



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

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