

# 2010 Karate Team Shiai

You and your club members are enthusiastically invited to attend a team competition to be held on Saturday April 3 at the Japan Karate Association of Montville dojo in Uncasville CT. The competition will follow a morning training session conducted by one of our regions A level instructors. The day's schedule:



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Practice	10:00am – 11:30am
Registration	11:30am – 12:30pm
Competition	12:30pm – 4:00pm
Party	4:00pm – 7:00pm

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This is a friendly competition and it is open to all ages, ranks, and gender. There will be team kata and team kumite events only. Details of the competition format are on the next page. Black belts waiting to compete or who do not wish to compete are invited to get valuable judging experience. The purpose of this competition is to learn more about the team aspect of karate, foster better training spirit in this regard, and especially to have fun! **The cost for the class, competition, and dinner is only \$20.00 per person.** A sign up sheet and announcement with details are attached.

If you wish to stay at a hotel, the Microtel Inn & Suites is up Route 32 only 1 mile from the dojo (860-367-0880) and is reasonably priced. I also have room for a few people at my house if you are traveling from far and want to save some money. Instructors, please complete and e-mail me the registration form attached by **Wednesday March 31**. If you have any questions, please contact me.

Respectfully,

-*Bako*

Andrew Bakoledis

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860-367-0024

[www.KarateEndeavors.com](http://www.KarateEndeavors.com)

# 2010 Karate Team Shiai



2009 shai

**WHAT IS IT?:** A friendly dojo TEAM competition.  
3-person coed kumite & kata teams (all ranks)

**WHEN IS IT?** Saturday April 3, 2010

**WHAT TIME?** Class: 10:00 – 11:30am

Registration: 11:30 – 12:30pm

Competition: 12:30 - 4:00pm

Dinner/Party: 4:00pm – 7:00pm

**WHERE IS IT?** JKA Montville - Uncasville, CT 06382

[www.KarateEndeavors.com](http://www.KarateEndeavors.com)

**HOW MUCH?** \$20.00 per person

Includes:

1.Class 2.Competition 3. Dinner 4.Party

**WHO?** All shotokan karate practitioners  
from the area

# RULES FOR TEAM SHIAI

- A) Categories: Team kata & kumite - White, Green, Brown & Black belt
- B) 3 persons per team. No limit to the number of teams representing any one dojo.  
Teams may be coed, composed of men and/or women. i.e. women will compete against men in kumite events.  
Note: If a womens kumite division is held, these will be for women only. However, women may still compete on coed kumite teams. For example, a black belt woman may compete on a womens kumite team as well as on a coed black belt kumite team.
- C) Age restriction is 6 years and up. Judges will use discretion when considering the possibility of injury.
- D) Lower ranking colored belts may be moved up (only one level) to complete a team, but not down. For example, green belts may compete on a brown belt team, but a brown belt may not compete on a green belt team.
- E) The same competitor may compete on more than one team\* or category (As long as "D" above is met). For example, it is possible for the same brown belt to compete in brown belt kata and kumite as well as in black belt kata and kumite.
- \* With the exception of kumite in the same category.  
(For example, the same green belt may not compete on two green belt kumite teams, but may be a member of two different green belt kata teams)
- F) Judges: Club instructors and senior students who are not competing.
- G) Scoring: Same general criteria as Regional tournament
- 1) Kata: Point system - kata of choice for all teams
  - 2) Kumite: Flag system -
    - 9-7 kyu: Basic Three-step sparring (jodan, chudan punching technique)
    - 6-4 kyu: Basic One-step sparring (jodan, chudan, mae geri, kekomi geri)
    - 3-1 kyu: Basic Semi-free sparring (jodan, chudan, mae geri, kekomi, mawashi geri) or Free sparring if both competitors agree
- Brown & Black belt: free sparring (One point, 2 min. matches. NO CONTACT. Groin & mouth guards and fist covers are the only allowable protectors. Fist covers must be worn, and can be provided if necessary.
- \* Semi-free sparring if either contestant is under 18 years of age (unless both contestants and their instructors wish to waive this safety precaution). Any match becomes semi-free if ANY CONTESTANT OF ANY GENDER OR AGE REQUESTS (at any time before the match begins) THAT THEY DO NOT WANT TO FREE SPAR.

Sign up sheet - Dojo: \_\_\_\_\_

RANK	PARTICIPANTS	AGE	PARTICIPANTS	AGE
<b>KYU 9-7</b>  WHITE YELLOW ORANGE	1		1	
	2		2	
	3		3	
	1		1	
	2		2	
	3		3	
<b>KYU 6-4</b>  GREEN BLUE PURPLE	1		1	
	2		2	
	3		3	
	1		1	
	2		2	
	3		3	
<b>KYU 3-1</b>  BROWN	1		1	
	2		2	
	3		3	
	1		1	
	2		2	
	3		3	
<b>DAN BLACK</b>	1		1	
	2		2	
	3		3	
<b>JUDGES</b>	1		4	
	2		5	

Email to: [andybako@sbcglobal.net](mailto:andybako@sbcglobal.net)

**DIRECTIONS TO JKA MONTVILLE**  
at “*KARATE ENDEAVORS*”  
1031 Route 32 – Grist Mill Plaza  
Uncasville, CT 06382  
860-367-0024

**FROM NEW YORK:**

- I-95N to I-395N(left exit immediately after exit 75 on I-95).
- Take exit 79 and turn left off exit. Go 0.5 miles to stop light.
- Turn left on Route 32 North. Travel 1 mile to stop light.
- Grist Mill Plaza on right after the light.

**FROM HARTFORD:**

\*You may take Route 2E & follow the Worcester directions after getting on I-395S.

OR:

- I-91S to exit 22 for Route 9S(Old Saybrook).
- I-95N to I-395N(left exit immediately after exit 75 on I-95).
- Take exit 79 and turn left off exit. Go 0.5 miles to stop light.
- Turn left on Route 32 North. Travel 1 mile to stop light.
- Grist Mill Plaza on right after the light.

**FROM WORCESTER:**

- 290W to I-395S exit 79A.
- Take exit 1, for Route 32.
- Turn right off exit onto Route 32S. Go about 1.5 miles.
- Turn left into Grist Mill Plaza after passing “Plaza 32” on right.
- If you get to Cumberland Farms you went 0.25 miles too far.

**FROM EXETER:**

- I-95S to Groton.
- Take Route 32 exit on west side of Gold Star Bridge from the right lane.
- Follow Route 32 North for about 4 miles.
  - 3.0 miles is Montville Auto(right)
  - 3.5 miles pass Mobil Gas(left) and Dime Bank(right)
  - 4.0 miles pass car wash(left) and Montville hardware(right)
- After the next light turn right into the Grist Mill Plaza.