



To: SAKA Karate-ka
From: Shigeru Takashina, Chief Instructor
Date: August 23, 2010
Subject: SAKA 2010 Regional Tournament

The JKA Shotokan Karate Club of Atlanta will host this year's SAKA 2010 Regional Tournament. The following details the schedule and costs of this event.

What: SAKA 2010 Regional Tournament

When: Saturday, October 2, 2010
9:00 am Registration
9:30 am Judges Conference
10:00 am Regional Tournament

Where: Emory University of Oxford College Gym

Tournament Fees: Individual event Kata or Kumite - \$30 each or \$35 for both
Team event Kata or Kumite - \$40 for one or both

Current JKA/SAKA passport or membership card is required to participate in the tournament.

Hotel: Holiday Inn Express & Suites
9159 Access Road NW
Covington, Georgia 30014
Phone (770) 784-9200
Room Rate: \$80 per night (1-4 persons) under "SAKA"
Website: www.holidayinn.com

Information: South Atlantic Karate Association (Headquarters)
954-346-0035

Albert Ikeda
JKA Shotokan Karate Club of Atlanta
404-843-2343 or Mobile 678-472-5835
Email: ikeda123@aol.com

2010 South Atlantic Regional Karate Tournament Divisions

| | | | | |
|-----------------------|------------------------------|-------------------|-----------------|-------------------|
| Adults | Men: | a) Black Belt | Women: | a) Black Belt |
| | | b) Brown Belt | | b) Brown Belt |
| | | c) Green / Orange | | c) Green / Orange |
| | | d) Yellow / White | | d) Yellow / White |
| | | | | |
| Seniors | Men: | a) Advanced | Women: | a) Advanced |
| (Age 45 years and up) | | b) Intermediate | | b) Intermediate |
| | | c) Beginner | | c) Beginner |
| | | | | |
| Youngsters | Boys I | a) Advanced | Girls I | a) Advanced |
| (Ages 16-17 years) | | b) Intermediate | | b) Intermediate |
| | | c) Beginner | | c) Beginner |
| | | | | |
| Youngsters | Boys II | a) Advanced | Girls II | a) Advanced |
| (Ages 13-15 years) | | b) Intermediate | | b) Intermediate |
| | | c) Beginner | | c) Beginner |
| | | | | |
| Children | I (Ages 11-12) | a) Advanced | | |
| (Boys and Girls) | | b) Intermediate | | |
| | | c) Beginner | | |
| | | | | |
| | II (Ages 9-10) | a) Advanced | | |
| | | b) Intermediate | | |
| | | c) Beginner | | |
| | | | | |
| | III (Ages 7-8) | a) Advanced | | |
| | | b) Intermediate | | |
| | | c) Beginner | | |
| | | | | |
| | IV (Ages 6 and Under) | a) Advanced | | |
| | | b) Intermediate | | |
| | | c) Beginner | | |

Advanced = Brown & Black
Intermediate = Green & Orange
Beginner = Yellow & White

Tournament Rules:

1. Contestants must wear a clean Karate gi. Mouthpieces and fighting gloves are required. Men's groin cup, women's chest protectors will be permitted. No eyeglasses or protective arm, leg or other padding will be permitted.
2. Men's Individual Kata matches will consist of one (1) round of Heian Kata elimination using a flag system. This applies to Men's Black Belt only.
3. Children and youth divisions Kata will consist of the performance of Kata not higher than that required for their next promotion.
4. Men's and Women's colored belt divisions and youth and children's divisions Kumite will consist of one-step sparring with each contestant attacking one punch to the face, one punch to the body and one front kicking to the body.
5. Youth and children's black / brown belt divisions Kumite will consist of semi-free sparring with each side attacking three (3) times using lunge punches to the face and body and front kicking to the body.
6. Top four (4) Youth and Children black / brown will compete in free sparring. *Jo-dan* will be to the neck or upper chest and *Chu-dan* will be to the lower chest and stomach. **No face attack or contact will be allowed!**
7. Men's and Women's black / brown belt divisions will consist of free sparring for two (2) minutes, one full-point matches. Matches will end when a full point *Ippon* (one point) or two *Wazari* (½ point) are scored. An immediate overtime match will settle tied matches; first *Wazari* (½ point) wins.
8. No attacking with open hands, knees, stomps, elbows, head butts or grabbing.
9. Excessive contact, non-sporting behavior or an accumulation of warning will result in a disqualification.