

AVALON KARATE

CLUB TOURNAMENT 2019

REGISTRATION FORM



Location: Power Plex Sports Center, 90 Crosby Road, NL

Date: Saturday March 30th, 2019 from 9:00am – 5:00pm

Cost: \$20– Any 1 event; \$25 – Any 2 events; \$30 – all 3 events; \$35 – all 4 events

- Ninja kumite** (flag kumite) – individual event for 8 years and younger.
- Team Kata** 3 members – designate team captain. Divisions determined by highest ranking/age on the team.
- Kumite** – All competitors must have own mouth guard, jock for male, jill for female (optional), Shin guard (optional), gloves and belts (Blue and Red). WKF style interior chest guard (optional).
- Kata** – Divisions determined by age and belt rank.

Name: _____

Age: _____ **Rank:** _____

Date of Birth: _____

Male _____ **Female** _____

Weight in Kilograms: _____ **kg** **Height in Cm:** _____ **cm**

Select all divisions you wish to compete in:

Kata (4+) _____ **Team Kata (4+)** _____

Kumite (8+) _____ **Ninja Kumite (4-8)** _____

Team Kata: 1) _____

2) _____

3) _____

Permission of parent/guardian if competitor under 19 years:

_____ **Date:** _____