

2014 Karate Team Shi ai

The Japan Karate Association of Montville invites you and your club members to attend a team competition to be held on Saturday April 5. The competition will follow a training session conducted by Bob Jacobs – 6th Dan UConn instructor.

This is a friendly competition and it is open to all ages, ranks, and gender. There will be team kata and team kumite events only. Details of the competition format are on the next page. Black belts waiting to compete or who do not wish to compete are invited to get valuable judging experience. The purpose of this competition is to learn more about the team aspect of karate, foster better training spirit in this regard, and especially to have fun! A sign up sheet and announcement with details are attached.

Instructors please complete and e-mail me the registration form attached by **Thursday April 3rd or earlier**. Teams will be also formed the day of the competition as necessary, so please encourage “remainders” who do not yet belong to a team to still attend. Montville already has several youth teams ages 6-10 from white to green belt and some of the aforementioned remainders. If you have any questions, please contact me.

Thank you very much.

Respectfully,

-Bako

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2014 Karate Team Shiai

Saturday April 5th



PHOTOS FROM PAST SHIAI

WHAT: A friendly dojo **TEAM** competition.

WHEN: 9:00am – 10:30pm: **Training**

11:00am – 2:00pm: **Competition**

2:00pm – 4:00pm: **Lunch**

WHERE: Fair Oaks School – Oakdale, CT 06370

WHO: Shotokan karate practitioners from the area

COST: \$25 for **CLASS, COMPETITION** and **FOOD**

Certificates will be awarded accordingly

RULES FOR TEAM SHIAI

- A) Categories: Team kata & kumite - White, Green, Brown & Black belt
- B) 3 persons per team. No limit to the number of teams representing any one dojo.
Teams may be coed, composed of men and/or women. i.e. women will compete against men in kumite events.
Note: If a womens kumite division is held, these will be for women only. However, women may still compete on coed kumite teams. For example, a black belt woman may compete on a womens kumite team as well as on a coed black belt kumite team.
- C) Age restriction is 6 years and up. Judges will use discretion when considering the possibility of injury.
- D) Lower ranking colored belts may be moved up (only one level) to complete a team, but not down. For example, green belts may compete on a brown belt team, but a brown belt may not compete on a green belt team.
- E) The same competitor may compete on more than one team* or category (As long as "D" above is met). For example, it is possible for the same brown belt to compete in brown belt kata and kumite as well as in black belt kata and kumite.

* With the exception of kumite in the same category.
(For example, the same green belt may not compete on two green belt kumite teams, but may be a member of two different green belt kata teams)
- F) Judges: Club instructors and senior students who are not competing.
- G) Scoring: Same general criteria as Regional tournament
- 1) Kata: Point system - kata of choice for all teams
 - 2) Kumite: Flag system -
 - 9-7 kyu: Basic Three-step sparring (jodan, chudan punching technique)
 - 6-4 kyu: Basic One-step sparring (jodan, chudan, mae geri, kekomi geri)
 - 3-1 kyu: Basic Semi-free sparring (jodan, chudan, mae geri, kekomi, mawashi geri) or Free sparring if both competitors agree
 - DAN: Free sparring – One point, 2 min. matches. NO CONTACT. Groin & mouth guards and fist covers are the only allowable protectors. Fist covers must be worn, and can be provided if necessary.

* Semi-free sparring if either contestant is under 18 years of age (unless both contestants, their parents, and their instructors wish to waive this safety precaution). Any match becomes semi-free if ANY CONTESTANT OF ANY GENDER OR AGE REQUESTS (at any time before the match begins) THAT THEY DO NOT WANT TO FREE SPAR.

Sign up sheet

(dojo)

RANK	PARTICIPANTS	AGE	PARTICIPANTS	AGE
KYU 9-7 WHITE YELLOW ORANGE	1		1	
	2		2	
	3		3	
	1		1	
	2		2	
	3		3	
KYU 6-4 GREEN BLUE PURPLE	1		1	
	2		2	
	3		3	
	1		1	
	2		2	
	3		3	
KYU 3-1 BROWN	1		1	
	2		2	
	3		3	
	1		1	
	2		2	
	3		3	
DAN BLACK	1		1	
	2		2	
	3		3	
JUDGES	1		4	
	2		5	

Email to: andrewbakoledis@gmail.com

DIRECTIONS
Fair Oaks School
Old Colchester Rd.
Oakdale, CT 06370

My Cell: 860-227-2769

FROM NEW YORK:

- I-95N to I-395N(left exit immediately after exit 75 on I-95).
- Take exit 79 and turn right off exit.
- Go 2.5 miles and turn left on Chesterfield.
- Proceed ¼ mile to stop sign. School ahead on right.

FROM HARTFORD:

*You may take Route 2E & follow the Worcester directions after getting on I-395S.

OR:

- I-91S to exit 23 for Route 9S(Old Saybrook).
- I-95N to I-395N(left exit immediately after exit 75 on I-95).
- Take exit 79 and turn right off exit.
- Go 2.5 miles and turn left on Chesterfield.
- Proceed ¼ mile to stop sign. School ahead on right.

FROM WORCESTER:

- 290W to I-395S.
- Take exit 79 and turn right off exit.
- Go 2.5 miles and turn left on Chesterfield.
- Proceed ¼ mile to stop sign. School ahead on right.

FROM EXETER:

- I-95S to Groton.
- Take Route 32 exit on west side of Gold Star Bridge from the right lane.
- Follow Route 32 North for about 2 miles.
- Stay right onto I-395N.
- Take exit 79. Turn right.
- Go 2.5 miles and turn left on Chesterfield.
- Proceed ¼ mile to stop sign. School ahead on right.