



## ISKF PROVINCIAL KARATE CHAMPIONSHIPS 2019

### HUNTING HILLS HIGH SCHOOL, RED DEER

<b>DATE:</b>	Saturday, <b>March 16</b> , 2019
<b>LOCATION:</b>	Hunting Hills High School 150 Lockwood Ave. Red Deer, AB. T4R 2M4
<b>HOSTED BY:</b>	ISKF Shotokan Karate Club of Red Deer web site: <a href="http://www.reddeerkarate.com">www.reddeerkarate.com</a> email: <a href="mailto:info@reddeerkarate.com">info@reddeerkarate.com</a> or cheriskarate@hotmail.com
<b>COMPETITORS LIST DEADLINE:</b>	Each dojo needs to submit their competitors list or what they have on or before <b>March 12<sup>th</sup></b> to Sensei Laurie at <a href="mailto:iskfcalgary@shaw.ca">iskfcalgary@shaw.ca</a>
<b>REGISTRATION:</b>	Registration starts at 8:00 am Athletes are required to confirm their events with the posted draw sheets before 9 am. Report any errors to the Help Desk Immediately!
<b>TIME:</b>	8:00 am Set up Mats 8:00 am Registration 8:45 am Officials meeting 9:00 am Walk in ceremony 9:15 am Provincial Karate Championships Starts 12:00 Noon Lunch 1:00 pm Final Matches (All times are approximated)
<b>FEES:</b>	Fees: \$35.00 for one or more events Cash or Cheque. <b>Cheques payable to Shotokan Karate.</b> We now accept E-transfers to <a href="mailto:info@reddeerkarate.com">info@reddeerkarate.com</a> (Code word: karate)
<b>AGM MEETING FRIDAY MARCH 15<sup>TH</sup>, 2019</b>	7:00 PM for all Dojo Heads. Held at Shotokan Karate Dojo Red Deer. E-6 5560 45 St. Red Deer, AB. T4N 1L1 (Cronquist Business Park Area) Pat's Cell (403) 391-9722

**All competitors must have gloves and mouth guard.**



## CATEGORIES

	BELT COLOR		
Beginners	White	Yellow	Orange
Intermediate	Green	Purple	
Advanced	Brown &		
Advanced	Black		

CATEGORIES MAY CHANGE DEPENDENT UPON THE NUMBER, AGE AND RANK OF THE PARTICIPANTS

## AGE CATEGORIES (APPROXIMATES)

6 to 8, 9 to 11, 12 to 14, 15 to 17, 18 +

## TEAM KATA CATEGORIES

(White/Yellow/Orange) (Green/Purple) (Brown/Black) – Categories may change

## DRESS CODE FOR PARTICIPANTS

### Contestants

The gi must be ISKF regulation gi

The gi must be clean, white and pressed

All competitors MUST HAVE GLOVES AND MOUTH GUARD.

### NOTES:

- ⦿ Red Deer Shotokan Karate Club reserves the right to combine, subdivide, change age categories or cancel any event.
- ⦿ Errors on your registration form may mean that an athlete does not get to compete so please be accurate. Do not guess!
- ⦿ Times listed on the schedule are approximate.
- ⦿ Athletes are required to confirm their events with the posted draw sheets and report any discrepancies to the 'Help Desk' prior to competition starting.
- ⦿ Rules, categories and attacks for Kumite and Kata are found at [www.iskf.com](http://www.iskf.com)



## HOTELS IN RED DEER

THE SHERATON: 3310-50<sup>th</sup> Ave. \$118.00 per night (appx.) 4 Star  
(403) 346-2091

BLACK KNIGHT INN: 2929-50<sup>TH</sup> Ave. \$111.00 per night (appx.) 4 Star  
(403) 343-6666

SANDMAN HOTEL: 2818-Gaetz Ave. (same as 50<sup>th</sup> Ave.) \$89.00 per  
night (appx.) includes breakfast. 3-4 Star (403) 343-7400