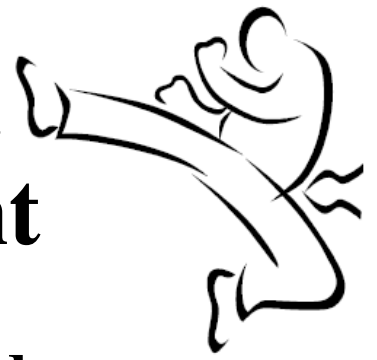


Adult BB Prize Money!!
\$50 Division 1st place
\$100 Grand Champion

Capital City Open Karate Tournament



Saturday, March 2, 2019

Firley YMCA * 525 Ellis Blvd.

From I-70 take either Hwy. 63 at Columbia or Hwy. 54 at Kingdom City to Jefferson City.

Exit Ellis Blvd. on Hwy. 54 or from Hwy. 50 take Hwy. 54 to Ellis Blvd. exit.

- Forms, Sparring, Flag Sparring and Weapons
- Light Contact Competition
- All ages and belt ranks welcome

Registration: 8:30 a.m.

Competition: 10 a.m.

Pre-registration (by 2/25/18): \$40

Day of Event Entry: \$45

Spectators: \$5

Forms Divisions

-Combined Gender Divisions-

- 7 and under (Beg. – Int. – Adv.)
- 8 – 9 (Beg. – Int. – Adv.)
- 10 – 11 (Beg. – Int. – Adv.)
- 12 – 13 (Beg. – Int. – Adv.)
- 14 – 15 (Beg. – Int. – Adv.)
- 16 – 34 (Beg. – Int. – Adv.)
- 35 & up Senior (Beg. – Int. – Adv.)
- 16 – 34 Male (Black)
- 16 – 34 Female (Black)
- 35 & up Senior Male (Black)
- 35 & up Senior Female (Black)

Weapons Divisions

- 9 & under (Beg. – Int. – Adv.)
- 10 – 15 (Beg. – Int. – Adv.)
- 16 & up (Beg. – Int. – Adv.)
- 16 – 34 Black Belt
- 35 & up Black Belt

Sparring Divisions

-Combined Gender Divisions-

- 7 and under (Beg. – Int. – Adv.)
- 8 – 9 (Beg. – Int. – Adv.)
- 10 – 11 (Beg. – Int. – Adv.)
- Separate Gender Divisions-*
- 12 – 13 (Beg. – Int. – Adv.)
- 14 – 15 (Beg. – Int. – Adv.)
- 16 – 34 (Beg. – Int. – Adv.)
- 35 & up Senior (Beg. – Int. – Adv.)
- 16 – 34 (Black)
- 35 & up Senior (Black)

Beginner Flag Sparring

- 5 and under (Beg)
- 6 – 7 (Beg)
- 8 – 9 (Beg)

“Open” Flag Sparring

15 and under all belt ranks

Grand Champions: 3 Youth, 3 Adult

The tournament director holds the right to combine or alter any division to promote fair and equal competition.

For complete tournament info and updates: <http://www.CapitalCityOpen.com>

or visit: <https://www.facebook.com/CCOKarate>

For more information contact: JeffCityMartialArts@gmail.com

Tracey Tiethoff

Advisors: Brad Spraggs & Sasha Vasko

REGISTRATION FORM

Please mail form, postmarked by February 25, with check or money order for \$40 to:
Jefferson City Area YMCA, P.O. Box 104176, Jefferson City, MO 65110-4176
Entry fee is \$45 after February 25. Mailed registrations must be received by February 28.

Events (Circle): Weapons – Forms – Flag – Open Flag – Sparring

Division (Circle one): Beg – Int – Adv – Black

Gup/Kyu rank _____

Name _____

Phone _____

Address _____

City _____ State _____ Zip _____

Birth Date _____ Age _____ Gender _____ Email _____

Karate School _____ Phone _____

Address _____

City _____ State _____ Zip _____

Instructor _____

I, the undersigned, do hereby voluntarily submit my application for attendance and participation in the Jeff City Martial Arts "Capital City Open Karate Tournament" at the Firley YMCA, March 2, 2018. I do hereby assume full responsibility for any and all damages, injuries or losses that I may sustain or incur, if any, while attending or participating and do hereby waive all claims against all promoters and directors of said Karate Tournament and the Jefferson City YMCA for any claim for injuries that may sustain.

Furthermore, I consent that any pictures furnished by me or any pictures or video taken of me in connection with the championships can be used for publicity, promotion, advertising and display and I waive compensation in regard thereto. If under 18 years of age this release and consent to be also signed by parent or guardian.

Competitor Signature _____

Parent/Guardian Signature _____

Tournament Rules

LIGHT CONTACT – Controlled Techniques

All foot techniques to a legal target area are awarded two points.

All hand techniques to a legal target area are awarded one point.

Matches are seven points or two minutes running time; in case of a tie, the next point wins.

Black belt matches will be two minutes, or a spread of ten points.

Legal target areas are: chest, stomach, side of the body and head gear area.

No face contact under adult brown belt. No groin contact. No ground fighting.

Minus points awarded for: face contact, accumulation of two warnings, accidental heavy contact.

Disqualification for: malicious attacks, two minus points, unsportsmanlike conduct, disrespect to officials, excessive contact or causing swelling or bleeding of opponent.