

Please send all entry forms to Paul Edwards, 12 Meadow Close, Grove, OXON, OX12 7NN (Tel 01235 767589 or 07545 423683 or e-mail [senseiedwards@googlemail.com](mailto:senseiedwards@googlemail.com)) by Wednesday 6th October

## **The 8th Wantage Annual Shotokan Kata & Kumite Competition**

Sunday 10th October 2010, 9.30-5.30PM

@ Wantage Leisure Centre, Portway, Wantage, OXON, OX12 9BY

Dear Sensei/Secretary

I am pleased to announce the date and invite your club to the 8<sup>th</sup> annual Wantage competition. Brief descriptions of the proposed categories are detailed below. The entry fee is £8 per person, per event for all individual categories, and £12 per team per event. All cheques should be made payable to "Wantage Shotokan Karate Club". A charge of £1.00 per spectator will be collected on the door. Clubs are asked to provide at least one appropriately experienced official to assist in activities during the day of the competition.

### **Sambon Kumite**

This category is for the very junior participants only (under 120cm) and consists of three basic predetermined attacking and defensive stepping movements. Attacks consisting of stepping lunge punch to the head, followed by stomach and then front snap kick to the stomach. Defensive moves consist of rising block, outside block and downward block respectively. Competitors' performances are assessed on good form, correct attitude, vigorous application, proper timing and correct distancing. The Referee and Judges communicate their decisions with the use of coloured flags to identify the successful competitor.

### **WKF (World karate Federation) Kumite**

This category is for junior, cadet and senior participants and consists of free style sparring on a matted area. Competitors will spar for a 2 minute bout, which is determined by either contestant scoring 1 point (*Ippon*), 2 points (*Nihon*) or 3 points (*Sambon*) with single or combination techniques to appropriate targets only. Bouts will be curtailed after an 8 point deficit is reached. Gum shields, approved hand mitts and adequate groin protection are mandatory for all competitors in this category. The Referee and Judges communicate their decisions with the use of coloured flags and or hand signals to identify the successful competitor. There are individual and three person team events. A full copy of the WKF competition rules can be found at [www.karateworld.org/images/stories/Downloads/wkf\\_competition\\_rules\\_english\\_version\\_\\_5\\_\\_5.pdf](http://www.karateworld.org/images/stories/Downloads/wkf_competition_rules_english_version__5__5.pdf)

### **Kata**

This category is open for all competitors and is split into appropriate sub categories. Competitors' performances are assessed on the demonstration of correct power, speed, timing, balance, breathing, tension and focus. Each sub category consists of a maximum of 3 rounds consisting of both compulsory Heians (*Shitei*) and free selection (*Tokui*) approved Shotokan katas. Each Judge marks the competitor's performance by means of a points scoreboard with the total recorded and ranked or by coloured flags. There are individual and 3 person team events

### **Club Cup, Technique and Karate-ka of the Day.**

A trophy will be presented to the club with the highest number of points. Points are awarded based on the cumulative individual and team results of club members from the various categories. In addition two further trophies will be given to a worthy technique or kata performance of the day and an award for the best all round performance for only those that entered all feasible categories of the competition (Kata, kumite & team).

I hope you and your students can attend this enjoyable event. I look forward to seeing you on the day (See overleaf for Map).

Paul Edwards

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