



**2015 Atlantic Karate Championships  
October 11, 2015**

**Charlottetown Rural High School  
Charlottetown, PEI**

**We are very excited to be hosting the 2015 Atlantic Karate Championships in Charlottetown, Prince Edward Island.**

**This year we have added some high quality training and development opportunities.**

**Please see attached the documents for this years event.**

**We look forward to seeing you all in  
Charlottetown, Prince Edward Island on  
Oct 10th & 11th 2015.**

---

**Nous sommes très heureux d'être hôtes en Atlantique des  
Championnats de Karaté 2015 de Charlottetown, Île-du-Prince  
-Édouard.**

**Cette année, nous avons ajouté une formation de haute quali-  
té et  
des opportunités de développement.**

**S'il vous plaît voir les documents ci-joints concernant l'événe-  
ment de cette année.**

**Nous sommes impatients de vous voir les 10 et 11 octobre  
2015 à  
Charlottetown, Île-du-Prince-Édouard.**

## Karate Canada National Referee Clinic

National evaluations and license upgrades will be offered during the course of this clinic.



Mr. Jaroslav “Yaro” Tarana

As Karate Canada’s Officials Committee Co-chair, Yaro has been generously and dedicatedly sharing his knowledge and expertise with his fellow Canadian Referees, so as to help raise the quality of officiating and to help ensure officials meet the highest standards.

---

Saturday October 10th

Sport PEI Building located at 40 Enman Crescent in Charlottetown

9:00-11:30	Rules Explanation
11:30-12:30	Written test
12:30 -1:30	Lunch
1:30-4:30	Practical kata and kumite explanation

Practical testing Fees: \$ 150 (clinic and testing)

Clinic only fees: \$ 50

## Athletes Development and Training Seminars

You won't want to miss these rare opportunities to train the these 2 highly seasoned coaches and have them share their experience as well as learning new skills, tactics and the secret to successful competing techniques. These sessions will take place at Charlottetown Rural High School.



**Randy Rix**

Randy is currently the Regional Karate Canada kumite coach. He has been training for over 25 years and was a national/ international competitor for many years. His main focus is now on working with the athletes in the Atlantic Provinces and helping to improve their standings on a regional, national and international level. He has been the personal coach for KC team member Kate Campbell since 2006 and together they have seen great success, including this years silver medal at the Pan Am games in Toronto.



**Katarina Vadovicova**

National Kata Team Head Coach, Katarina has a remarkable history as an athlete and now lends her valuable expertise to support the kata development of Canadian hopefuls and elites. She has, over the last few years, worked as a Provincial and National Team Kata Coach.

Don't miss this opportunity to train with one of the most successful females in Canada.

### **KATA TRAINING SATURDAY OCTOBER 10TH**

Session #1		10-12	Cost \$ 20
Session #2	Advanced	2-4	Cost \$ 20

### **KUMITE DEVELOPMENT/TRAINING SATURDAY OCTOBER 10TH**

Session #1	All athletes	10 - 12	Cost \$ 20
Session #2	Advanced	2 - 4	Cost \$ 20

**PEIKA**  
**Sanctioned**



## PEI KARATE ASSOCIATION

### 2015 *ATLANTIC KARATE* *CHAMPIONSHIPS*



**Open to all Karate Canada affiliated dojos**

**When:** Sunday October 11, 2015

**Where:** Charlottetown Rural High School  
100 Raiders Rd, Charlottetown

**Time:** Ages 5-11 Pre-registration "Check in" 9:00 – 9:45 am  
Ages 12+ Pre-registration "Check in" 11:30 – 12:00PM  
Officials/Volunteer Meeting is at 9:30 am  
Competition begins at 10:00am

**Registration:** Email Registration forms to:  
Collin.affleck@gmail.com  
Registration fee - \$20 per event (\$10 per person for Team Kata)

**Divisions:**

Ninja (Ages 5-11)  
Recreational (Jr/Sr)  
Elite (Jr/Sr)  
Masters (Ages 35+)  
Team Kata

**\*\*\*ALL ATHLETES MUST BE PRE-REGISTERED, NO ON-SITE REGISTRATION WILL BE POSSIBLE\*\***

**DEADLINE FOR PRE-REGISTRATION IS October 2, 2015**

# Rules and Regulations

**Divisions** are based on the combination of karate rank and experience. Novice is any athlete who has just begun and up to one year of training; Intermediate is based on 1 to 3 years of training and/or no competition experience; Advanced is any athlete with 3 plus years' experience or any athlete trying out for Provincial Karate Team.

Novice (0-1 Year)	Intermediate (1-3)	Advanced (3 Years +)
M/F 9-11 Flag (Mini & Mega, Based on Size)		N/A
M/F 5-9 Flag (Mini & Mega, Based on Size)		N/A
M 9-11 Kumite (Novice & Intermediate)		N/A
F 9-11 Kumite (Novice & Intermediate)		N/A
M/F 10 - 11 Kata	M/F 10-11 Kata	M/F 10-11 Kata
M 10-11 Kumite	M 10-11 Kumite	M 10-11 Kumite
F 10-11 Kumite	F 10-11 Kumite	F 10-11 Kumite
Under 12 - Team Kata		
M 12-13 Kata/Kumite	M 12-13 Kata/Kumite	M 12-13 Kata/Kumite
F 12-13 Kata/Kumite	F 12-13 Kata/Kumite	F 12-13 Kata/Kumite
M 14-15 Kata/Kumite	M 14-15 Kata/Kumite	M 14-15 Kata/Kumite
F 14-15 Kata/Kumite	F 14-15 Kata/Kumite	F 14-15 Kata/Kumite
M 16-17 Kata/Kumite	M 16-17 Kata/Kumite	M 16-17 Kata/Kumite
F 16-17 Kata/Kumite	F 16-17 Kata/Kumite	F 16-17 Kata/Kumite
M 16+ Kata	M 16+ Kata	M 16+ Kata
F 16+ Kata	F 16+ Kata	F 16+ Kata
		M 18-20 Kumite
		F 18-20 Kumite
M 18+ Kumite	M 18+ Kumite	M 18+ Kumite
16+/- Team Kata		
M 35+ Kata/Kumite (Novice & Intermediate)		M 35+ Kata/Kumite
F 35+ Kata/Kumite (Novice & Intermediate)		F 35+ Kata/Kumite

## Rules and Regulations Summary

1. The full rules of competition are based on the W.K.F with some Provincial adjustments. W.K.F rules and regulations are located at [www.wkf.net](http://www.wkf.net)
2. The competitor must be a registered athlete in a dojo that is a member in good standing of the Karate Canada.
3. The tournament will begin as soon as possible based on advertised start time. In some circumstances we may run a bit late.
4. Errors on your registration form may mean that an athlete does not get to compete. Please be accurate.
5. It is the responsibility of the athlete/parent to double check that you have been correctly pre-registered to confirm their events and report any discrepancies to the Head Table, upon arrival at the tournament.
6. Please do not approach the head table other than to confirm your registration.
7. Schedule of events is based on readiness of a division and availability of officials. Please have patience, due to door registration and athlete's changing divisions at the last minute this may be difficult to achieve. Schedule will be posted if possible and or announced on speaker system.
8. Prince Edward Island Karate reserves the right to combine, subdivide or cancel any event.
9. An athlete may be approved to compete in a division higher or lower than their rank/experience with the approval from their Dojo Coach/Sensei and the Tournament Coordinator.
10. Divisions are based on the combination of karate rank and experience. Novice is any athlete who has just begun and up to one year of training; Intermediate is based on 1 to 3 years of training and/or no competition experience; Advanced is any athlete with 3 plus years' experience or any athlete trying out for a Provincial Karate Team.
11. Kumite is allowed for age 9 and up
12. 1:30 min matches and 6 meter square rings for flag kumite ages 9 and under
13. Ninja is permitted for less than 11 years of age, any rank. You cannot do both ninja and Kumite
14. In kumite divisions you are expected to defend yourself, should you not, you will be penalized.
15. The 35+ division is an open division to all male and female competitors regardless of rank. If competition numbers permit, divisions will be divided into Intermediate and Advanced; if you compete in the 35+ divisions you cannot compete in the regular adult divisions. Kumite match duration is 2 mins.
16. All Kata divisions will be judged using flags and will be judged by 5 officials when the number of available officials permits, otherwise the number will be 3. For ages 13 and under athletes will compete head to head (two competitors at same time). Ages 14+ will use the standard WKF process.
17. Kata Athletes aged 16+ are permitted to compete in the Adult division.
18. 16 and 17 years olds can only compete in one team kata division, either 12-17 or 16+.
19. Kata Divisions will be mixed male/female if the number of competitors is limited.
20. Official's Dress Code: White shirt, dark tie, gray slacks, blue jacket, slip on shoes, dark socks.
21. Competitors must wear a solid white traditional karate gi.
22. No jewelry is allowed during competition

23. Toenails and fingernails must be trimmed short
24. Glasses are allowed only in kata.
25. Competitors must provide their own equipment for competition. The PEIKA will not guarantee availability.
26. Head gear in all Ninja (5-11) divisions is mandatory.
27. All Kumite competitors must wear a mouth guard.
28. All male Kumite athletes must wear a groin protector; female Kumite athletes are suggested to wear groin protection.
29. All Kumite competitors must wear WKF style vinyl or leather sparring mitts; no cloth or foam-dipped gear permitted. You are advised to have both Red & Blue gloves and Red & Blue belts.
30. Mandatory WKF approved shin and foot protection is required for all competitors competing in the kumite14 years+ up divisions.
31. Chest protectors are mandatory for all competitors in Kumite events.
32. WKF approved masks are optional for cadet Kumite divisions (14-15 yrs. old).
33. Club coaches are permitted to sit in the coaching chairs provided in each ring; otherwise they must remain on the perimeter of the competition floor.



# Volunteer Sign-Up

**For the upcoming Atlantic Championships to be successful we will need a number of volunteers to help out. We are looking for help in the following areas:**

**Officials** – We need to have between 6 and 10 officials to operate two rings effectively. If you are a brown belt or higher and have a base knowledge of the WKF rule then we need your help.

**Scorekeepers** – We need to have between 6 and 10 people to help score the two rings slated for the upcoming event. The role will require you to operate a scoreboard, track points and penalties assigned by the head official. We will provide the necessary training to operate the scoreboard prior to the event.

**Registration Desk** – We are looking for 2-3 people to help staff the registration desk. You will be required to collect the registration fee from each competitor and update the list of competitors who have shown up for their event.

**Ring Coordinators** – We will need 2 people to help identify and prepare the competitors prior to each event. This role will help ensure that the pace of the event is maintained. All you will need is a good voice and lots of Patience 😊

I would like to various Club Sensei's to either email/Fax me their potential list of volunteers by October 2<sup>nd</sup> if possible.

Collin Affleck

Email [collin.affleck@gmail.com](mailto:collin.affleck@gmail.com)

Fax 902-569-1727

Thanks



**Volunteer Sign-Up Sheet**  
**Oct 11, 2015**  
**Atlantic Canada Karate Championships**

**Dojo:**

**Contact Name:**

**Contact Email:**

**Please check all roles that you would be interested in.**

<b>First Name</b>	<b>Last Name</b>	<b>Official</b>	<b>Score Keeper</b>	<b>Registration Desk</b>	<b>Ring Coordinator</b>

**Email form to: [Collin.affleck@gmail.com](mailto:Collin.affleck@gmail.com), you will receive a confirmation email within 24 hours.**

**Fax form to: 902-569-1727, you will receive a confirmation within 24 hours**



# DOJO SIGNUP SHEET

## Atlantic Canada Karate Championships October 11, 2015 – Deadline for Registration October 2

**Dojo Name:**

**Contact Name:**

**Contact Email:**

Last Name	First Name	Age	Gender	Skill Level (Nov/Int/Adv)	Flag Kumite \$20	Kumite \$20	Kata \$20	Team Kata \$10	Team Kata Name	Total Fees

**Email form to:** [Collin.affleck@gmail.com](mailto:Collin.affleck@gmail.com), you will receive a confirmation email within 24 hours.

**Fax form to:** 902-569-1727, you will receive a confirmation within 24 hours

Rodd  
**Charlottetown**  
RODD HOTELS & RESORTS

75 Kent Street, Charlottetown PE



***Karate Atlantics***  
***October 9–11, 2015***

---

**We are pleased to offer special guestroom rates for the event:**  
**Standard Room \$119**

- *All rates are subject to 14% HST, and there is also a Tourism Accommodation Levy of 3% which is also subject to 14% HST.*
- *Rates are Net Non-Commissionable.*
- *Rates are Quoted Per Night and are Based on Single-Quad Occupancy.*
- *Guestroom Reservations must be cancelled no later than 72 hours prior to arrival date to avoid cancellation charges.*
- *Check-in 3pm & Check-out 11am.*
- *We are pleased to extend the above rate 3 days pre/post the conference based on availability at time of booking.*

**Hotel Features:**

- *Indoor Pool / Sauna / Whirlpool / Fitness Room*
- *Complimentary High Speed Internet*
- *Restaurant & Lounge*
- *Parking: Complimentary Parking on site, street parking is free evenings and weekends, and 2 parkades within one block of the hotel.*

---

***For Reservations Call***  
***1-800-565-RODD (7633)***  
***Please Request the “Karate Atlantics” Rate***

**For More Information on our Properties, click [HERE](#)**



***Atlantic Karate Championships October 9–11, 2015***

*We are pleased to offer special rates for the event:  
Queen Room \$104.00\* (one Queen Size bed and Double pullout sofa bed)  
Double Room \$109.00\* (two Double beds)*

*\*All rates are subject to 14% HST, and there is also a Tourism Accommodation Levy of 3% which is also subject to 14% HST.*

- Rates are Quoted Per Night and are Based on Single-Quad Occupancy.*
- Guestroom Reservations must be cancelled no later than 48 hours prior to arrival date to avoid cancellation charges.*
  - Check-in 2pm & Check-out 11am.*
- We are pleased to extend the above rate 3 days pre/post the Karate Atlantics based on availability at time of booking.*

*Hotel Features:  
Complimentary Hot Breakfast  
High Speed Internet  
Free Local Calls  
Parking on site,*

***. For Reservations Call 1-902-566-4424  
Please Request the "Karate Atlantics" Rate  
Comfort Inn 112 Capital Drive, Charlottetown PEI, C1E 1E7***

# Thanks to the



for funding for the  
mats for Karate PEI