



Dojo Wars Karate Tournament

FORMS

SPARRING

SELF-DEFENSE

Date: Saturday May 7, 2022

Doors Open: 9am

Competition: 10am- 2pm

Location:

Poway Community Center
13094 Civic Center Drive,
Poway Ca 92064

Competition Fee:

\$65 Pre-Registered

\$75 at the Door

Covers Any or All Divisions

Pre-Register:

Poway Kenpo Karate or

PowayMartialArts.com

Spectators:

Teens/Adults - \$10

Youth (4-12) - \$5

Under 4 - Free

REGISTRATION FORM

Fill-out & return to *Poway Kenpo Karate 13246 Poway Rd Poway CA 92064; 858-486-1003*

NAME _____ AGE _____ M / F RANK/EXPER _____ WT _____

COMPETITION FEE COVERS ALL DIVISIONS

I want to compete in (circle any or all): **FORMS** **SPARRING** **SELF-DEFENSE**

FEE Pre-\$65 Door \$75 FEES PAID _____ DATE _____ RECV'D BY _____

INJURY WAIVER

I, the undersigned, have read and hereby voluntarily submit my application for attendance and participation in the Poway Martial Arts / Poway Kenpo Karate "Dojo Wars" on Saturday May 7, 2022, and hereby assume full responsibility for any damages, injuries, or losses that I may sustain while attending or participating. I have read the rules and I understand martial art competition has a risk of injury. I hereby waive all claims against the owners, promoters, instructors, coaches, trainers, and other participants. I understand that any medical treatment given will be of a First Aid type only.

Competitors Signature

Date

Parent / Guardian Signature (if under 18)

Date



Dojo Wars

Karate Tournament

TOURNAMENT RULES

1. Only competitors from invited schools may compete
2. Formal uniform is required for all competitors (*Gi Top, Pants & Belt*).
3. Must be fully equipped for Point Fighting: *Hands, Head, Feet, Shins, Mouth & Groin*
4. Self Defense Technique competitors must have their own demonstration partner(s)
5. Form Division weapons must be intact with No sharp edges
6. Displays of bad temper or poor sportsmanship can result in immediate disqualification

FORMS (Empty-Hand & Weapons):

1. Judges scores from 3 to 9 with 6 as average. Judges scores shown in ½ point increments.
2. Forms to be judged according to the following criteria:
 - A. Attitude, Presentation, & Composure
 - B. Knowledge of Form (*stances, angles, applied basics*)
 - C. Precision & Continuity of Movement
 - D. Balance, Power, Speed, Focus, Concentration, Intensity & Showmanship

SELF-DEFENSE TECHNIQUES:

1. Judges scores from 3 to 9 with 6 as average. Judges scores shown in ½ point increments.
2. Defend One Grab Attack, One Punch or Weapon Attack, and One Kick Attack
3. Each technique demonstrated once slowly and then once "street speed" on a body(s).

POINT FIGHTING:

1. Most points in 2-minute round or first to 5 points. Above belt Kicks = 2 points.
2. Targets are Front or side of the body from the belt up to and including light head contact but no face. No rear side body targets allowed in any divisions, except legs sweeps as in #4.
3. Weapons: Punch, Backknuckle, Ridgehand, extended Kicks (no hammerfist, elbows, or knees)
4. Note: Foot to foot leg sweeps are allowed but only to the back of foot. Fighting can continue from the ground for 3 seconds where either fighter may score.