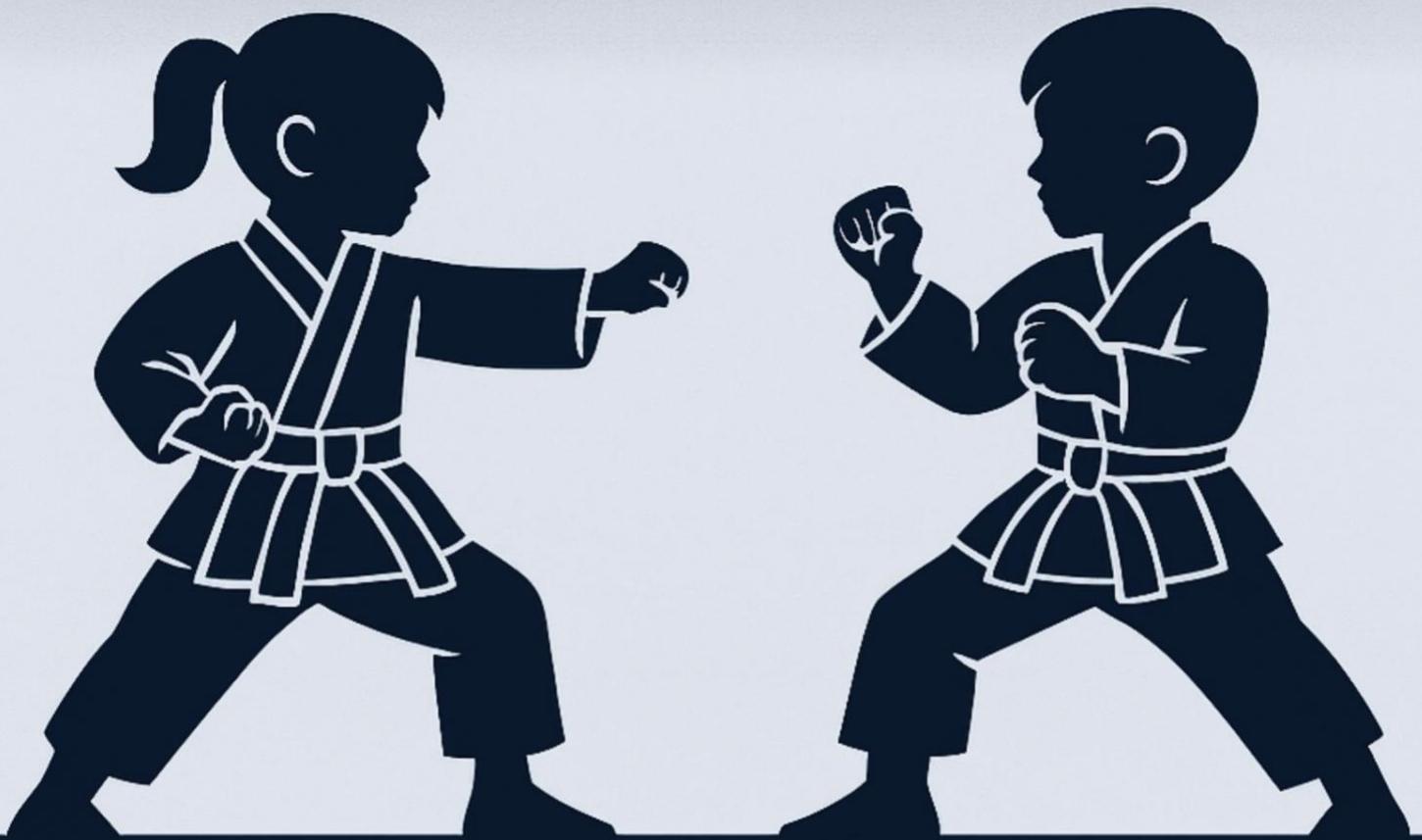


Sanctioned by: Karate Alberta

KA



KARATE TOURNAMENT



28th Annual Spring Workshop & Tournament
Crescent Point Fieldhouse, Okotoks
March 6 & 7, 2026

28th Annual Spring Workshops and Tournament

March 6 & 7, 2026

South Calgary Karate

Annual Spring Workshop & Tournament



Invitation,

On behalf of the South Calgary Karate Club you are cordially invited to the 28th Annual Spring Tournament. This inclusive tournament is sanctioned by Karate Alberta and welcomes all karate-ka to participate even if you are not a Karate Alberta Member. The tournament is an opportunity for karate students to showcase their abilities. Athletes as young as 4 years old to athletes into older adulthood will be able to compete in a safe environment overseen by our trained and certified officials. Coaches are encouraged to have completed NCCP requirements.

See you soon,

Heather Fidyk

Friday March 6, 2026

Officials Clinics - Crescent Point Regional Field House

Brown & Black Belts ages 14+

WKF Karate Rules Seminar 6-7:15 - Sensei Geraldine Young

Friday March 6, 2026

Tournament Workshop – Crescent Point Regional Field House

6 - 7:15pm Youth Ages 6-13 – Kata & Kumite Tournament preparation

7:30 - 9pm Teen/Adult Kyu Belts – Kata, Kumite Tournament preparation

Saturday March 7, 2026

Tournament – Crescent Point Regional Field House

Events: Youth and Adult Kata, Kumite, Para & Shindo, competitors ages 4+

Details of Events

Events	Date(s)	Time	Location	Who
WKF Rules Seminar Officials tournament registration Link	Friday March 6	6-7:30pm	Crescent Point Regional Field House	Ages 14+
Youth Workshop Registration Link	Friday March 6	6-7:15pm	Crescent Point Regional Field House	Ages 4-13
Teen/Adult Workshop Registration Link	Friday March 6	7:30-9:30	Crescent Point Regional Field House	Ages 14+
South Calgary Karate Annual Spring Tournament Registration Link	Saturday March 7	8am-7pm	Crescent Point Regional Field House	Ages 4+

Registration Options

- Online Registration - *links above* – available until **Tuesday March 3, 2026**
- Last Registration, in person – Friday at Workshops

Volunteers

*Set up *Take Down *Registration *Scorekeeping *Hospitality Room

- Sign up online [VOLUNTEER LINK](#)

Hotel Block booking

- Best Western Plus Okotoks Inn & Suites (403) 995-6262

Location Address

- Crescent Point Regional Field House - 125 Field House Dr East, Okotoks, AB

Prices

- Official Clinic - Free
- Workshops \$20 - Individual \$40-Family
- Tournament \$50/Individual (\$25 for U8 athletes)
- Black Belts who also Officiate will receive \$40 discount

Souvenir Tournament T-Shirt

- Must be pre-ordered by Feb 20, 2026
- Cost \$20

Local uniform and equipment suppliers (purchase before tournament)

- [Champ2Champ](#)
- [Goshindo Sports](#)

Important Links

- [Workshop Registration](#)
- [Tournament Registration](#) (competitors & officials)
- [Volunteer Link](#)
- [T-Shirt Order Link](#)
- WKF Rules: [World Karate Federation \(wkf.net\)](http://wkf.net)

March 7, 2026, South Calgary 28th Annual Spring Tournament Overview*

8:00	Officials Meeting & Volunteer Meeting	12:30	Events D, E & F
8:45	Opening Ceremony	3:00	Marshal and organize <u>Events G & H</u>
9:00	All Shindo, Para, Team Kata, Black belt Advanced, Seniors & Masters Kata	3:30	Events G & H
9:15	Marshal and organize <u>Events A, B & C</u>	6:30	Take Down
10:30	Events A, B & C		
11:30	Marshal and organize <u>Events D, E & F</u>		

**Tentative schedule, subject to change, if ahead of schedule we will continue with divisions.*

Awards

Competitors Awards

- Medals will only be awarded in each division to the top 4 for kata and top 4 for kumite
- Certificates of participation will be emailed following the tournament

Sensei Lyle Muenchrath Award

- This trophy will be awarded to the Black Belt competitor with the best overall record in the tournament, including placement (kata, kumite, shindo) and participation (workshop & tournament) as a competitor, organizer and/or official.

Divisions

- *Competitors can only compete in ONE Kata Event and ONE Kumite Event and Shindo (if applicable)*
- General Information – see appendix for full details
 - Kata & Kumite Novice - White to Yellow (10kyu - 7kyu) less than 2 years in Karate
 - Kata & Kumite Intermediate - Orange - Green (6kyu - 3kyu) 2-4 years in Karate
 - Kata & Kumite Advanced - Blue - Jr Black (3kyu -1kyu) 4+ years in Karate
 - Black Belt - Adult Black Belts (18+)
 - Male & Female divisions (maybe combined for U12)
 - Age as per day of Tournament A-D-T
 - Age as per Karate Canada Age Matrix A-M
- *Tournament Director reserves the right to combine or divide divisions in a safe and competitive manner*

Event A U8 4 – 7 Combined

- Kata – athletes will be paired and present their kata simultaneously
 - Draw – single elimination
- Kumite (Phantom) - Each participant will compete their best kumite against a stationary opponent - "BOB" or stand up bag - simultaneously – Hantei (judge’s decision) for best performance based on technique, speed and spirit.
 - 2 Kumite matches each then finals

		Novice, Intermediate, Senior Black Belts & Masters		Advanced & Para	
K A T A		Events B, C, D, U10, U12, U14	Events E, F, G, H U12, U18, Senior Black Belts & Masters	Youth, Cadet, Junior	Para (Kata only), Senior
	Format	Flags - two at a time Draw – single elimination Any Kata from their style	Flags - one at a time Draw – single elimination Any Kata from their style	WKF Scoring Repechage	WKF Scoring Repechage
	Number of Kata	Novice: May repeat kata Intermediate and up*: Repeat ABAB *Including Shindo	Novice: May repeat kata Intermediate and up*: Repeat ABAB *Including Shindo	WKF Rules	WKF Rules
K U M I T E	Format	Repechage or single elimination	Repechage or single elimination	Repechage or Round Robin	Round Robin
	Time	1 min. 30 sec. Stop time	2 min. Stop time	U14: 1 min. 30 sec. U16 & U18: 2 min. Stop time	3 min. Stop time
	Points	Spread of 8 points	Spread of 8 points	Spread of 8 points	Spread of 8 points
	Contact	Jodan is no touch with fist or foot Chudan is touch only - no heavy contact	Jodan is no touch with fist or foot	WKF rules	WKF rules
	Mandatory Protective Equipment	Red and Blue belts ¹ Hand Pads ¹ Mouthguard Groin protector (males)	Red and Blue belts ¹ Hand Pads ¹ Mouthguard Groin protector (males)	WKF rules Check the RULES! Youth must use helmet and external vest	WKF rules
*Recommended Protective Equipment	Head Gear Chest protector Red or Blue foot/shin protector	Chest protector Red or Blue foot/shin protector	N/A	N/A	

¹ Red & Blue Belts, White hand pads, some helmets & external vests will be available to use if competitors do not have their own. Equipment vendors will be on-site for purchasing equipment, consider purchasing before tournament.

SOUTH CALGARY KARATE TOURNAMENT

Event/ U8	A	4-7 Years	Age Detail*	Event/ U16	E	14-15 Years	Age Detail*	Event/ MASTERS	H	35+ Years	Age Detail*	Important information regarding Divisions
KATA	Combined			KUMITE	Female	Male		KATA	Female	Male		To determine Division use combination of Letter & Number Example: 12 year old female intermediate kata is C3
Novice	1		A-D-T	Novice	7	8	A-D-T	Novice	1	2	A-D-T	
PHANTOM KUMITE				Intermediate	9	10	A-D-T	Intermediate	3	4	A-D-T	Novice - White to Yellow (10kyu - 7kyu) less than 2 years in Karate Intermediate - Orange - Green (6kyu - 3kyu) 2-4 years in Karate Advanced - Blue - Jr Black (3kyu - 1kyu) 4+ years in Karate Black Belt - Adult/Black Belts (18+)
Novice	2		A-D-T	Adv Cadet under 47kg	11		A-M	Advanced	5	6	A-D-T	
Event/ U10	B	8-9 Years	Age Detail*	Adv Cadet under 54kg	13		A-M	Black Belts	7	8	A-D-T	Age Detail* Age as of Day of Tournament Age Matrix based on KC event
KATA	Female	Male		Adv Cadet over 54kg	15		A-M	KUMITE	Female	Male		
Novice	1	2	A-D-T	Adv Cadet under 57kg		12	A-M	Novice	7	8	A-D-T	Age Matrix based on KC event
Intermediate	3	4	A-D-T	Adv Cadet under 63kg		14	A-M	Intermediate	9	10	A-D-T	
KUMITE	Female	Male		Adv Cadet over 63kg		16	A-M	Adv Senior under 61kg	11		A-D-T	Age Detail* Age as of Day of Tournament Age Matrix based on KC event
Novice	5	6	A-D-T	Event/ U18	F	16-17 Years	Age Detail*	Adv Senior over 61kg	12		A-D-T	
Intermediate	7	8	A-D-T	KATA	Female	Male		Adv Senior under 75kg		13	A-D-T	Age Detail* Age as of Day of Tournament Age Matrix based on KC event
Event/ U12	C	10-11 Years	Age Detail*	Novice	1	2	A-D-T	Adv Senior over 75kg		14	A-D-T	
KATA	Female	Male		Intermediate	3	4	A-D-T	Event/ PARA	P	PARA	Age Detail*	Age Matrix based on KC event
Novice	1	2	A-D-T	Advanced	5	6	A-M	KATA	Female	Male		
Intermediate	3	4	A-D-T	KUMITE	Female	Male		PARA (Intellectual) Youth	1	2	A-M	Advanced Only Age details AGE MATRIX (A-M) Youth, Cadet, Junior & U21 12, 14, 16, 18 as of August 28, 2025 Senior Kumite 18 as of Apr 3, 2025 Senior Kata 16 as of Apr 3, 2025
KUMITE	Female	Male		Novice	7	8	A-D-T	PARA (Intellectual) Senior	3	4	A-M	
Novice	7	8	A-D-T	Intermediate	9	10	A-D-T	PARA (physical/visual) Youth	5	6	A-M	Senior Kata 16 as of Apr 3, 2025
Intermediate	9	10	A-D-T	Adv Junior under 53kg	11		A-M	PARA (physical/visual) Senior	7	8	A-M	
Event/ U14	D	12-13 Years	Age Detail*	Adv Junior under 59kg	13		A-M	KATA	Female	Male		Team kata Male or Female Cadet/Junior and Senior
KATA	Female	Male		Adv Junior over 59kg	15		A-M	PARA Recreation 10-17 Years	9	10	A-D-T	
Novice	1	2	A-D-T	Adv Junior under 61kg		12	A-M	PARA Recreation 18+	11	12	A-D-T	Event/ TEAM KATA T Kata Age Detail*
Intermediate	3	4	A-D-T	Adv Junior over 68kg		14	A-M	KATA				
Advanced	5	6	A-M	Event/ SENIOR	G	18+ Years	Age Detail*	Youth Combined U16	1		A-D-T	**Division maybe combined or divided at the Tournament director's discretion based on age and or gender
KUMITE	Female	Male		KATA	Female	Male		Adult Combined 16+	2		A-D-T	
Novice	7	8	A-D-T	Novice	1	2	A-D-T	Advanced	3	4	A-M	Event/ SHINDO S Shindo Age Detail*
Intermediate	9	10	A-D-T	Intermediate	3	4	A-D-T	Event/ SHINDO	S	Shindo	Age Detail*	
Adv Youth under 50kg	11	12	A-M	Advanced	5	6	A-M	KATA				Novice Combined Intermediate Combined Advanced Combined Black Belts Combined
Adv Youth over 50kg	13	14	A-M	Black Belts	7	8	A-D-T	Novice Combined	1		A-D-T	
Event/ U16	E	14-15 Years	Age Detail*	Event/ SENIOR	G	18+ Years	Age Detail*	Intermediate Combined	2		A-D-T	Advanced Combined Black Belts Combined
KATA	Female	Male		KUMITE	Female	Male		Advanced Combined	3		A-D-T	
Novice	1	2	A-D-T	Novice	7	8	A-D-T	Black Belts Combined	4		A-D-T	Advanced 5 6 A-M
Intermediate	3	4	A-D-T	Intermediate	9	10	A-D-T	Adv Senior under 61kg	11		A-M	
Advanced	5	6	A-M	Adv Senior over 61kg	12		A-M	Adv Senior over 61kg	12		A-M	Adv Senior over 75kg 13 A-M
				Adv Senior over 75kg		13	A-M	Adv Senior over 75kg	13		A-M	
				Adv Senior over 75kg		14	A-M	Adv Senior over 75kg	14		A-M	