

# 4th Annual Atlantic Invitational Karate Tournament

**Saturday – Nov 8, 2008**

**Nova Scotia Community College Gymnasium - Stellarton NS (See directions below)**

Registration Confirmation: 8:30 am – 9:15 am (See pre-registration sheet attached)

Tournament: 9:30 am – 3:00 pm

Cost: Juniors 6 – 12 yrs \$20/student

Juveniles 13 – 16 yrs \$30/student

Adults 17+ \$30/student

Black Belt \$30/Competing only (N/C if Refereeing & Competing)

**Please Note:** Full payment is required with pre-registration. No registration and/or payments will be accepted the day of the tournament.

The order of competition will be black belts, adults, juveniles & kids. The reason for this change is that we feel it is important for the kids and juveniles to see their instructors and the adults compete.

## **Individual Kata Mixed (Boys & Girls Combined)**

6 – 12 yrs **White/Yellow** (Legs only)

6 – 9 yrs **White/Yellow**  
**Orange**  
**Green/Blue**

10 – 12 yrs **White/Yellow**  
**Orange**  
**Green/Blue**

13 – 16 yrs **White/Yellow**  
**Orange**  
**Green/Blue**

Women 17+ **White/Yellow**  
**Orange/Green**  
**Blue/Brown**  
**Black**

Men 17+ **White/Yellow**  
**Orange/Green**  
**Blue/Brown**  
**Black**

Adult 40+     **White/Yellow**  
**Orange/Green**  
**Blue/Brown**  
**Black**

**Team Kata (3 person teams)**

6 – 12 yrs (Boys & Girls Combined)     **White/Yellow (Legs only)**

6 – 12 yrs (Boys 7 Girls Combined)     **White/Yellow/Orange**  
**Green/Blue**

13 – 16 yrs (Boys & Girls Combined)     **White/Yellow/Orange**  
**Green/Blue/Brown**

Adult 17+ (Men & Women Combined)     **White/Yellow**  
**Orange/Green**  
**Blue/Brown**  
**Black**

Adult 40+ (Men & Women Combined)     **Black**

**Kumite (Sparring)**

No Kumite Under 13 yrs  
Protective Equipment Is Mandatory

13 – 16 yrs (Boys)     **Yellow**  
**Orange/Green**  
**Blue/Brown**

13 – 16 yrs (Girls)     **Yellow**  
**Orange/Green**  
**Blue/Brown**

Adult 17+ (Men)     **Yellow**  
**Orange/Green**  
**Blue/Brown**  
**Black**

Adult 17+ (Women)     **Yellow**  
**Orange/Green**  
**Blue/Brown**  
**Black**

Adult 40+     **Blue/Brown/Black**

**Team Kumite (If time permits)**

3 person teams

17+ yrs only

Brown/Black

**Please Note:** We reserve the right to adjust categories at any time. Decisions to alter categories will be based on registration numbers, fair competition and whatever is deemed to be in the best overall interest of competitors. This will be done with the intention of providing the best possible experience for our competitors.

**Directions:**

**From Halifax/Truro take exit 24 and turn left. Drive straight through the first set of lights and turn right at the second set of lights on to Acadia Ave. The Nova Scotia Community College is on your left (glass front). Parking and the entrance to the gym are around the back of the building.**

**Accommodations:**

Country Inn & Suites – Exit 23 – New Glasgow      1-800-456-4000

Comfort Inn – Exit 23 – New Glasgow                1-800-228-5150

Holiday Inn Express – Exit 24 – Stellarton            1-866-927-7666

**Pre-registration:**

Please have the **pre-registration forms and payment** returned by Oct 25th to:

**Chris Cruikshank**

**PO Box 975**

**Scotsburn NS B0K 1R0**

**[chrisandkelli@eastlink.ca](mailto:chrisandkelli@eastlink.ca)**

As more information becomes available it will be forwarded. If you have any questions, you can contact me by email [chrisandkelli@eastlink.ca](mailto:chrisandkelli@eastlink.ca) or by phone 902-485-4017.

Best Regards,

Sensei Chris Cruikshank