

**WKU Western Nationals Qualifier Tournament March 2020**  
**Registration Form**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Age (as of June 30<sup>th</sup> 2020) \_\_\_\_\_ Sex: \_\_\_\_\_

Belt Rank: \_\_\_\_\_

Club: \_\_\_\_\_

I agree to assume full responsibility for any and all damages, injuries, or losses that I may sustain or incur, if any, while attending or participating, and I hereby waive all claims against the promoters, operators, or sponsors of this event for any claims for injuries I may sustain.

I fully understand that any medical treatment given to me will be First Aid Treatment.

Competitor Signature: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

The early entry fee is \$60.00 for first division, \$25.00 for every additional division.

Early entry fee must be paid by February 28<sup>th</sup> 2020. All entries made after the early entry date are \$75.00 for first division, \$30.00 for every additional division.

The entry fee per team is \$25.00 per person (3 members per team) per division.

Early Entry fee must be paid by February 28<sup>th</sup> 2020.

\$5 spectator fee

**Cardel Rec Centre, 333 Shawville Blvd SE #100, Calgary, AB T2Y 4H3**

www.5elementscalgary.com | info@5elementscalgary.com | 403-201-8825

**PLEASE NOTE:** If you are intending to fight at the World Championships in October, you must qualify in the weight division you will weigh in at in October. This is particularly important for children. If you weigh in at Worlds at a higher weight division in October than at Nationals in March, we cannot guarantee that there will be a spot open in that division. If you are uncertain if the weight can be maintained, you must qualify in the higher weight division to guarantee your place.

**POINT FIGHTING:**

AGE:            RANK:            WEIGHT:

**CONTINUOUS KICKBOXING SPARRING:**

AGE:            RANK:            WEIGHT:

**KUMITE**

AGE:            RANK:            WEIGHT:

**LOW KICK KICKBOXING:**

AGE:            RANK:            WEIGHT:

**HARD STYLE FORMS:**

AGE:            RANK:

**TRADITIONAL FORMS:**

AGE:            RANK:

**KOREAN FORMS:**

AGE:            RANK:

**SOFT STYLE FORMS:**

AGE:            RANK:

**TEAM FORMS:**

AGE:            RANK:

**TRADITIONAL WEAPONS:**

AGE:            RANK:

**MUSICAL WEAPONS:**

AGE:            RANK:

**CREATIVE WEAPONS:**

AGE:            RANK:

# **TOURNAMENT RULES**

## **As per WKU World website**

### **Weight and Age Divisions: Pointfighting, Light Contact, Karate Kumite**

Kids Girls 12 years old and under /

-25kg, -30kg, -35kg, -40kg, -45kg, -50kg, +50kg

Kids Boys 12 years old and under /

-25kg, -30kg, -35kg, -40kg, -45kg, -50kg, +50kg

Junior Girls 13-17 years old /

-45kg, -50kg, -55kg, -60kg, -65kg, +65kg

Junior Boys 13-17 years old /-45kg, -50kg, -55kg, -60kg,-65kg, -70kg, -75kg+75kg

Adult Women 18-34 years old /

-50kg, -55kg, -60kg, -65kg, +65kg, Allcategory

Adult Men 18-34 years old /

-60kg, -65kg, -70kg, -75kg, -80kg, -85kg, -90kg, +90kg, Allcategor

Veteran Women 35-44 years old /

-60kg, +60kg

Veteran Men 35-44 years old /

-70kg, -80kg, +80kg.

Executive Women 45 years old and up /

-60kg, +60kg

Executive Men 45 years old and up /

-70kg, -80kg, +80kg

### **Age Divisions: Forms**

11 years old and under

Juniors 12-14 years old

Teens 15-17 years old

Adults 18-34 years old

Veterans 35-44 years old

Executives 45 years old +

### **Continuous kickboxing Sparring**

*Must use (at least) 10oz gloves, shinguards, foot gear, mouthguard, cup, headgear*

- All kicks and punches above the waist - no leg kicks allowed
- No spinning backfist
- No spinning blind backkicks (backkicks must be controlled, watching where strike lands)
- No elbows
- No knees

## **Low-Kick Kickboxing**

*Must use: (at least) 10oz gloves, shin/instep guards (shin + foot gear), mouthguard, cup, headgear*

- Leg kicks allowed
- No spinning backfist
- No spinning blind backkicks (backkicks must be controlled, watching where strike lands)
- No elbows
- No knees

## **Light Contact K1 rules**

*Must use: (at least) 10oz gloves, shin/instep guards (shin + foot gear), mouthguard, cup, headgear*

- Leg kicks allowed
- Knees allowed
- No knees to head
- No spinning backfist
- No spinning blind backkicks (must be controlled, watching where strike lands)
- No elbows
- No clinching

## **Point Sparring**

*Must use: Point sparring hand gear (10oz gloves will be allowed), shinguards, foot gear, mouthguard, cup, headgear*

- All kicks and punches above the waist - no leg kicks allowed
- Points are awarded after being scored and the referee stops the exchange
- Only controlled contact will be scored (no excessive contact allowed)
- No spinning backfist
- No spinning blind backkicks (backkicks must be controlled, watching where strike lands)
- No elbows
- No knees

## **Kumite**

**For rules, please see the WKU website at [www.wkuworld.com/uploads/media/WKU\\_Karate-Rules\\_01.pdf](http://www.wkuworld.com/uploads/media/WKU_Karate-Rules_01.pdf)**

### **Illegal techniques are as follows:**

*The use of spinning backfist, Any form of throwing, All types of strikes with the elbows, All attacks (strikes, punches, kicks) against the joints, Attacks to the groin, All forms of biting or spitting, Unsportsmanlike conduct or disrespect towards the referee, All strikes, blow and punches executed with the palm side of gloves, All kicks to the back and the back of the neck or head, Any form of butting with the head, Attacked a downed opponent or an opponent who touches the floor with their gloves, Attacking on the break or during a referee break, Spitting out one's mouthguard (gumshield), Holding the opponent's leg while executing multiple striking or punching techniques, Fleeing the ring to avoid contact*

