



# Annual Spring Karate Tournament

*“Marshmallow fingers into a fist of brick – Evolution of an AKF Karateka”*

Saturday, March 13, 2010 – 11:30AM - 5:00PM

6210 188 St NW – St Matthias Church Hall

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

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

Age: \_\_\_\_\_ AKF Club Location: \_\_\_\_\_

Belt Colour: \_\_\_\_\_ Age Level: \_\_\_\_\_

(Little Dragons/Children/Youth/Adults)

Cost: Little Dragons, Children & Youth - \$35

Adults - \$40

Cash, or Cheques payable to: Amateur Karate Foundation (AKF)

*Please have this form completed with money (cash/cheque) before arrival*

*Additional copies can be found on our website: [www.akfkarate.com](http://www.akfkarate.com)*

Schedule:	Individual Events:
<b>11:30am-12:00pm</b> Registration <b>12:00-12:30pm</b> Black Belt Demonstration  <u>Competition*</u> <b>12:30-1:30pm</b> Team Obstacle Course (Little Dragons & Children)  <b>Individual Events</b> <b>1:30 – 3:30pm</b> Little Dragons, Children, Youth <b>3:30 – 5:00pm</b> Adults	<b>Little Dragons:</b> Board Breaking (5-7 yrs old) Emperor’s Scrambled Eggs  <b>Children:</b> Board Breaking (8-11 yrs old) Emperor’s Scrambled Eggs Kata  <b>Youth:</b> Board Breaking (12-15 yrs old) Kata Ippon Kumite  <b>Adults:</b> Board Breaking (16 yrs & up) Kata Ippon Kumite Improv Knife Defense

\* times are approximate, please be ready – your ring will begin as soon as there is an opening.

The Ohtsuka Amateur Karate Foundation (AKF) is a not-for-profit organization under the direction of Sensei Joseph Rempel, 8<sup>th</sup> Degree Black-Belt.