



SOUTH WESTERN ONTARIO REGIONAL WADO-RYU KARATE –DO ORGANIZATION

Members of MAPDA

NON CONTACT - INVITATIONAL TOURNAMENT

This is a MAPDA Sanctioned event operating under MAPDA Rules

SATURDAY APRIL 6, 2019

**McKinnon Park Secondary School
91 Haddington St.
Caledonia.**

**DOORS OPEN-8:30AM COMPETITION STARTS-10:00AM MEETING-9:30AM
FOR BLUE, BROWN & BLACK BELTS**

ONLINE REGISTRATION AT MAPDA.CA

**PRE-REGISTRATION DEADLINE – WEDNESDAY APRIL
3/2019**

Pre-Registration

At Door

All Events - \$25.00

\$30.00

Family Rate (3+) - \$55.00

\$60.00

Shindo - \$10.00

\$15.00

Spectators - \$2.00

Members of MAPDA at www.mapda.ca / www.swormartialarts.com

SOME RULES

NON CONTACT, NO SWEEPS – IMPROPER SWEEPS WILL BE CLASSIFIED AS A LOW KICK, NO TECHNIQUES OF ANY KIND TO THE BACK OR SPINE AREA, NO SPINNING TECHNIQUES UNLESS AT BLACK BELT LEVEL AND EXECUTED PROPERLY. PROPER. KUMITE EQUIPMENT MUST BE WORN, HAND PADS, MOUTH GUARDS, GROIN PROTECTION AND FOOT PADS.

PLEASE NOTE

There will be a break in competition after the junior and intermediate competition during which the following will take place;

~Medallion presentation **FOR ALL JUNIOR AND INTERMEDIATE DIVISIONS.**

~Break before the start of the Adult divisions.

(All medallions for **ADULTS** will be presented at the end of the ADULT Division.

SYNCHRONIZED KATA

Teams must consist of 3 or 4 competitors

Minimum rank of ORANGE Belt

Individuals can only participate on 1 team

1 Kyu belt team per club

1 Black Belt team per club

REQUIRED KATAS FOR MAPDA MEMBERS

White – Aihon, Chonan, Pinan Shodan

Yellow – Aihon, Pinan Shodan, Pinan Nidan

Orange – Pinan Nidan, Pinan Sandan, SaiSho, Chonan Shodan

Green – Pinan Sandan, Tai Sai, Pinan Yondan, Sankyu

Blue / Purple – Pinan Godan, Pinan Yonda, Shopei

Brown – Pinan Godan, Kushanku, Sai Shun Tai

Shodan – Kushanku, Nihanchi or Nihanchin, Chocodo

Nidan – Nihanchi or Nihanchin, Sai Shan, Sai Shun Tai

Sandan – Chinto or Kempei

Yodan – Wanshu or Gohonshu

Godan – Gensho, Gensho Shodan, Wanshu

Note: Only Kyu Belts (White to Brown) will be able to pick a kata from their rank and or previous rank. Example: Green belt can pick kata from Orange belt list as well.

KATAS MUST NOT BE MODIFIED.

NOTE: All divisions are subject to change, depending upon the number of competitors in each division.

REQUIRED KATAS FOR GUESTS

White – Aihon, Chonan, Pinan Shodan,
Taikyoku Shodan (Kihon Kata)

Yellow – Aihon, Pinan Shodan, Pinan Nidan
Heian Shodan, Heian Nidan

Orange – Pinan Nidan, Pinan Sandan, San Kyu
Heian Nidan, Heian Sandan

Green – Pinan Nidan, Pinan Sandan, Tai Sai

Blue / Purple – Pinan Sandan, Pinan Yondan, Shopei
Heian Sandan, Heian Yondan

Brown – Pinan Godan, Kushanku, Sai Shun Tai
Heian Godan, Kanku Dai

Shodan – Kushanku, Nihanchi or Nihanchin
Kanku Dai, Tekki Shodan

Nidan – Nihanchi or Nihanchin, Sai Shan

Sandan – Chinto or Kempei

Yodan – Wanshu or Gohonshu

Godan – Gensho, Gensho Shodan or Wanshu
Hangetsu, Gankaku, Empei

Note: Only Kyu Belts (White to Brown) will be able to pick a kata from their rank and or previous rank. Example: Green belt can pick kata from Orange belt list as well.

KATAS MUST NOT BE MODIFIED.

NOTE: All divisions are subject to change, depending upon the number of competitors in each division.

SHINDO KATAS

Sho Shiho Chudan

Shindo Nidan

Chobotei

Kushanku No Shindo

Sai Shun No Shindo

**Shindo Divisions will be set at the
tournament!!**



SHINDO

PRE-REGISTRATION FORM

NAME: _____ GENDER: _____ AGE: _____

RANK / BELT: _____ PASSBOOK #: _____ (If Applicable)

INSTRUCTOR: _____ PHONE: _____

ADDRESS: _____ CITY: _____

PROVINCE: _____ POSTAL CODE: _____

EMAIL (optional): _____

I, the undersigned, hereby waive all claims against all persons connected with the South Western Ontario Regional Wado-Ryu Karate-Do Tournament for any injuries sustained during my taking part in the tournament.

DATE: *April 6, 2019*

SIGNATURE OF ADULT OR GUARDIAN (on the line below if under 18 years of age)

MAKE ALL CHEQUES PAYABLE TO: S.W.O.R. WADO-RYU KARATE-DO

Please send any scanned Registration Forms to sworwk@gmail.com or mail to

Roger Frigault – 22 Buchanan Dr, Caledonia, Ontario.

N3W 1H1

Or register online at mapda.ca or swormartialarts.com

Please check mark the following event(s) you will be competing in:

KATA:

Kata Name you will be performing:

KUMITE:

SHINDO:

Dinner List

If you wish to attend dinner after the tournament, please fill out the info below. It will be held at the Caledonia Legion,

29 Caithness St E, Caledonia, ON.

Please circle Yes or No.

Attending: Yes No

Number of family members attending: _____

Dinner information and price will be available soon.

