8 to 9	<input type="checkbox"/> 15 Girls 8 to 9	<input type="checkbox"/> 27 Girls 12 to 13
<input type="checkbox"/> 4 Boys 8 to 9	<input type="checkbox"/> 16 Boys 8 to 9	<input type="checkbox"/> 28 Boys 12 to 13
<input type="checkbox"/> 5 Girls 10 to 11	<input type="checkbox"/> 17 Girls 10 to 11	<input type="checkbox"/> 29 Girls 14 to 15
<input type="checkbox"/> 6 Boys 10 to 11	<input type="checkbox"/> 18 Boys 10 to 11	<input type="checkbox"/> 30 Boys 14 to 15
<input type="checkbox"/> 7 Girls 12 to 13	<input type="checkbox"/> 19 Girls 12 to 13	<input type="checkbox"/> 31 Girls 16 to 17
<input type="checkbox"/> 8 Boys 12 to 13	<input type="checkbox"/> 20 Boys 12 to 13	<input type="checkbox"/> 32 Boys 16 to 17
<input type="checkbox"/> 9 Girls 14 to 15	<input type="checkbox"/> 21 Girls 14 to 15	
<input type="checkbox"/> 10 Boys 14 to 15	<input type="checkbox"/> 22 Boys 14 to 15	
<input type="checkbox"/> 11 Girls 16 to 17	<input type="checkbox"/> 23 Girls 16 to 17	
<input type="checkbox"/> 12 Boys 16 to 17	<input type="checkbox"/> 24 Boys 16 to 17	

Competitors must choose the Recreational Advanced Category or the Elite category. Competitors cannot compete in both.

Name \_\_\_\_\_

Club \_\_\_\_\_

**Recreational: Junior & Cadet Kata Divisions**

**Novice: White to Orange**

**Intermediate: Green to Brown 3rd & 2nd Kyu**

**Advanced : Brown 1st Kyu to Black**

**Approx. Up to 1 Year of Training**

**Approx. Up to 2 Years of Training**

**Approx. 2 Years and up Training**

<input type="checkbox"/> 1 Girls up to 7	<input type="checkbox"/> 13 Girls up to 7	<input type="checkbox"/> 25 Girls 10 to 11
<input type="checkbox"/> 2 Boys up to 7	<input type="checkbox"/> 14 Boys up to 7	<input type="checkbox"/> 26 Boys 10 to 11
<input type="checkbox"/> 3 Girls 8 to 9	<input type="checkbox"/> 15 Girls 8 to 9	<input type="checkbox"/> 27 Girls 12 to 13
<input type="checkbox"/> 4 Boys 8 to 9	<input type="checkbox"/> 16 Boys 8 to 9	<input type="checkbox"/> 28 Boys 12 to 13
<input type="checkbox"/> 5 Girls 10 to 11	<input type="checkbox"/> 17 Girls 10 to 11	<input type="checkbox"/> 29 Girls 14 to 15
<input type="checkbox"/> 6 Boys 10 to 11	<input type="checkbox"/> 18 Boys 10 to 11	<input type="checkbox"/> 30 Boys 14 to 15
<input type="checkbox"/> 7 Girls 12 to 13	<input type="checkbox"/> 19 Girls 12 to 13	<input type="checkbox"/> 31 Girls 16 to 17
<input type="checkbox"/> 8 Boys 12 to 13	<input type="checkbox"/> 20 Boys 12 to 13	<input type="checkbox"/> 32 Boys 16 to 17
<input type="checkbox"/> 9 Girls 14 to 15	<input type="checkbox"/> 21 Girls 14 to 15	
<input type="checkbox"/> 10 Boys 14 to 15	<input type="checkbox"/> 22 Boys 14 to 15	
<input type="checkbox"/> 11 Girls 16 to 17	<input type="checkbox"/> 23 Girls 16 to 17	
<input type="checkbox"/> 12 Boys 16 to 17	<input type="checkbox"/> 24 Boys 16 to 17	

Competitors must choose the Recreational Advanced Category or the Elite category. Competitors cannot compete in both.

Name \_\_\_\_\_

Club \_\_\_\_\_

**Recreational: Junior & Cadet Kata Divisions**

**Novice: White to Orange**

**Intermediate: Green to Brown 3rd & 2nd Kyu**

**Advanced : Brown 1st Kyu to Black**

**Approx. Up to 1 Year of Training**

**Approx. Up to 2 Years of Training**

**Approx. 2 Years and up Training**

<input type="checkbox"/> 1 Girls up to 7	<input type="checkbox"/> 13 Girls up to 7	<input type="checkbox"/> 25 Girls 10 to 11
<input type="checkbox"/> 2 Boys up to 7	<input type="checkbox"/> 14 Boys up to 7	<input type="checkbox"/> 26 Boys 10 to 11
<input type="checkbox"/> 3 Girls 8 to 9	<input type="checkbox"/> 15 Girls 8 to 9	<input type="checkbox"/> 27 Girls 12 to 13
<input type="checkbox"/> 4 Boys 8 to 9	<input type="checkbox"/> 16 Boys 8 to 9	<input type="checkbox"/> 28 Boys 12 to 13
<input type="checkbox"/> 5 Girls 10 to 11	<input type="checkbox"/> 17 Girls 10 to 11	<input type="checkbox"/> 29 Girls 14 to 15
<input type="checkbox"/> 6 Boys 10 to 11	<input type="checkbox"/> 18 Boys 10 to 11	<input type="checkbox"/> 30 Boys 14 to 15
<input type="checkbox"/> 7 Girls 12 to 13	<input type="checkbox"/> 19 Girls 12 to 13	<input type="checkbox"/> 31 Girls 16 to 17
<input type="checkbox"/> 8 Boys 12 to 13	<input type="checkbox"/> 20 Boys 12 to 13	<input type="checkbox"/> 32 Boys 16 to 17
<input type="checkbox"/> 9 Girls 14 to 15	<input type="checkbox"/> 21 Girls 14 to 15	
<input type="checkbox"/> 10 Boys 14 to 15	<input type="checkbox"/> 22 Boys 14 to 15	
<input type="checkbox"/> 11 Girls 16 to 17	<input type="checkbox"/> 23 Girls 16 to 17	
<input type="checkbox"/> 12 Boys 16 to 17	<input type="checkbox"/> 24 Boys 16 to 17	

Competitors must choose the Recreational Advanced Category or the Elite category. Competitors cannot compete in both.

Name \_\_\_\_\_

Club \_\_\_\_\_

### Recreational: Junior & Cadet Kumite Divisions

**Novice: White to Orange Belt**

**Approx. Up to 1 Year of Training**

- 33 Girls up to 7
- 34 Boys up to 7
- 35 Girls 8 to 9
- 36 Boys 8 to 9
- 37 Girls 10 to 11
- 38 Boys 10 to 11
- 39 Girls 12 to 13
- 40 Boys 12 to 13
- 41 Girls 14 to 15
- 42 Boys 14 to 15
- 43 Girls 16 to 17
- 44 Boys 16 to 17

**Intermediate: Green to Brown 3rd & 2nd Kyu**

**Approx. Up to 2 Years of Training**

- 45 Girls up to 7
- 46 Boys up to 7
- 47 Girls 8 to 9
- 48 Boys 8 to 9
- 49 Girls 10 to 11
- 50 Boys 10 to 11
- 51 Girls 12 to 13
- 52 Boys 12 to 13
- 53 Girls 14 to 15
- 54 Boys 14 to 15
- 55 Girls 16 to 17
- 56 Boys 16 to 17

**Advanced : Brown 1st Kyu to Black**

**Approx. 2 Years and up Training**

- 57 Girls 10 to 11
- 58 Boys 10 to 11
- 59 Girls 12 to 13
- 60 Boys 12 to 13
- 61 Girls 14 to 15
- 62 Boys 14 to 15
- 63 Girls 16 to 17
- 64 Boys 16 to 17

Competitors must choose the Recreational Advanced Category or the Elite category. Competitors cannot compete in both.

Name \_\_\_\_\_

Club \_\_\_\_\_

### Recreational: Junior & Cadet Kumite Divisions

**Novice: White to Orange Belt**

**Approx. Up to 1 Year of Training**

- 33 Girls up to 7
- 34 Boys up to 7
- 35 Girls 8 to 9
- 36 Boys 8 to 9
- 37 Girls 10 to 11
- 38 Boys 10 to 11
- 39 Girls 12 to 13
- 40 Boys 12 to 13
- 41 Girls 14 to 15
- 42 Boys 14 to 15
- 43 Girls 16 to 17
- 44 Boys 16 to 17

**Intermediate: Green to Brown 3rd & 2nd Kyu**

**Approx. Up to 2 Years of Training**

- 45 Girls up to 7
- 46 Boys up to 7
- 47 Girls 8 to 9
- 48 Boys 8 to 9
- 49 Girls 10 to 11
- 50 Boys 10 to 11
- 51 Girls 12 to 13
- 52 Boys 12 to 13
- 53 Girls 14 to 15
- 54 Boys 14 to 15
- 55 Girls 16 to 17
- 56 Boys 16 to 17

**Advanced : Brown 1st Kyu to Black**

**Approx. 2 Years and up Training**

- 57 Girls 10 to 11
- 58 Boys 10 to 11
- 59 Girls 12 to 13
- 60 Boys 12 to 13
- 61 Girls 14 to 15
- 62 Boys 14 to 15
- 63 Girls 16 to 17
- 64 Boys 16 to 17

Competitors must choose the Recreational Advanced Category or the Elite category. Competitors cannot compete in both.

Name \_\_\_\_\_

Club \_\_\_\_\_

### Recreational: Junior & Cadet Kumite Divisions

**Novice: White to Orange Belt**

**Approx. Up to 1 Year of Training**

- 33 Girls up to 7
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- 40 Boys 12 to 13
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- 42 Boys 14 to 15
- 43 Girls 16 to 17
- 44 Boys 16 to 17

**Intermediate: Green to Brown 3rd & 2nd Kyu**

**Approx. Up to 2 Years of Training**

- 45 Girls up to 7
- 46 Boys up to 7
- 47 Girls 8 to 9
- 48 Boys 8 to 9
- 49 Girls 10 to 11
- 50 Boys 10 to 11
- 51 Girls 12 to 13
- 52 Boys 12 to 13
- 53 Girls 14 to 15
- 54 Boys 14 to 15
- 55 Girls 16 to 17
- 56 Boys 16 to 17

**Advanced : Brown 1st Kyu to Black**

**Approx. 2 Years and up Training**

- 57 Girls 10 to 11
- 58 Boys 10 to 11
- 59 Girls 12 to 13
- 60 Boys 12 to 13
- 61 Girls 14 to 15
- 62 Boys 14 to 15
- 63 Girls 16 to 17
- 64 Boys 16 to 17

Competitors must choose the Recreational Advanced Category or the Elite category. Competitors cannot compete in both.

Name \_\_\_\_\_

Club \_\_\_\_\_

### Recreational: Team Kata Divisions

- 65 Girls and boys up to 13 years **Novice**, White to Orange
- 66 Girls and boys up to 13 years **Intermediate**, Green to Black
- 67 Junior Girls 14 to 17 years Intermediate: Green to Black
- 68 Junior Boys 14 to 17 years Intermediate: Green to Black
- 69 Womens Adult Novice Team Kata White to Orange
- 70 Mens Adult Novice Team Kata White to Orange
- 71 Womens Adult Intermediate Team Kata Green to Brown 2nd and 3rd Kyu
- 72 Mens Adult Intermediate Team Kata Green to Brown 2nd and 3rd Kyu
- 73 Womens Adult Black Belt Team Kata Brown 1st Kyu to Black
- 74 Mens Adult Black Belt Team Kata Brown 1st Kyu to Black

Name \_\_\_\_\_

Name \_\_\_\_\_

Name \_\_\_\_\_

Club \_\_\_\_\_

### Recreational: Team Kata Divisions

- 65 Girls and boys up to 13 years **Novice**, White to Orange
- 66 Girls and boys up to 13 years **Intermediate**, Green to Black
- 67 Junior Girls 14 to 17 years Intermediate: Green to Black
- 68 Junior Boys 14 to 17 years Intermediate: Green to Black
- 69 Womens Adult Novice Team Kata White to Orange
- 70 Mens Adult Novice Team Kata White to Orange
- 71 Womens Adult Intermediate Team Kata Green to Brown 2nd and 3rd Kyu
- 72 Mens Adult Intermediate Team Kata Green to Brown 2nd and 3rd Kyu
- 73 Womens Adult Black Belt Team Kata Brown 1st Kyu to Black
- 74 Mens Adult Black Belt Team Kata Brown 1st Kyu to Black

Name \_\_\_\_\_

Name \_\_\_\_\_

Name \_\_\_\_\_

Club \_\_\_\_\_

### Recreational: Team Kata Divisions

- 65 Girls and boys up to 13 years **Novice**, White to Orange
- 66 Girls and boys up to 13 years **Intermediate**, Green to Black
- 67 Junior Girls 14 to 17 years Intermediate: Green to Black
- 68 Junior Boys 14 to 17 years Intermediate: Green to Black
- 69 Womens Adult Novice Team Kata White to Orange
- 70 Mens Adult Novice Team Kata White to Orange
- 71 Womens Adult Intermediate Team Kata Green to Brown 2nd and 3rd Kyu
- 72 Mens Adult Intermediate Team Kata Green to Brown 2nd and 3rd Kyu
- 73 Womens Adult Black Belt Team Kata Brown 1st Kyu to Black
- 74 Mens Adult Black Belt Team Kata Brown 1st Kyu to Black

Name \_\_\_\_\_

Name \_\_\_\_\_

Name \_\_\_\_\_

Club \_\_\_\_\_

**Recreational: Adult Kata Divisions**

**Novice: White to Orange Belt**

**Approx. Up to 1 Year of Training**

- 75 Womens Novice
- 76 Mens Novice

**Intermediate: Green to Brown 3rd & 2nd Kyu**

**Approx. Up to 2 Years of Training**

- 77 Womens Intermediate
- 78 Mens Intermediate

**Advanced : Brown 1st Kyu to Black**

**Approx. 2 Years and up Training**

- 79 Womens Advanced
- 80 Mens Advanced
- 81 Women - Master's 40+
- 82 Men - Master's 40+

Competitors must choose the Recreational Advanced Category or the Elite category.  
Competitors cannot compete in both.

Name: \_\_\_\_\_

Club: \_\_\_\_\_

**Recreational: Adult Kata Divisions**

**Novice: White to Orange Belt**

**Approx. Up to 1 Year of Training**

- 75 Womens Novice
- 76 Mens Novice

**Intermediate: Green to Brown 3rd & 2nd Kyu**

**Approx. Up to 2 Years of Training**

- 77 Womens Intermediate
- 78 Mens Intermediate

**Advanced : Brown 1st Kyu to Black**

**Approx. 2 Years and up Training**

- 79 Womens Advanced
- 80 Mens Advanced
- 81 Women - Master's 40+
- 82 Men - Master's 40+

Competitors must choose the Recreational Advanced Category or the Elite category.  
Competitors cannot compete in both.

Name: \_\_\_\_\_

Club: \_\_\_\_\_

**Recreational: Adult Kata Divisions**

**Novice: White to Orange Belt**

**Approx. Up to 1 Year of Training**

- 75 Womens Novice
- 76 Mens Novice

**Intermediate: Green to Brown 3rd & 2nd Kyu**

**Approx. Up to 2 Years of Training**

- 77 Womens Intermediate
- 78 Mens Intermediate

**Advanced : Brown 1st Kyu to Black**

**Approx. 2 Years and up Training**

- 79 Womens Advanced
- 80 Mens Advanced
- 81 Women - Master's 40+
- 82 Men - Master's 40+

Competitors must choose the Recreational Advanced Category or the Elite category.  
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- 80 Mens Advanced
- 81 Womens 40+
- 82 Mens - 40+

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Competitors cannot compete in both.

Name: \_\_\_\_\_

Club: \_\_\_\_\_

**Recreational: Adult Kumite Divisions**

**Novice: White to Orange Belt**  
**Approx. Up to 1 Year of Training**

- 83 Womens Novice
- 84 Mens Novice

**Intermediate: Green to Brown 3rd & 2nd Kyu**  
**Approx. Up to 2 Years of Training**

- 85 Womens Intermediate
- 86 Mens Intermediate

**Advanced : Brown 1st Kyu to Black**  
**Approx. 2 Years and up Training**

- 87 Womens Black Belt -60kg
- 88 Womens Black Belt +60kg
- 89 Mens Black Belt -70kg
- 90 Mens Black Belt -80kg
- 91 Mens Black Belt +80kg

Competitors must choose the Recreational Advanced Category or the Elite category.  
Competitors cannot compete in both.

Name: \_\_\_\_\_

Club: \_\_\_\_\_

**Recreational: Adult Kumite Divisions**

**Novice: White to Orange Belt**  
**Approx. Up to 1 Year of Training**

- 83 Womens Novice
- 84 Mens Novice

**Intermediate: Green to Brown 3rd & 2nd Kyu**  
**Approx. Up to 2 Years of Training**

- 85 Womens Intermediate
- 86 Mens Intermediate

**Advanced : Brown 1st Kyu to Black**  
**Approx. 2 Years and up Training**

- 87 Womens Black Belt -60kg
- 88 Womens Black Belt +60kg
- 89 Mens Black Belt -70kg
- 90 Mens Black Belt -80kg
- 91 Mens Black Belt +80kg

Competitors must choose the Recreational Advanced Category or the Elite category.  
Competitors cannot compete in both.

Name: \_\_\_\_\_

Club: \_\_\_\_\_

**Recreational: Adult Kumite Divisions**

**Novice: White to Orange Belt**  
**Approx. Up to 1 Year of Training**

- 83 Womens Novice
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**Intermediate: Green to Brown 3rd & 2nd Kyu**  
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Club: \_\_\_\_\_

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Club: \_\_\_\_\_

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Competitors must choose the Recreational Advanced Category or the Elite category.  
Competitors cannot compete in both.

Name: \_\_\_\_\_

Club: \_\_\_\_\_

### Elite Kata Points Divisions

**MANDATORY: ALL ELITE DIVISIONS MUST PERFORM SHITEI KATA IN THE FIRST ROUND EXCEPT FOR AGES 14-15**

<input type="checkbox"/> 101 Girls 14 to 15	<input type="checkbox"/> 103 Boys 14 to 15	<input type="checkbox"/> 105 Womens Adult
<input type="checkbox"/> 102 Girls 16 to 17	<input type="checkbox"/> 104 Boys 16 to 17	<input type="checkbox"/> 106 Mens Adult
<input type="checkbox"/>	<input type="checkbox"/>	

**MANDATORY: ALL ELITE DIVISIONS MUST PERFORM SHITEI KATA IN THE FIRST ROUND EXCEPT FOR AGES 14-15**

Name: \_\_\_\_\_ Elite

Club: \_\_\_\_\_

### Elite Kata Points Divisions

**MANDATORY: ALL ELITE DIVISIONS MUST PERFORM SHITEI KATA IN THE FIRST ROUND EXCEPT FOR AGES 14-15**

<input type="checkbox"/> 101 Girls 14 to 15	<input type="checkbox"/> 103 Boys 14 to 15	<input type="checkbox"/> 105 Womens Adult
<input type="checkbox"/> 102 Girls 16 to 17	<input type="checkbox"/> 104 Boys 16 to 17	<input type="checkbox"/> 106 Mens Adult
<input type="checkbox"/>	<input type="checkbox"/>	

**MANDATORY: ALL ELITE DIVISIONS MUST PERFORM SHITEI KATA IN THE FIRST ROUND EXCEPT FOR AGES 14-15**

Name: \_\_\_\_\_ Elite

Club: \_\_\_\_\_

### Elite Kata Points Divisions

**MANDATORY: ALL ELITE DIVISIONS MUST PERFORM SHITEI KATA IN THE FIRST ROUND EXCEPT FOR AGES 14-15**

<input type="checkbox"/> 101 Girls 14 to 15	<input type="checkbox"/> 103 Boys 14 to 15	<input type="checkbox"/> 105 Womens Adult
<input type="checkbox"/> 102 Girls 16 to 17	<input type="checkbox"/> 104 Boys 16 to 17	<input type="checkbox"/> 106 Mens Adult
<input type="checkbox"/>	<input type="checkbox"/>	

**MANDATORY: ALL ELITE DIVISIONS MUST PERFORM SHITEI KATA IN THE FIRST ROUND EXCEPT FOR AGES 14-15**

Name: \_\_\_\_\_ Elite

Club: \_\_\_\_\_

### Elite Kata Points Divisions

**MANDATORY: ALL ELITE DIVISIONS MUST PERFORM SHITEI KATA IN THE FIRST ROUND EXCEPT FOR AGES 14-15**

<input type="checkbox"/> 101 Girls 14 to 15	<input type="checkbox"/> 103 Boys 14 to 15	<input type="checkbox"/> 105 Womens Adult
<input type="checkbox"/> 102 Girls 16 to 17	<input type="checkbox"/> 104 Boys 16 to 17	<input type="checkbox"/> 106 Mens Adult
<input type="checkbox"/>	<input type="checkbox"/>	

**MANDATORY: ALL ELITE DIVISIONS MUST PERFORM SHITEI KATA IN THE FIRST ROUND EXCEPT FOR AGES 14-15**

Name: \_\_\_\_\_ Elite

Club: \_\_\_\_\_

### Elite Kata Points Divisions

**MANDATORY: ALL ELITE DIVISIONS MUST PERFORM SHITEI KATA IN THE FIRST ROUND EXCEPT FOR AGES 14-15**

<input type="checkbox"/> 101 Girls 14 to 15	<input type="checkbox"/> 103 Boys 14 to 15	<input type="checkbox"/> 105 Womens Adult
<input type="checkbox"/> 102 Girls 16 to 17	<input type="checkbox"/> 104 Boys 16 to 17	<input type="checkbox"/> 106 Mens Adult
<input type="checkbox"/>	<input type="checkbox"/>	

**MANDATORY: ALL ELITE DIVISIONS MUST PERFORM SHITEI KATA IN THE FIRST ROUND EXCEPT FOR AGES 14-15**

Name: \_\_\_\_\_ Elite

Club: \_\_\_\_\_

### Elite Kata Points Divisions

**MANDATORY: ALL ELITE DIVISIONS MUST PERFORM SHITEI KATA IN THE FIRST ROUND EXCEPT FOR AGES 14-15**

<input type="checkbox"/> 101 Girls 14 to 15	<input type="checkbox"/> 103 Boys 14 to 15	<input type="checkbox"/> 105 Womens Adult
<input type="checkbox"/> 102 Girls 16 to 17	<input type="checkbox"/> 104 Boys 16 to 17	<input type="checkbox"/> 106 Mens Adult
<input type="checkbox"/>	<input type="checkbox"/>	

**MANDATORY: ALL ELITE DIVISIONS MUST PERFORM SHITEI KATA IN THE FIRST ROUND EXCEPT FOR AGES 14-15**

Name: \_\_\_\_\_ Elite

Club: \_\_\_\_\_

**Elite Kumite Points Divisions**

<input type="checkbox"/> 107 Junior Girls 14 to 15 -47 kg	<input type="checkbox"/> 114 Junior Boys 14 to 15 -52kg	<input type="checkbox"/> 124 Womens -50kg
<input type="checkbox"/> 108 Junior Girls 14 to 15 -54 kg	<input type="checkbox"/> 115 Junior Boys 14 to 15 -57kg	<input type="checkbox"/> 125 Womens -55kg
<input type="checkbox"/> 109 Junior Girls 14 to 15 +54kg	<input type="checkbox"/> 116 Junior Boys 14 to 15 -63kg	<input type="checkbox"/> 126 Womens -61kg
<input type="checkbox"/> 110 Junior Girls 16 to 17 -48 kg	<input type="checkbox"/> 117 Junior Boys 14 to 15 -70kg	<input type="checkbox"/> 127 Womens -68kg
<input type="checkbox"/> 111 Junior Girls 16 to 17 -53kg	<input type="checkbox"/> 118 Junior Boys 14 to 15 +70kg	<input type="checkbox"/> 128 Womens +68kg
<input type="checkbox"/> 112 Junior Girls 16 to 17 -59kg	<input type="checkbox"/> 119 Junior Boys 16 to 17 -55kg	<input type="checkbox"/> 129 Mens -60kg
<input type="checkbox"/> 113 Junior Girls 16 to 17 +59kg	<input type="checkbox"/> 120 Junior Boys 16 to 17 -61kg	<input type="checkbox"/> 130 Mens -67kg
<input type="checkbox"/>	<input type="checkbox"/> 121 Junior Boys 16 to 17 -68kg	<input type="checkbox"/> 131 Mens -75kg
<input type="checkbox"/>	<input type="checkbox"/> 122 Junior Boys 16 to 17 -76kg	<input type="checkbox"/> 132 Mens -84kg
<input type="checkbox"/>	<input type="checkbox"/> 123 Junior Boys 16 to 17 +76kg	<input type="checkbox"/> 133 Mens +84kg
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	

Elite

Name: \_\_\_\_\_

Club: \_\_\_\_\_

**Elite Kumite Points Divisions**

<input type="checkbox"/> 107 Junior Girls 14 to 15 -47 kg	<input type="checkbox"/> 114 Junior Boys 14 to 15 -52kg	<input type="checkbox"/> 124 Womens -50kg
<input type="checkbox"/> 108 Junior Girls 14 to 15 -54 kg	<input type="checkbox"/> 115 Junior Boys 14 to 15 -57kg	<input type="checkbox"/> 125 Womens -55kg
<input type="checkbox"/> 109 Junior Girls 14 to 15 +54kg	<input type="checkbox"/> 116 Junior Boys 14 to 15 -63kg	<input type="checkbox"/> 126 Womens -61kg
<input type="checkbox"/> 110 Junior Girls 16 to 17 -48 kg	<input type="checkbox"/> 117 Junior Boys 14 to 15 -70kg	<input type="checkbox"/> 127 Womens -68kg
<input type="checkbox"/> 111 Junior Girls 16 to 17 -53kg	<input type="checkbox"/> 118 Junior Boys 14 to 15 +70kg	<input type="checkbox"/> 128 Womens +68kg
<input type="checkbox"/> 112 Junior Girls 16 to 17 -59kg	<input type="checkbox"/> 119 Junior Boys 16 to 17 -55kg	<input type="checkbox"/> 129 Mens -60kg
<input type="checkbox"/> 113 Junior Girls 16 to 17 +59kg	<input type="checkbox"/> 120 Junior Boys 16 to 17 -61kg	<input type="checkbox"/> 130 Mens -67kg
<input type="checkbox"/>	<input type="checkbox"/> 121 Junior Boys 16 to 17 -68kg	<input type="checkbox"/> 131 Mens -75kg
<input type="checkbox"/>	<input type="checkbox"/> 122 Junior Boys 16 to 17 -76kg	<input type="checkbox"/> 132 Mens -84kg
<input type="checkbox"/>	<input type="checkbox"/> 123 Junior Boys 16 to 17 +76kg	<input type="checkbox"/> 133 Mens +84kg
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	

Elite

Name: \_\_\_\_\_

Club: \_\_\_\_\_

**Elite Kumite Points Divisions**

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<input type="checkbox"/> 109 Junior Girls 14 to 15 +54kg	<input type="checkbox"/> 116 Junior Boys 14 to 15 -63kg	<input type="checkbox"/> 126 Womens -61kg
<input type="checkbox"/> 110 Junior Girls 16 to 17 -48 kg	<input type="checkbox"/> 117 Junior Boys 14 to 15 -70kg	<input type="checkbox"/> 127 Womens -68kg
<input type="checkbox"/> 111 Junior Girls 16 to 17 -53kg	<input type="checkbox"/> 118 Junior Boys 14 to 15 +70kg	<input type="checkbox"/> 128 Womens +68kg
<input type="checkbox"/> 112 Junior Girls 16 to 17 -59kg	<input type="checkbox"/> 119 Junior Boys 16 to 17 -55kg	<input type="checkbox"/> 129 Mens -60kg
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<input type="checkbox"/>	<input type="checkbox"/> 121 Junior Boys 16 to 17 -68kg	<input type="checkbox"/> 131 Mens -75kg
<input type="checkbox"/>	<input type="checkbox"/> 122 Junior Boys 16 to 17 -76kg	<input type="checkbox"/> 132 Mens -84kg
<input type="checkbox"/>	<input type="checkbox"/> 123 Junior Boys 16 to 17 +76kg	<input type="checkbox"/> 133 Mens +84kg
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	

Elite

Name: \_\_\_\_\_

Club: \_\_\_\_\_

**Elite Kumite Points Divisions**

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<input type="checkbox"/> 111 Junior Girls 16 to 17 -53kg	<input type="checkbox"/> 118 Junior Boys 14 to 15 +70kg	<input type="checkbox"/> 128 Womens +68kg
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<input type="checkbox"/>	<input type="checkbox"/> 121 Junior Boys 16 to 17 -68kg	<input type="checkbox"/> 131 Mens -75kg
<input type="checkbox"/>	<input type="checkbox"/> 122 Junior Boys 16 to 17 -76kg	<input type="checkbox"/> 132 Mens -84kg
<input type="checkbox"/>	<input type="checkbox"/> 123 Junior Boys 16 to 17 +76kg	<input type="checkbox"/> 133 Mens +84kg
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	

Elite

Name: \_\_\_\_\_

Club: \_\_\_\_\_

**Elite Team Kata Divisions**

- 134 Junior Girls 14 to 15 years
- 135 Junior Boys 14 to 15 years
- 136 Junior Girls 16 to 17 years
- 137 Junior Boys 16 to 17 years
- 138 Womens Adult Team Kata
- 139 Mens Adult Team Kata

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Club: \_\_\_\_\_

**Elite Team Kata Divisions**

- 134 Junior Girls 14 to 15 years
- 135 Junior Boys 14 to 15 years
- 136 Junior Girls 16 to 17 years
- 137 Junior Boys 16 to 17 years
- 138 Womens Adult Team Kata
- 139 Mens Adult Team Kata

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Club: \_\_\_\_\_

**Elite Team Kata Divisions**

- 134 Junior Girls 14 to 15 years
- 135 Junior Boys 14 to 15 years
- 136 Junior Girls 16 to 17 years
- 137 Junior Boys 16 to 17 years
- 138 Womens Adult Team Kata
- 139 Mens Adult Team Kata

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Club: \_\_\_\_\_

**Elite Team Kata Divisions**

- 134 Junior Girls 14 to 15 years
- 135 Junior Boys 14 to 15 years
- 136 Junior Girls 16 to 17 years
- 137 Junior Boys 16 to 17 years
- 138 Womens Adult Team Kata
- 139 Mens Adult Team Kata

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Club: \_\_\_\_\_

- 134 Junior Girls 14 to 15 years
- 135 Junior Boys 14 to 15 years
- 136 Junior Girls 16 to 17 years
- 137 Junior Boys 16 to 17 years
- 138 Womens Adult Team Kata
- 139 Mens Adult Team Kata

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Club: \_\_\_\_\_

**Elite Team Kata Divisions**

- 134 Junior Girls 14 to 15 years
- 135 Junior Boys 14 to 15 years
- 136 Junior Girls 16 to 17 years
- 137 Junior Boys 16 to 17 years
- 138 Womens Adult Team Kata
- 139 Mens Adult Team Kata

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Club: \_\_\_\_\_



**PROXY FORM**

The undersigned, being a voting (non-probationary) member in good standing of the Karate Association of Ontario, hereby appoints: \_\_\_\_\_, or failing him/her, \_\_\_\_\_, as proxy holder for the undersigned, to attend, act, and vote for, and on behalf of, the undersigned at the Annual General Meeting of the Karate Association of Ontario to be held at the city of Toronto, Ontario on June 13, 2010.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_

\_\_\_\_\_  
Name (please print)

\_\_\_\_\_  
Signature



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Dated this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_

\_\_\_\_\_  
Name (please print)

\_\_\_\_\_  
Signature