



Presented by: **USA KARATE ACADEMY**

- Tournament Date:** Saturday, November 5, 2016
- Location:** Lynnwood High School Gymnasium
18218 North Road, Bothell WA 98012
- Time:** Check-in: 8am
Events Begin: 9am
- Registration Fees:** 1 Event: \$55 | 2 Events: \$65 | 3 Events: \$75
Synchronized Kata: \$30 per team (or \$10 per person)
- Entry Deadline:** Register by mail, postmarked no later than Oct. 28
Online registration open until 7:55pm, Nov. 3

Online registration is now available via KarateMaster at www.karatetmaster.com

Payments: Make checks or money orders payable to USA Karate Club and send payment with completed athlete registration and waiver forms to:

USA Karate Club
20126 Ballinger Way NE, PMB #222
Shoreline WA 98155

A \$25 fee will be charged for returned checks. Alternatively, athletes may register online using a credit card at www.karatetmaster.com.

Rules: Modified AAU/International Karate Rules will be in effect. Visit www.aaukarate.org for a complete list of tournament rules and regulations. Custom medals for first, second, and third place. All junior competitors will receive a participation ribbon.

Other Events: Officials' meeting Friday, November 4, 6:30pm, at USA Karate Academy dojo. Address is 1535 NE 177th St., Shoreline WA 98155.

Dress Code: Athletes must wear a solid white gi. Sleeves and pants must be hemmed to an appropriate length - no rolled sleeves

or pant legs. Female athletes must wear a white sport tank or t-shirt under the gi jacket. A single organization karate patch may be worn on the left chest. Officials must wear gray slacks, a white shirt, a blue or red tie, black shoes, and a blue blazer.

Mandatory Equipment: Helmets with faceshield for youth 17 and under, groin cups for all male fighters, red, white, or blue naugahyde knuckle pads, and mouthguard for all. A proper uniform and equipment are required to participate.

Optional Equipment: Shin and instep guards for juniors, shin guards for adults, chest protectors for all, certified sports glasses with strap or soft contact lenses, helmets with or without faceshields for adults 18 and up.
Disallowed Items: Headbands, jewelry, colored T-shirts, metal hair clips. No long and/or dirty fingernails.

Lodging: A block of rooms is available at the Courtyard by Marriott Seattle-North/Lynnwood Everett for \$139-\$144 USD for the nights of 11/4-6. Taxes not included. Book online or by phone (1-888-236-2427) and request the 2016 Pacific Northwest Karate-Do Classic block by Oct. 19.

For more information, call (206) 440-5533 or visit www.usakaratedojo.com