

**15<sup>th</sup> Annual  
Invitational**

# Michigan Traditional Karate Tournament



**Sunday, April 6<sup>th</sup>, 2025**

Garden City Middle School  
1851 Radcliff St. Garden City, MI 48135

Hosted by: **Shotokan Karate Federation of Michigan**

Cell phone: (734) 658-5683 E-mail: [Tony@karatemi.com](mailto:Tony@karatemi.com) Web site: [www.karatemi.com](http://www.karatemi.com)



- \$65 - 1 EVENT (Include \$10 for each additional event) except for optional additional individual events (kata, kumite)
  - \$20 for one (1) optional individual event (kata, kumite) or \$30 for both events
- Postmark all Fees & Registration Forms by **Mar 17<sup>th</sup>, 2025**
- Add \$5 late fee per event if postmarked after **Mar 17<sup>th</sup>, 2025**
- **No registration will be accepted after March 23<sup>rd</sup>, 2025**
- No Refunds After Registration

## **NO ADMITTANCE BEFORE 9:30 am**

**When to Arrive:**

9:30 am	Doors open.
10:00 am	Judges and Referee, briefing
10:30 am	Introduction of officials
10:45 am	National Anthem
11:00 am	Competition begins

**Check-in Times:**

(Early check-in is permitted)

10:00 am	Ages 5-11: All Flag Sparring competitors
11:00 am	Ages 5-17: Kihon (Basics) competitors
11:30 am	Ages 5-17: Kata and <u>optional</u> additional Kata
12:30 pm	Ages 5-17: Kumite and <u>optional</u> additional Kumite
12:00 pm	Ages 18 and older: Kihon competitors
1:00 pm	Ages 18 and older: Kata and <u>optional</u> additional Kata
1:30 pm	Ages 18 and older: Kumite and <u>optional</u> additional Kumite

If you arrive late, go straight to the administration table. If you arrive so late that a new competition bracket has already been made up due to your tardiness, you will not be able to compete.

**Food:**

Pizza, hot dogs, pop, coffee, Gatorade and bottled water will be available for purchase on site.

**Only water in plastic bottles for the competitors will be allowed in the gymnasium.** All other food or drink **must** remain in the designated eating area. Consuming food or drink in the hallways is not allowed.

**Spectator/Parent  
Fees (paid at door)**

\$5.00: Adult (15 yr. or older)  
\$3.00: Sr. Citizen (62 yr. or older)  
\$3.00: Children (5 to 14 yr.)  
FREE: Children (4 yr. & younger)

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## JUDGES

### Dress Code:

**Judges and officials** are required to wear gray or dark pants, white shirt, a blue tie and blue or dark colored sport coat. Soft or rubber soled shoes (preferably black) are recommended to protect the floor. Black belts helping out with the tournament can wear their Karate uniform.

## COMPETITORS

### Awards:

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place medals will be awarded in each division. A spirit medal will be awarded for competitors ages 11 and younger for all events

### Equipment General:

- All Competitors: No eyeglasses will be allowed unless they are high impact sport glasses approved by the Tournament Director or Doctor.
- All Competitors ages 18 & older: Wrapped bandages (unless for obvious injury) are **NOT** allowed.

### Equipment Kumite:

- All Competitors: Head protector (white preferred) is optional (but highly recommended).
- All Competitors: Fist pads are mandatory. USANKF or WKF style pads (one red pair and one blue pair) is preferred. Other colors will be accepted but are not recommended. One (1) inch thick, fabric-type fist pads, will be allowed.
- Red and blue belts will be provided for sparring (kumite).
- All Competitors: Foot, shin/instep pads are optional
- All Competitors: Mouth guard is **mandatory**.
- Chest protector is optional for under 14 yrs of age.
- Males: Groin cup is **mandatory**.

### Equipment Flag Sparring:

- All flag sparring competitors (ages 5-11): Only head protector is **mandatory**.

### Uniform:

- All Competitors must wear a traditional, clean white Karate uniform with any style/organization patch. You will not be able to compete with a different colored gi/uniform.
- Hachimaki (head band), jewelry or metal hair clips of any kind will **NOT** be permitted. Rubber band or ponytail retainer is permitted.
- Please use locker rooms, not restrooms, to change into uniforms.

# KIHON (Basics)

**Basic Technique Competition:** Two at a time. Male and female divisions may be combined.  
*Kiai* on number 4 technique - forward and backward

## Age Categories

Children: 5 - 11   Youth: 12 - 17   Adults: 18 – 34   Seniors (1): 35 – 44   Seniors (2): 45 & older

### **10<sup>th</sup>-- 8<sup>th</sup> Kyu**

Stepping back with right leg in Kamae (combative stance) then leaving punching or blocking arm out in between counts. *Each move will be counted separately.* After last count, bring right (back) leg forward to left leg to starting position.

F: Stepping forward four times: execute lunge punch to stomach.

B: Stepping backward four times: execute rising block.

### **7<sup>th</sup> -- 6<sup>th</sup> Kyu**

Stepping back with right leg in Kamae (combative stance) then leaving punching or blocking arm out in between counts. *Each combination will be counted separately.* After last count, bring right (back) leg forward to left leg to starting position.

F: Stepping forward four times: execute front snap kick from back leg to stomach, execute a punch to face from same kicking side upon landing in front stance, then immediately punch twice to stomach.

B: Stepping backward four times: execute knife hand block in back stance, switching to front stance and execute reverse punch to stomach.

### **5<sup>th</sup> -- 4<sup>th</sup> Kyu**

Stepping back with right leg in Kamae (combative stance) and coming back to Kamae in between counts. *Each combination will be counted separately.* After last count, bring right (back) leg forward to left leg to starting position.

F: Stepping forward four times: outside to inward block in front stance, switch to horse stance and execute elbow attack, Jodan back fist, switch to front stance reverse punch to stomach.

B: Stepping backward four times: execute lunge punch to face and two punches to stomach, roundhouse kick with front leg to stomach landing with reverse punch to stomach.

### **3<sup>rd</sup> Kyu through Black Belt**

Stepping back with right leg in Kamae (combative stance) and coming back to Kamae in between counts. *Each combination will be counted separately.* After last count, bring right (back) leg forward to left leg to starting position.

F: Stepping forward four times: with rear leg execute front snap kick to stomach landing forward in front stance and immediately with other rear leg execute front snap kick to stomach retracting kicking leg behind you, front leg roundhouse kick to stomach landing in front stance with reverse punch to stomach.

B: Stepping backward four times: execute downward block in front stance, front leg front snap kick to stomach landing forward in front stance with a jab with front hand to face (Kizami-zuki) and reverse punch to stomach.

## KATA (Forms)

<b>Flag system:</b>	Two at a time.
<b>Ranks 10 Kyu – 5 Kyu:</b>	Must perform basic kata such as: Taikyoku, Heian, Pinan, Gekisai & any other similarly categorized kata.
<b>Ranks 4 Kyu – 2 Kyu:</b>	Must perform Heian Godan and up.
<b>Ranks 1 Kyu &amp; above:</b>	Must perform advanced katas from Bassai Dai and up.

**Separate** male & female divisions, if practical, divided by **similar** rank & age as follows.

Children -----	Ages 5 & 6–7 & 8–9 & 10–11
Youth -----	Ages 12–13 & 14–15 & 16–17
Adults -----	Ages 18 – 34
Seniors (1) -----	Ages 35 – 44
Seniors (2) -----	Ages 45 & older

### Judging Performance

In assessing the contestants, the Judges will evaluate the performance based on three (3) major criteria. The performance is evaluated from the bow starting the kata until the bow ending the kata. The 3 major criteria are:

- |  |                                  |
|--|----------------------------------|
| <b>1. Conformance</b> to the form itself and the standards of the applicable style | <b>3. Technical Performance*</b> |
| <b>2. Athletic Performance</b>   | a. Stances                       |
| a. Strength  | b. Techniques                    |
| b. Speed   | c. Transitional movements        |
| c. Balance   | d. Timing                        |
| d. Rhythm  | e. Focus (kime)                  |
|  | f. Difficulty of techniques      |

## FLAG SPARRING – 2 and 3 Person Competition

**Intended for children not yet into free sparring (Kumite)**

Headgear is **mandatory** for **all** competitors.

**Separate** male & female divisions, if practical, divided by **similar** experience, rank & age as follows.

Beginner: Under 9 months of training & less than 10 kyu.

Novice: Over 9 months of training or 10 kyu & over.

Children ----- Ages 5\*, 6 – 7\*, 8 – 9\*, 10 – 11\*

\*Children Ages 5 – 11 may participate in either Kumite or Flag Sparring, but not both.

## KUMITE (Sparring)

**Separate** male & female divisions divided by **similar** size, rank & age as follows.

Children Male ----- Ages 5\* & 6–7\* & 8–9\* & 10–11\*

Children Female ----- Ages 5\* & 6–7\* & 8–9\* & 10–11\*

\*Children Ages 5 – 11 may participate in either Kumite or Flag Sparring, but not both

Youth Male – Ages 12–13 & 14–15 & 16–17

Youth Female – Ages 12–13 & 14–15 & 16–17

Adults Male – Ages 18 – 34

Adults Female – Ages 18 – 34

Seniors (1) Male – Ages 35 – 44

Seniors (1) Female – Ages 35 – 44

Seniors (2) Male – Ages 45 & older

Seniors (2) Female – Ages 45 & older

## **TOURNAMENT RULES & REGULATIONS**

1. The tournament director reserves the right to combine the divisions when appropriate.
2. Kihon, Kata & Kumite divisions will be run by modified single elimination.
3. Selection of Judges & Referees will be determined by experience, rank, & knowledge..
4. Judges, Referees & Instructors: No shouting advice or coaching to your students or other competitors after they have been called to gather for their division.
5. Fingernails & toenails must be trimmed short.
6. Applause is allowed but cheering and other noises should be kept to a minimum.
7. Karate club banners are not allowed.
8. Hachimaki (head band), jewelry or metal hair clips of any kind will **NOT** be permitted. Rubber band or pony tail retainer is permitted.

### **FLAG SPARRING: 2 person**

1. Matches are 1½ minutes using stop time.
2. If both second belts come off at the same time, stop the time & put both second belts back on & finish the match.
3. If tied after full time, the Referee will declare a winner based on overall performance.

### **FLAG SPARRING: (3 person) SKF of MI RULES** (Contact Robert Sherby at Robert@karatemi.com if more information is desired. Complete set of rules available at [www.michigankaratetournament.com](http://www.michigankaratetournament.com).)

1. Same rules as 2 person flag sparring above plus; if needed, one (1) minute sudden death overtime period.

### **KUMITE RULES: FACE CONTACT, MODIFIED USA-NKF RULES**

1. The result of a match is determined by a contestant obtaining 8 points or the highest number of points when time runs out. Matches are 2 minutes long using stop time for ages 18 & up.
2. Competitors age 17 & under, no touch or contact to the head, face or neck (including the face mask & head protector) is allowed with hand techniques. Jodan kicks may make the lightest touch (“skin touch”) & still score. Matches are 1 ½ minutes long using stop time.
3. Competitors age 18 & above may perform non-injurious light controlled “touch” contact to the head, face & neck (but not the throat) with hand & foot techniques.
4. Competitors in back-to-back matches will get up to 2 minutes rest period between matches.

### **KUMITE RULES: BODY CONTACT - SKF OF MI RULES**

Contact must be kept light when scoring to the body. Touching is not needed to score. Coming close to the target with control is all that is needed. However, the competitor must be able to reach with the technique and it should not be fully extended.

### **CRITERIA FOR DECISION**

1. In individual matches, if after full time there are no scores or scores are equal, the decision shall be made by a final vote of the four judges & the Referee each casting their vote.
2. If short on judges, the decision shall be made by the three judges.

### **JOGAI PENALTIES**

1 <sup>st</sup> time out of bounds:	1C Chui	-- 1 <sup>st</sup> warning
2 <sup>nd</sup> time out of bounds:	2C Chui	-- 2 <sup>nd</sup> warning
3 <sup>rd</sup> time out of bounds:	3C Chui	-- 3 <sup>rd</sup> warning
4 <sup>th</sup> time out of bounds:	Hansoku Chui	-- warning of disqualification
5 <sup>th</sup> time out of bounds	Hansoku	-- disqualification from bout

**INSTRUCTORS:** Please make sure that your students have the necessary equipment to compete in this tournament.

## **WARNINGS & PENALTIES**

- 1<sup>st</sup> Chui - This is imposed for the first instance of a minor infraction.
- 2<sup>nd</sup> Chui - This is imposed for the second instance of a minor infraction.
- 3<sup>rd</sup> Chui - This is imposed for the third instance of a minor infraction.
- HANSOKU CHUI - This is a warning of disqualification
- HANSOKU - This is a penalty of disqualification following a very serious infraction or when a HANSOKU CHUI has already been given. Disqualification from the bout.

**SCORING:** Scoring areas are head, face, neck (including the throat), abdomen, chest, back and sides.

1. YUKO (1 point)
  - a. Any punch (Tsuki) delivered to any of the seven scoring areas.
  - b. Any strike (Uchi) delivered to any of the seven scoring areas.
2. WAZA-ARI (2 points)
  - a. Chudan kicks. Chudan defined as the abdomen, chest, back and sides.
3. IPPON (3 points)
  - a. Jodan kicks. Jodan defined as the head, face and neck (must have absolute control).
  - b. Any scoring technique that is delivered on an opponent who has been thrown, has fallen of their own accord, or who is otherwise off their feet.

## **PROHIBITED BEHAVIOR**

- 1) Techniques, which make excessive contact, having regard to the scoring area attacked, and techniques which make contact with the throat.
- 2) Attacks to the arms, legs, groin, joints, or instep.
- 3) Attacks to the face with open hand techniques.
- 4) Techniques executed after "WAKARETE" before "TSUZUKETE" has been called.
- 5) Dangerous or forbidden throwing techniques.
- 6) Feigning, or exaggerating injury.
- 7) Exit from the competition area (JOGAI) not caused by the opponent or following a score.
- 8) Self-endangerment by indulging in behavior, which exposes the Competitor to injury by the opponent, or failing to take adequate measures for self-protection, (MUBOBI).
- 9) Avoiding combat as a means of preventing the opponent having the opportunity to score.
- 10) Passivity – not attempting to engage in combat (Cannot be given after there is less than 15 seconds left of the bout or to someone having a lead by points or SENSHU).
- 11) Clinching, wrestling, pushing, or standing chest to chest without attempting a scoring technique or takedown.
- 12) Grabbing the opponent with both hands for any other reasons than executing a takedown upon catching the opponents kicking leg.
- 13) Grabbing the opponent's arm or Karate-gi with one hand without immediately attempting a scoring technique or takedown.
- 14) Techniques, which by their nature, cannot be controlled for the safety of the opponent and dangerous and uncontrolled attacks.
- 15) Simulated or actual attacks with the head, knees, or elbows.
- 16) Talking to, or goading the opponent, failing to obey the orders of the Referee, discourteous behavior towards the Refereeing officials, or other violations of etiquette.

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Please make checks or money orders payable to Tony Valvona.  Mail form with check or money order to: Tony Valvona 44060 Cottisford St, Northville, MI 48167-8911	1 EVENT: \$65 2 EVENTS: \$75 3 EVENTS: \$85 4 EVENTS: \$95 <ul style="list-style-type: none"> <li>• Optional additional events are an additional fee. Competitor must be competing in one other single event.</li> <li>• Postmark all Fees &amp; Registration Forms by Mar 17<sup>th</sup>, 2025</li> <li>• Add \$5 late fee per event if postmarked after Mar 17<sup>th</sup>, 2025</li> <li>• <b>No registration will be accepted after March 23<sup>rd</sup>, 2025</b></li> <li>• No Refunds After Registration</li> </ul>
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**COMPETITOR:** First Name \_\_\_\_\_ Last Name \_\_\_\_\_ (please print clearly)

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**GENDER (M / F):** \_\_\_\_\_ **AGE:\*** \_\_\_\_\_ **HEIGHT:** \_\_\_\_\_ **WEIGHT:** \_\_\_\_\_ **DOB:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**CIRCLE RANK:** 10 kyu 9 kyu 8 kyu 7 kyu 6 kyu 5 kyu 4 kyu 3 kyu 2 kyu 1 kyu 1<sup>st</sup> dan other \_\_\_\_\_

**FLAG SPARRING (Age 5-11):** Beginner: under 9 mos of training  Novice: over 9 mos of training

**COMPETITOR HOME/CELL #:** \_\_\_\_\_ **email:** \_\_\_\_\_

**CLUB NAME:** \_\_\_\_\_ **INSTRUCTOR NAME:** \_\_\_\_\_

**FAMILY DISCOUNT:** \$20 off for each 3<sup>rd</sup> or more family member's (same household) application fee

<b>COMPETITION FEE (Place X in box that applies)</b>	1 Event \$65 <input type="checkbox"/>	2 Events \$75 <input type="checkbox"/>	3 Events \$85 <input type="checkbox"/>	4 Events \$95 <input type="checkbox"/>
	Late Fee \$70 <input type="checkbox"/>	Late Fee \$85 <input type="checkbox"/>	Late Fee \$100 <input type="checkbox"/>	Late Fee \$115 <input type="checkbox"/>

**PLACE "X" IN BOX FOR THE EVENT(S) THE COMPETITOR IS COMPETING IN**

AGE (on date of tournament)	KIHON - BASIC All Ages 10 kyu & above	KATA - FORMS All Ages 10 kyu & above	KUMITE - FIGHT All Ages ** 10 kyu & above	FLAG SPARRING Ages 5-11 Beginner & Novice	3 Person FLAG SPARRING
5 – 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> or <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12 – 17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	No Event	No Event
18 – 34	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	No Event	No Event
35 – 44	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	No Event	No Event
45 & older	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	No Event	No Event

☆ OPTIONAL ADDITIONAL EVENTS : \$20 Kata  or Kumite  \$30 for both  ☆

I hereby for myself, my executor(s), my heirs, forever and always agree to save and hold harmless the Shotokan Karate Federation of Michigan (SKFofMI – Tony Valvona) and any instructor, volunteers and anyone else for any liability or injury I may sustain by the way of my traveling to or from, participating in or other direct or indirect involvement in said karate event I have entered. In addition, I hereby for now and forever accept any and all responsibilities for any actions in conjunction with said event and the traveling to or from or participation in said event. Finally, I agree to allow, without compensation, the unrestricted use of any photographs, films or video tapes of myself.

**Date:** \_\_\_\_\_

\_\_\_\_\_  
**Signature (Parent / Guardian's signature required for competitor under 18 years old)**