

Atlantic Karate Championships - NL 2013

Update#2



22 August 2013

General Description:

Atlantic Championships 2013 NL for the weekend of Oct 25 (Fri)-27 (Sun) in St. John's.

- Fri 25 Oct - Travel & Arrival.
- Sat 26 Oct - Karate Canada Tournament Officials Training.
& Athletes Special Training.
- Sun 27 Oct - Championships Tournament

Training Day Programs:

Athletes

One major part of our efforts is to provide a full day of good training for the athletes, as well as the tournament officials. We have a huge facility with a partition wall available to create two separate training areas i.e. one for athletes and one for officials.

Atlantic Canada Regional National Coach Randy Rix and international competitor Ms Kate Campbell will be working together to offer a great training day (Saturday) for the athletes. Generally the program will co-ordinated to overlap with the officials program at certain predetermined time slots to the mutual benefit of the athletes and the officials. However the focus would be on providing valuable karate training to the participating athletes.

Officials

Karate Canada National Training for "provisional license" and "upgrades".

Guest Instructor - *Ms. Norma Foster, Chair of Karate Canada Officials Committee.*

Assisting Instructor - *Mr. Don Mazerolle, Member of Karate Canada Officials Committee.*

There will be other provincial chief officials assisting the KC team in the delivery of the course.

Schedule

Friday - Travel & Arrivals.

Saturday - Training

9:00 am-11:00am - Kumite training & related topics / themes.

11:00 am-12:30- KC Program & Athlete/Coach Program overlap.

Practice kumite matches where officials perform and participate in debrief between "competitors/coaches" and the "referees/judges".

12:30pm-1:30pm- Lunch (on site) (sandwiches and/or pizza ...).

1:30pm-3:30pm- Kata training & related topics / themes

3:30pm-5:00pm - KC Program & Athlete/Coach Program overlap.

Practice kata performances/matches where officials perform and participate in debrief between "competitors/coaches" and the "referees/judges".

Sunday - Tournament

9:00 am -12:00 noon: Juniors Under 12 yrs.

12:00 pm - 1:00 pm Lunch break.

1:00 pm - 6:00 pm : Juniors 12 yrs & older and Seniors.

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Hotels/Accommodations:

- **Holiday Inn** 180 Portugal Cove Road, St. John's, NL
Rate \$139.95 /room per night plus tax (17%) = **\$163.74** (up to 4 per room, no extra charge)
Reservations open at the quoted **rate until Sept 15, 2013.**
Telephone: 1-800-933-0506. On-line registration www.holidayinn.com/stjohnsnl
Group Code is **AKC** (Atlantic Karate Championships).
- **Capital Hotel** 208 Kenmount Road, St. John's, NL
Rate \$109 + taxes (17%) = **\$127.53** [single/double/triple/quad occupancy].
Rate available as quoted until Sept 30, 2013.
Reservations: Website www.steelehotels.com . Tel 709-738-4480
Booking - ask for "Atlantic Karate Championships" rate.
- **Hillview Terrace Suites** 3 Wadland Cres (off Torbay Road), St. John's, NL
Rate for suites: 1 bedroom \$105.99 +tax (17%) = **\$124.00**;
2 bedroom \$122.99 +tax (17%) = **\$143.90**; 3 bedrooms \$189.99 +tax (17%)= **\$222.29**
Reservations: Website <http://www.hillviewsuites.ca/specials/>
Toll Free: 1 888 754 9822 Local: (709) 754 9822 Fax: (709) 754 9047.
No special rate.

Registration for Championships Tournament:

Pre-registration is required. Payment is due on the day of tournament i.e. Sunday 27 Oct.

To register complete the attached Excel Spreadsheet registration document and return it by email to Tournament Co-ordinator Derek Ryan < karatenl@gmail.com >.

Deadline for receiving registration is Mon 21 Oct 2013.

No late registration & no registration at door.

Payment is due upon arrival or by 8:00am Sun 27 Oct at the tournament venue.

If you choose to mail payment by cheque make it payable to "Karate NL"; be sure it is posted by Mon 14 Oct to allow for typically slow Canada Post service to NL.

Address: Karate NL c/o Derek J Ryan, 388 Pine Line, Torbay, NL, A1K 1A2.

Events: ☐ Team Kata (3 only) ☐ Indiv Kata ☐ Indiv Kumite

Cost: \$25 one event. \$35 two events. \$40 three events.

Invitees: This is an "Open" championship tournament with invitations extended to all traditional Japanese karate clubs and associations in NL, Saint-Pierre & Miquelon, Atlantic Canada and all Canadian provinces.

All kyu belts and black belts are welcome (children, teens, adults, masters).

Venue: NL Provincial Training Centre "Powerplex" (Crosbie Road, St.

John's) <http://www.nlsportscentre.ca/> . Huge gym where everything can be done on site. Up to 5 rings are possible depending on availability of ring officials (numbers).

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Tournament Rules:

WKF standard rules with Karate Canada modifications as applied at "Karate Canada Nationals".

Equipment: As per KC standards.

- o **Kumite** compulsory equipment:
 - o Gloves (red, blue)
 - o Competition belts (red, blue)
 - o Shinguards & insteps (red, blue or "white")
 - o Mouthguard
 - o Groin protectors compulsory for "males".
 - o **Red** must wear that colour *gloves, belt* and if wearing coloured *shinguards & insteps* they too must be red.
 - o **Blue** must wear that colour *gloves, belt* and if wearing coloured *shinguards & insteps* they too must be blue.
 - o **White shinguards/instep** protectors are acceptable for either **Red or Blue**.
 - o **Chestguards** - only the WKF "interior" chestguards are permitted.
 - o **NO exterior (outside the gi) chestguards.**
 - o Face-masks of the WKF standard required for 14-15yrs old - these are optional.
 - o **NO helmets** with or without cages/masks.
 - o **NO eyeglasses** for kumite. Protective eyewear is permitted.
- o **Kata** - **eyeglasses** are permitted for kata only.

Kumite Match Duration:

- o Under 18 yrs all divisions **2 minutes "stopped time"**.
- o 18 yrs blackbelt divisions (or KC National level competitors 18yrs +) - as per WKF standards.

Repechage

- o **Kumite** - All matches will be elimination with "repechage".
- o **Kata** - All matches will be with **"flags"** and there will be elimination with "repechage".

Kata - Choice of kata.

- o **Athletes aspiring or already chosen to compete at the KC Nationals**, must choose a different kata for each round and repechage. **No repetition** of a kata once it is performed.
- o **All other athletes may repeat** any kata in any round if they so choose.

Awards will be Medals for 1st (gold), 2nd (silver), 3rd place/tie (2 bronze).

Transportation - land:

Airport to Hotel is responsibility of the visiting athletes/teams.

Transportation from Hotel to Venue and return - Karate NL will investigate possibility of chartered transport, however a minimal charge will be required; more information will be available once we have a better idea of "how many visitors" will need transportation assistance.

Participation Estimates:

Karate NL would appreciate it if interested guests (clubs, provinces ...etc) would let us know your approximation of how many of your people may be coming. This would greatly help with the preparations.

Any Questions? Contact: < karatenl@gmail.com >