



## Lonsdale Karate

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## Martial Arts Open Tournament

# Saturday – June 16, 2012

Registration begins at 9:00 a.m. at our front desk

\$25 to enter for one event

\$10 for a second event

\$5 for each additional event after the second

\$1 Spectator Charge

### Categories will include:

Traditional Open Hand Forms

Free Style Open Hand Forms

Traditional Weapons Forms

Free Style Weapons Forms

Team Forms

Self Defense

Breaking

Point Sparring

Sword Sparring

Grappling

Sport Jujitsu

## Each Category will be divided by rank Divisions

- For grades below black belt we will have three tiers.
  - Persons with 0 to 6 months of experience
  - 7 to 12 months of experience
  - 13 or more months of experience
- Typically, this will be parallel to *Kyu* or *Gup* divisions. For systems using 9 *Kyu* or *Gup* the break down would be as follows
  - 9-8-7 White, Yellow, Orange
  - 6-5-4 Green, Blue, Purple
  - 3-2-1 Brown, and Red
  - Special circumstances will be considered.
  - Schools using different rank progressions should use their best judgment with the guideline that participants enter the division that best matches their level. Weight and gender will also be considered in the sparring divisions.
- Black Belt competitors will be divided into three divisions.
  - First Degree and Second Degree
  - Third Degree and Fourth Degree
  - Fifth Degree and above are invited to demonstrate forms in a separate division that will not be graded. There will be no charge for participating in this category.
  - People who have belts in multiple systems such as *Karate* and *Kobudo* should use their best judgment in selecting which belt category to compete for each art.
- A further break down by age will be established based on the pool of competitors.

All divisions will have a minimum of three competitors. Trophies will be awarded for first to third place. For freestyle competition, those wishing to use musical accompaniment will need to provide their own means for playing the music.

## Tournament Grand Champion

The title will be awarded based on aggregated points. Points are given as follows:

First Place = 4 points

Second Place = 3 points

Third Place = 2 points

Participation in a division = 1 point

## General Rules

Placement in forms completions will be based on scores issued by the judges. Scores will be based on speed, power, balance, and martial applicability of technique. An average score will be a 7.0 on a ten point scale. A well done form will receive a 7.1, a very well done form a 7.2, and an exceptional form may receive an even higher score.

A form with little power or a notable mistake will be scored as a 6.9 or lower as appropriate. Anyone taking the floor, however, will be respected, and no scores lower than a 6.7 will be given provided a person at least bows in and bows out.

Ties will be determined by direct competition. Both participants will perform their form at the same time. Once finished, the head judge will call for each corner judge to indicate by pointing toward the person they deemed performed the better form upon the command "Score." Competitors that are reasonably expected to know more than one form (green belts and above) will be asked to perform a different form from the form they used initially for the run-off competition breaking the tie.

The difference between traditional and open form categories will be clear based on the origin of the forms. For example the *Sakugawa* Bo forms can be traced to Sakagawa Kanga Sensei who lived from 1762 to 1843. As a general rule if a form has a specific name such as *Chun Ji*, or *Kurunfa* if it is a traditional form. If it is called something like "Bo Number 2" it is a non-traditional form and is well suited for the open division. For schools that have added extra moves or modified traditional forms for competition, we invite you to use those forms in the open division while doing the original version in the traditional division.

## **Special Considerations for Weapons Divisions**

For traditional weapons categories, all weapons will be inspected prior to the competition and need to meet international competition rules for weight. *Bo* must weigh at least 900 grams, and *Sai* must weigh no less than 360 grams each. If the weapon is dropped, the participant will be disqualified. If the weapon leaves the practitioner's hand or touches the mat or floor, a point will be deducted.

For all categories, where there are forms that require throwing the weapon into the ground -- such as *Kanegawa no Tinbe* -- simply indicate where the throw is supposed to happen -- then place the weapon on the mat/floor and continue. This is for safety and to protect the mats or flooring.

*Kama* or other edged weapons must have a live edge to be considered for the traditional division. If there is sufficient interest in a sword division (*Kendo*, *Gumdo*, or *laido kata*) a separate division will be created.

## **Team Forms**

Teams must have no fewer than three people. In addition to speed, power, and applicability, teams will be judged on synchronicity. Forms should also reflect a level of complexity appropriate for the ranks of the members of the team. For example, if a team is comprised of a green belt, a brown belt, and a black belt, then the form should at least be at the green belt level. Teams doing forms significantly below their level will be judged down in scoring.

## **Self Defense**

We will have tatami mats for this division. Teams will be allowed 3 minutes to demonstrate their techniques. Choreography is entirely up to the competitors. Judges will make their determinations based on applicability and presentation. This is a demonstration division, not a direct competition of defenders against attackers. All demonstrators are cautioned to consider safety as paramount.

## **Breaking Rules**

Each competitor will demonstrate three breaks. Typically one will be for power, one for speed, and one “trick” break. Judges will consider the number of boards broken and how controlled the break was. This may become subjective, however, we will ask for a diverse representation, with judges from all schools. We are relying on collegial respect and professionalism as safeguards for fair judging.

## **Point Sparring Rules**

Sparring equipment is required for all competitors. This includes head gear, mouth guards, chest protectors, groin protectors, and hand and foot protection. If any gear is missing, the competitors can either purchase the item from our pro shop or borrow it from another team mate.

Each match will be run for 2:30. A point will be awarded when a competitor demonstrates clean striking techniques. Kicks, punches, chops, and other manner of striking techniques all count equally. A majority of judges must “see” the technique for it to count. Judges will indicate by raising flags who they think scored the point when the center judge calls for the score. Judges will indicate a “clash” by showing crossed flags, and will indicate that they did not believe the technique to be clean enough by waiving the flags back and forth. Warnings are indicated by holding the flag upside down.

Children’s division competitors are not allowed to make contact to the head, therefore, stopping a technique short of full extension to the head will be called as a point. Adults are allowed light touching only. Excessive force will constitute a warning.

There will be no sweeps or throws. Techniques may be scored from the ground, but must be well timed and clean. If a competitor grabs an opponent in the execution of a striking technique the grab will be allowed. If more than a second passes between the grab and the technique the point will not be scored. Low kicks or strikes will result in a warning. Excessive grabbing and pulling will also result in a warning. Competitors will not be allowed to trap their opponents feet by stepping on them to prevent kicking techniques.

Consequences of warnings will progress as follows. The first warning will result in verbal instructions from the ring judge to the competitors explaining what was done and what needs to be corrected. A second warning will result in the loss of a point. A third warning will result in disqualification and the loss of the match. A single grievous blow

or inappropriate behavior will result in ejection from the tournament. Examples include clear retaliation, argumentative behavior, and disruptive coaching or disruptive cheering.

Competitors are not allowed to exit the fighting area. If a competitor steps out of the ring, they will receive a warning, the fighting will stop, and the competitors will return to the center of the ring. If the same competitor exits the ring more than twice, then the other competitor will be awarded a point. If a competitor delivers a technique from outside of the ring, they will not receive a point for that technique. If a competitor strikes a competitor as that competitor is stepping out of the ring, but before a break in action is called by a judge, then the competitor that landed the technique from inside of the ring will be awarded a point for that technique.

The competitor with the most points at the end of the match time will be declared the winner. A score of 5-0 will cause the match to end. Ties will be resolved by a 30 second extension period. This will not be sudden death. Points will be called as normal. If the additional 30 seconds also results in a tie, the judges will indicate by raising a flag on signal for the competitor that they believe won the match. The center judge will call for the decision.

## **Sword Sparring Rules**

The following sparring equipment is required: head gear with a closed face, gloves, forearm protectors, check protectors, mouth piece, groin protectors. Standard Century foam swords will be used for weapons. Shorter swords will be used for smaller children. *Kendo* sparring rules will determine scoring with points awarded for wrists strikes, head strikes, torso cuts, and clean trusts. There will be no points for strikes below the waist, no kicks, no grabbing, sweeping, stomping or other contact. Matches will go for 2:30. The competitor with the most points will win. Over Time will run for 30 seconds. A second OT if necessary will be determined by sudden death.

## **Grappling Rules**

These rules have been adopted from Mr. Joe Herreman's tournament format. He will be on site to officiate the event.

**Divisions:** For youth (12 & Under) boys & girls will be in the same divisions, and there will be **NO SUBMISSIONS!** For everyone 13 & up, males and females will be separated, and **SUBMISSIONS WILL BE AN AUTOMATIC WIN!**

**Required Equipment:** All competitors must wear appropriate attire: complete uniform & belt, mouth piece, and cup & supporter-(males)

**Judging:** For all grappling divisions, center judge will do all scoring.

**Scoring:** For all, divisions points will be awarded for certain positions and techniques. If no submission occurs at the end of the 3-Minute match (2 Minutes For 12 & Under), the winner will be decided by the total number of points. In the event of a tie, the competitors will compete in Over Time for one additional minute. Sudden death (first person to score wins) will take place only in the event of a 2nd tie.

- **2 Points** – Takedown w/out Control: From the standing position, the competitor places their opponent on the mats but fails to gain dominant position.
- **3 Points** – Takedown w/ Control: From the standing position, the competitor places the opponent on their back and gains a position past the guard: side-control, mount, knee-on-belly, north-south, scarf-hold, etc.
- **3 Points** – Pass the Guard: From between the opponent's legs, the competitor clears the legs and gains side control or the mount.
- **3 Points** – Sweep: From the guard position, the competitor changes positions, placing his opponent on their back.
- **4 Points** – Mount: The competitor establishes the mount with both knees and feet on the ground.
- **4 Points** – Back Mount/Rear Guard: The competitor establishes the back mount/rear guard with both feet hooked in position.

#### **Submission:**

- **Adults** – Automatic Win for all Teen & Adult (13 and up) divisions!
- **Youth** – In the Youth Division (12 Years and under), **1 Point** will be awarded for any submission position attacking the shoulder, elbow, or knee! No choke holds, wrist locks, and/or ankle locks will be allowed in the youth divisions!

**Illegal Techniques/Positions (All Divisions):** neck cranks, toe & finger locks, biting & gouging, kicking & punching, and any other techniques which the judges feel are unsafe or inappropriate.

**Warnings:** Warnings are divided into two categories

- Illegal Technique Warnings:** A warning will be awarded for poor sportsmanship or use of an illegal technique
  - First warning** – Verbal warning from judges
  - Second warning** – One (1) point awarded to other competitor
  - Third warning** – Competitor will be disqualified
  - A competitor may be disqualified from competition at any time at the Judges' discretion***
- Stalling Warnings:**
  - After 2 stalling warnings the other competitor will be awarded 1 point for each infraction.

## **SPORT JUJITSU COMPETITION RULES**

All rules are subject to revision during the Black Belt meeting prior to the start of the event. Judges will also have the right to stop competition if they believe they see unsafe conduct during competition. If you have any questions about the rules or are in need of clarification, please contact Mr. Joe Herreman at [jherreman@dmaofsiouxfalls.org](mailto:jherreman@dmaofsiouxfalls.org) or by phone at 605-323-9731. We have adopted his rules for use in our tournament.

## Equipment:

The following equipment is required for competition in Sport *JuJitsu*. If you are not sure if your equipment is acceptable for competition, please have it inspected by your center judge prior to beginning competition. Any equipment that does not meet the following guidelines will need to be changed prior to competition. (*Mankato Martial Arts will have a few sets of sparring gear available for purchase or some used sets to borrow for those of you that would like to participate but do not have the correct equipment.*)

### ***Mandatory Equipment:***

1. Complete Karate/Judo style uniform. (Jacket, pants, belt)
2. Mouth Guard
3. Male groin protection
4. Hand gear – must cover the first knuckle (MMA style gloves recommended).  
Gloves with a “grip bar” will not be allowed.
5. Footgear – must cover the shin and the instep
6. Head gear – must cover the forehead and back of head. No face shields will be allowed.

### ***Optional Equipment***

1. Chest protectors
2. Forearm guards that do not support the wrist
3. Shin guards
4. Female groin protection

## Match Time:

Adult competitors will have two rounds, each lasting two minutes. Each round will begin in neutral (both competitors standing).

## Scoring:

Winners will be determined by combined scoring of techniques in both the sparring and grappling phases. Sparring scores from three judges will be averaged together and then added to the grappling score determined by the center judge. Competitor with the highest score at the end of the two rounds will be declared winner.

<i>Example:</i>	Center Judge Sparring Score	=	12
	Right Corner Judge Sparring Score	=	14
	Left Corner Judge Sparring Score	=	___ 13 ___
			39 / 3 = Sparring score of 13
	Center Judge Grappling Score	=	15
	<b>Total Score</b>	=	<b>28 Points</b>

## ***Sparring Phase Scoring:***

Points may only be scored in the sparring phase if neither opponent has a grip on the other opponent. Once a grip is obtained by either opponent, the Center Judge will call out "Grip" and the striking phase will stop. Any striking after a grip is obtained will receive an illegal technique warning. If the grip is broken, opponents may return to the sparring phase when the Center Judge calls out "Spar."

## ***Target Areas:***

- Front of body
- Side of body
- Kidneys
- Head: 2-inches from the head for all division under Black Belt. Light head contact will be allowed in the Black Belt Divisions only.

## ***Illegal Target Areas:***

- Anything below the belt (waist)
- Spine & Shoulder blades
- Contact to the head below Black Belt Levels

## ***Legal Strikes:***

- Straight and reverse punches
- Back hands
- Ridge hands (thumb side of hand)
- All kicks using the foot as a striking tool

## ***Illegal Strikes:***

- Spinning back hands
- Knife hand strikes (pinky side of hand)
- Open hand strikes
- Upper cuts
- Spear Hand strikes
- Claw strikes
- Shin and forearm strikes
- Knee and elbow strikes



- Striking an opponent that is on the ground at any time
- Sweeps of any kind without a grip

### ***Scoring for Striking Techniques***

All strikes must land with light contact. Excessive contact will result in a warning.

**1 point** for any legal hand technique executed with control to a legal target area.

**1 point** for any kick that uses the foot as a striking tool, executed with control to the body.

**2 points** for any kick that uses the foot as a striking tool, executed with control to the head. Under Black belt, strikes must stop two inches from opponent's head. Black belts must hit the head with light contact and control.

### ***Grappling Phase Scoring:***

The grappling phase begins once a grip has been obtained by either opponent. When this occurs, the Center Judge will call out "Grip." All striking must end at this time. The grappling phase ends when both opponents disengage from grabs of any kind and the Center Judge calls out "Spar."

### ***Point Rubric***

**2 Points** – Takedown w/out Control: From the standing position, the competitor places his or her opponent on the ground but fails to gain dominant position.

**3 Points** – Takedown w/ Control: From the standing position, the competitor places his or her opponent on his or her back and gains a position past the guard: side-control, mount, knee-on-belly, north-south, scarf-hold, etc.

**3 Points** – Pass the Guard: From between his or her opponent's legs, the competitor clears the legs and gains side control or the mount.

**3 Points** – Sweep: From the guard position, the competitor changes positions, placing his or her opponent on his or her back.

**4 Points** – Mount: The competitor establishes the mount with both knees and feet on the ground.

**4 Points** – Back Mount/Rear Guard: The competitor establishes the back mount/rear guard with both feet hooked in position.

**5 Points** – First submission (second submission = win)

### ***Submission***

The first time a competitor submits to his or her opponent, he or she will receive **5 points**, the match will be stopped, and both competitors will be returned to their feet to

continue the competition. In the case of a second submission by the same competitor, the match will be stopped and that competitor will be declared winner.

### ***Illegal Techniques/Positions (All Divisions):***

- Neck cranks
- Toe & finger locks
- Biting & gouging
- Slamming an opponent from guard position
- Kicking & punching during the grappling phase
- Any other techniques which the judges feel are unsafe or inappropriate.

## **Declaring a Winner**

Winner will be determined by one of the following:

1. Competitor successfully submits to his or her opponent twice within the match.  
(Does not have to be in the same round)
2. Competitor with the most points at the end of two rounds.

## **Ties**

If at the end of the four minutes (two, 2 minute rounds) the score is tied, the match will be determined by a “Golden Score” round. Competitors will begin on their feet, and the first competitor to score a legal point will be determined to be the winner.

## **Warnings**

Warnings are divided into four categories.

### ***Illegal Technique Warnings:***

A warning will be awarded for any intentional strikes to the illegal areas, strikes with excessive contact, striking during the grappling phase, or use of an illegal technique.

- **First warning** – Verbal warning from judges
- **Second warning** – One (1) point awarded to other competitor
- **Third warning** – Two (2) points awarded to other competitor
- **Fourth warning** – Competitor will be disqualified
- ***At the Judges’ discretion a competitor may be disqualified from competition at any time.***

### ***Out of Ring Warnings:***

Out of ring warnings will be issued to any competitor who steps off the mat with both feet during the sparring phase or deliberately attempts to move off the mats during the grappling phase.

- **First warning** – Verbal warning from judges
- **Second warning** – Verbal warning from judges
- **Third warning or more** - After 2 out of ring warnings the other competitor will be awarded 1 point

### ***Stalling Warnings:***

Stalling warnings will be issued to any competitor who deliberately attempts to prevent the progress of the match without improving his or her position.

- **First warning** – Verbal warning from judges
- **Second warning** – One (1) point awarded to other competitor
- **Third warning or more** – Two (2) points awarded to other competitor

### ***Poor Sportsman Conduct Warnings:***

Because the purpose of competition is to engage in healthy competition with others to improve and test one's self, it is in the interest of all that both competitors and spectators conduct themselves within the proper spirit of the arts. With that in mind, a competitor may be penalized for poor conduct from themselves, their coaches/instructors, or their fans.

- **First warning** – Verbal warning from judges
- **Second warning** – One (1) point awarded to other competitor
- **Third warning** – Two (2) points awarded to other competitor
- **Fourth warning** – Competitor will be disqualified
- ***At the Judges' discretion a competitor may be disqualified from competition at any time.***

**Reminder:** Exceptions or changes to the rules may be made, with the approval of the division competitors and the tournament promoter, if the judges feel it is necessary for the fairness, or safety of the competitors. All rules, scoring, and other information will be announced and presented in detail during the rules presentation held at the beginning of the tournament.

## **Logistics**

The competition will be held at Lonsdale Karate at the Church of the Immaculate Conception's Civic Center. There is ample parking around the building. There are numerous restaurants within a mile radius of the location. Refreshments will be available for sale at the front desk. Competitors and observers are allowed to bring in their own refreshments as well, but we ask that you help us keep the venue clean.

## Registration

We encourage online registration at <http://www.surveymonkey.com/s/7J72J97> however, for those wishing to register by paper or at the door please use this form.

Name:					
Street Address					
City/Town					
State				Zip	
Email					
Phone					
Gender				Age	
Martial Art					
Instructor					
School					
Contact Info (phone or address)					
Email					
Martial Arts Rank					
White	Green	Brown	1-2 Black	3-4 Black	5+ Black
Please circle one rank above and also events below					
Traditional Open Hand	Traditional Weapons	Freestyle Open Hand	Freestyle Weapons	Team Forms	Self Defense
Breaking	Grappling	Sport Jujitsu	Point Sparing	Sword Sparing	Demo 5+ Dan Black Belt
Total number of events entered					
Claiming the \$10 Family Discount?			Yes	No	
Total Cost					
Name and cost for second family member					
Name and cost for third family member					
Name and cost for fourth family member					
Total cost of family (caped at \$100)					