



USA KARATE ACADEMY

IN-HOUSE TOURNAMENT AND DOJO PICTURE DAY

November 4, 2017
at
USA Karate Academy Dojo

Set-up: 8am
Events begin: 9am
Break-down: 2-3pm

Entry Deadline: Register ASAP
Registration accepted at the door

\$40 Flat Fee - one division or all!



Kata

Kumite

Kobudo

Synchronized Kata

Rules: Modified AAU rules will be in effect. See aaukarate.org.

Dress Code: Athletes must wear a solid white gi. Females must wear white tee or sport tank beneath the gi jacket. Sleeves and pants must be hemmed to appropriate length. Official Itosu-Ryu patch may be worn on the left chest. Officials must wear a solid white gi with appropriately hemmed sleeves and pant legs. An official Itosu-Ryu patch may be worn on the left chest.

Mandatory Equipment for Kumite Participants: Helmets with attached face shields for athletes under 18. Mouth guards and naugahyde fist pads for all, groin cups for male fighters of all ages.

Optional Equipment: Shin and instep guards, chest protectors, certified sport glasses or contact lenses.

Disallowed items: Headbands, jewelry, colored t-shirts, metal hair clips. No long and/or dirty fingernails. Long hair must be secured out of the face. No rolled gi sleeves or pants legs.

Payment Options: Cash, check made out to USA Karate Club, or credit/debit forms of payment are available.

Questions? Contact us via email: usakarateacademy@gmail.com, phone: 206-440-5533 or Joni's direct line: 206-228-2392, or come in the dojo!

EVERYONE IS A WINNER!

usakaratedojo.com