

ACTIVSTARS
ARIZONA
Valley of the Sun

Fall Karate Tournament

WASHINGTON HIGH SCHOOL

2217 W. Glendale Ave., Phoenix AZ 85021

COST: \$10 Registration Fee &
\$10 per event entered

**Package deals are available for four or more events*

Spectator Fee: \$4 per person

**ages 9 & older (Children age 8 and under are FREE!)*

Event Schedule

AM Session:

Tournament Open to ALL White & Yellow Belts

Registration ~ 8:30 – 9:15 a.m.

White & Yellow Tournament ~ 9:30 a.m. – 1:30 p.m.

PM Session:

Tournament Open to ALL Green Belts & Above

Registration ~ 1:00 – 1:45 p.m.

Green Belts & above Tournament ~ 1:45 - 7:45 p.m.



Unique Tournament
T-Shirt & Patch
available at the event!



Sunday, November 4

We encourage parents to register
for this event **ONLINE** by or before Wednesday,
October 31!

*Tournament Patch and T-Shirt **CAN**
be pre-ordered and paid for upon
ONLINE registration!

ONLINE REGISTRATION at: az.activstars.net

*Tournament **OPEN** to **ALL** students;
beginners (white belts) - advanced belts!

*Sessions are divided by **BELT COLOR**,
with specific time schedule for certain ranks.

*Great events for both new & experienced
Tournament competitors!

*Special Trophy Trade-Up System, where students
Can "trade" Event Awards received for bigger trophies!

FUN & EXCITING way for students to
show Tournament achievement
throughout the day!

*Every student receives an award for
each event he/she enters!

KARATE TOURNAMENT REGISTRATION OPTIONS

Online Registration: WE ENCOURAGE PARENTS TO REGISTER ONLINE! Parents/Guardians can register their Karate student(s) online for this event by going to our website at www.AZ.ACTIVSTARS.com - click on "Registration" from the top of the HOME screen, and complete "Parent Sign In". From there you will have the option of registering for your desired events and pay with a Credit Card through PAYPAL (you can check-out as a guest, no PayPal account needed).

ONLINE REGISTRATION WILL BE OPEN UNTIL Wednesday, October 31 at Midnight!

- EVENT TICKETS and SPECTATOR TICKETS need to be printed or presented on your phone for entry into the Tournament and for Event Holding Area Entry.
- Tournament T-Shirt and Patch may be pre-ordered online!
- ◆ **Day of Registration:** Students can register for the Tournament the day of - during the "Registration Time" scheduled for your specific belt rank. On site parents/guardians can pay with a credit card, check or cash.



TOURNAMENT ORDER OF EVENTS

FASTEST FIST: Contestants in each age group will have three chances to strike a "meter" bag that measures their reaction speed. Use any hand strike taught in class.

FASTEST KICK: Contestants in each age group will have three chances to strike a "meter" bag that measures their reaction speed. Use any kick strike taught in class. Only foot techniques allowed – NO knee kicks.

No Shoes Allowed.

STRONGEST PUNCH: Contestants will have 3 chances to punch a "Meter" bag that measures their power. Use any hand strike taught in class. Only hand strikes will be allowed – NO elbow strikes.

STRONGEST KICK: Contestants will have 3 chances to kick a meter bag. Use any kick taught in class. You will have up to five feet of distance from the bag. Only foot techniques allowed– NO knee kicks. **No Shoes Allowed!**

CRAZY ATTACK: Contestants will have 10 seconds to punch and kick a "Meter" bag that will measure total hits and power.

ESCAPE DRILL: Open to White & Yellow Belt Students ONLY. Contestants will be timed individually and "break free" from four different "stranger dangers" applying different grabs: 1) Single-hand grab 2) Double-hand grab 3) Front choke 4) Rear choke. Be sure you use the "proper" release technique learned in class to break free from each grab. The contestants who use the proper techniques and break free the "quickest" are the winners. Blue and above belts will additionally be striking shields during this event. Your instructor will give you the details in class!

KATA: Open to Green Belt & above Students ONLY. Do any kata learned in class—judged same as *Walk with Danger*; will be split according to age AND belt color.

STAFF / WEAPONS KATA: Open to Blue Belt & and above Students ONLY.

FLAG SPARRING: Open to White - Blue Belts ONLY. Contestants are given an opportunity to test their speed, footwork, accuracy & reactions in a safe but competitive setting by grabbing two flags from their opponent.

SPARRING: Open to Green Belt & above Students ONLY. For those who participate in "sparring" class. This event is split according to age AND belt*.

MUSHIN (No-Mind Defense): Open to Green Belts and above Students ONLY. This event is designed for an athlete to defend against impromptu attackers showing multiple self-defense techniques. Instructors will prepare athletes with knowledge of the self-defense techniques available from the following list. The Judges will pick 3 of the following self-defense techniques for the athletes to defend against: Bear hug pinned from behind, Double one-arm (on forearm), Side Headlock, Straight lapel grab (one hand), Cross wrist grab, Single straight hand grab (to wrist); athletes are expected to show an advanced self-defense technique. **Event Requirement Process:** Proper etiquette throughout. Athletes will be judged on the use of a preemptive and/or a finishing technique with each self-defense technique, There will be 2 Judges and an attacker in each ring.

BOARD BREAKING: Open to Green Belts & above Students ONLY. Green, Blue, and Purple Belts: The athlete will have one board and will perform one strike with either their hand or foot. Athletes will be allowed 3 attempts to break their board. Athletes may change their technique within those 3 attempts. If the athlete cannot break the board in 3 attempts, the athlete will bow out. **These students can ONLY use closed fist or elbow techniques. All knuckle, open hand, and in-step of foot techniques are forbidden.** Students have an option of breaking from a board in an instructor's hands, or a board set on two cinder blocks. **Orange, Red, Brown and Black Belts:** The athlete will have two boards and will perform a continuous, 2-strike combination using a hand/hand, hand/foot, or foot/foot combination. Athletes will not be judged by which attempt the board breaks. (An athlete who breaks the board on the third attempt will be judged the same as an athlete who breaks the board on their first attempt. In other words, there is no penalty or reward for which attempt the board breaks) **These students can use open hand techniques. Techniques using knuckles and in-step of foot are forbidden.** Students must perform one break with the board in an instructor's hands, and the other break with the board placed on cinder blocks. The breaks can be done in any order. **Boards used at the tournament will be 1/2" thick for all ranks and ages. Instructors will have a small amount of practice boards and a re-breakable board to use at class. These boards can also be purchased for further practice for \$3/board.**

DEMO TEAM: Teams compete by performing exciting demonstrations to the tournament audience. The winning team will be presented with the coveted "Tournament Cup," the exclusive traveling trophy. (Event only offered during the Blue Belt & Above Tournament).

***Please Note: STUDENTS MUST WEAR THEIR OWN CHEST GEAR, HEAD GEAR, HAND PADS, FOOTPADS, MOUTH GUARD & CUP. Orange belts & above are required to have their own headgear with face protection! Read the Sparring Rules & Regulations! Students without proper sparring gear will be disqualified. Orange & above must have face and head gear.**