

**THE 19TH WADO INTERNATIONAL KARATE-DO
FEDERATION**

BRITISH NATIONAL CHAMPIONSHIPS

SATURDAY 17TH JULY 2010



**HERMITAGE LEISURE CENTRE
SILVER STREET
WHITWICK
LEICESTERSHIRE
LE67 5EU**

(5 MILES NORTH M1 J22)

REGISTRATION AT 9AM

COMMENCEMENT AT 10AM

*****EXCELLENT MEDALS AND TROPHIES*****

*****FULL CATEGORIES FOR KATA, KUMITE & TEAM EVENTS*****

*****ALL WINNERS WILL BE ALLOWED TO TRAIN WITH THE
WIKF ENGLAND NATIONAL SQUAD AND SELECT FOR THIS
YEARS EUROPEAN CHAMPIONSHIPS IN ITALY*****

COMPETITION ETIQUETTE FOR COMPETITORS AND COACHES

Coaches should remind all competitors and their supporting spectators, that all officials and those who are assisting should be treated with respect.

The correct Dojo etiquette should be displayed at all times during the course of the event. Any competitor who is showing an incorrect manner or attitude towards the officials or their competitor may be banned from the day's events and will reflect on their dojo and instructor's.

When events are called, competitors should go to the designated Tatami area as quickly as possible. Competitors will only be called 3 times, before they are taken off from the event. If competitors arrive during the event, they will **not** be allowed to compete, so please ensure that all competitors are ready when their events are called.

Only competitors and coaches will be allowed by the Tatami competition mats, **not** the officials table. Competitors will only be allowed in the competition area if their event has been called. Competitors and spectators must remain in the seating areas or away from the competition area.

All competitors must have a valid license and insurance to compete, and must be available for proof of age and grade.

SCHEDULE OF EVENTS

9.00am Registration

Competitors will be required to present a valid WIKF passport and height and weight checks will be carried out. Kumite competitors will have a 0.9Kg allowance with their GI

10.00am All Kata events including finals

12.30pm All Kumite events including finals

Medals and trophies will be presented at the end of each category

ENTRY FEES

INDIVIDUALS

1 Event £15

2 Events £25

3 Events £35

- **Competitors will NOT be permitted to enter categories outside of their age group for Kumite.**

TEAM EVENTS

Per Team £21.00

SPECTATORS

Children under 5 Yrs FREE

Children under 15 Yrs £5.00

Adults £7.00

Entry forms with correct payment must be returned by FRIDAY 9th JULY, to the following address:

WIKF (ENGLAND) SECRETARY - MOBILE 07951 005061

59 HALSTEAD CLOSE, FOREST TOWN, NOTTS. NG19 0RR

***** Please also email your excel entry forms to: info@aquilakarateclub.com**

Cheques should be made payable to W.I.K.F ENGLAND

NO ENTRIES WILL BE TAKEN ON THE DAY

KATA RULES

The score card system will be used for the Kata event.

INDIVIDUAL KATA

Two rounds, with compulsory Kata in the first round

9th – 4th Kyu (All ages) Pinan Nidan

3rd Kyu & Above (All ages) Pinan Godan

In the final round, all competitors who are 6th Kyu & above, must perform a different Kata.

KUMITE RULES

The competition will be run to WKF rules.

All bouts will be 1 min 30 seconds, except for all finals in the 15 year and over category, which will be 2 mins.

CATEGORIES MAY BE ALTERED, COMBINED OR CANCELLED ACCORDING TO CATEGORY SIZES.

EQUIPMENT

COMPULSORY

Red/Blue belts

Red/ Blue mitts

Gum shields

Groin Guard (Male)

Chest Guard (Female)

OPTIONAL

Red/Blue Shin and Instep

SCORING AND CONTROL

Scoring will be unlimited over the duration of the bout, but any competitors with an 8 point lead will be declared the winner.

All techniques must be controlled and the correct etiquette must be displayed throughout the entire bout.

Punches or strikes to the head or face for Children under the age of 18 years, which make contact are not allowed. The score will not be given and may result in being penalised.

Skin touch with a kick to the head is allowed, but control must be absolute.

CATEGORIES

KATA EVENTS

<u>CATEGORY NO</u>	<u>MALE/FEMALE</u>	<u>AGE</u>	<u>GRADE</u>
KA1	MIXED	10 YRS & BELOW	4 TH KYU & BELOW
KA2	MIXED	10 YRS & BELOW	3 RD KYU & ABOVE
KA3	MIXED	11 YRS – 15 YRS	4 TH KYU & BELOW
KA4	FEMALE	11 YRS – 15 YRS	3 RD KYU & ABOVE
KA5	MALE	11 YRS – 15 YRS	3 RD KYU & ABOVE
KA6	MIXED	16 YRS & OVER	4 TH KYU & BELOW
KA7	FEMALE	16 YRS – 17 YRS	3 RD KYU & ABOVE
KA8	MALE	16 YRS – 17 YRS	3 RD KYU & ABOVE
KA9	FEMALE	18 YRS & OVER	3 RD KYU & ABOVE
KA10	MALE	18 YRS & OVER	3 RD KYU & ABOVE
KA11	MIXED	35 YRS & ABOVE	OPEN GRADE

INDIVIDUAL KUMITE EVENTS

<u>CATEGORY NO</u>	<u>MALE/FEMALE</u>	<u>AGE</u>	<u>GRADE/WEIGHT/HEIGHT</u>
KU1	FEMALE	10 YRS & BELOW	BELOW 4'2
KU2	FEMALE	10 YRS & BELOW	ABOVE 4'2
KU3	MALE	10 YRS & BELOW	BELOW 4'2
KU4	MALE	10 YRS & BELOW	ABOVE 4'2
KU5	FEMALE	11 YRS – 14 YRS	UNDER 45 KILOS
KU6	FEMALE	11 YRS – 14 YRS	OVER 45 KILOS
KU7	MALE	11 YRS – 14 YRS	UNDER 45 KILOS
KU8	MALE	11 YRS – 14 YRS	UNDER 55 KILOS
KU9	MALE	11 YRS – 14 YRS	OVER 55 KILOS
KU10	FEMALE	15 YRS - 17 YRS	OPEN WEIGHT
KU11	MALE	15 YRS - 17 YRS	UNDER 60 KILOS
KU12	MALE	15 YRS - 17 YRS	OVER 60 KILOS
KU13	MALE	15 YRS - 17 YRS	OPEN WEIGHT
KU14	FEMALE	18 YRS & ABOVE	OPEN WEIGHT
KU15	MALE	18 YRS & ABOVE	4 TH KYU & BELOW
KU16	MALE	18 YRS & ABOVE	UNDER 70 KILOS
KU17	MALE	18 YRS & ABOVE	OVER 70 KILOS
KU18	MALE	35 YRS & ABOVE	OPEN

TEAM KUMITE EVENTS

<u>CATEGORY NO</u>	<u>MALE/FEMALE</u>	<u>AGE</u>	<u>GRADE/WEIGHT/HEIGHT</u>
KU19	MIXED	10 YRS & BELOW	OPEN
KU20	FEMALE	11 YRS – 14 YRS	OPEN
KU21	MALE	11 YRS – 14 YRS	OPEN
KU22	FEMALE	15 YRS - 17 YRS	OPEN
KU23	MALE	15 YRS - 17 YRS	OPEN
KU24	MALE	18 YRS & ABOVE	OPEN

DIRECTIONS FROM THE SOUTH

1. Exit onto **Slip Road (M1 J22)** 0.2 miles
2. At the roundabout, take the second exit onto **Little Shaw Lane A511** 0.6 miles
3. At the roundabout, take the second exit onto **Shaw Lane A511** 0.9 miles
4. At the roundabout, take the second exit onto **Bardon Road A511** 0.9 miles
5. At the roundabout, take the third exit onto **Bardon Road A511** 1.0 miles
6. At the roundabout, take the third exit onto **Stephenson Way A511** 1.1 miles
7. At the roundabout, take the third exit onto **Hermitage Road** 0.6 miles
8. Bear left onto **Silver Street** 0.1 miles
9. Arrive at your destination <0.1 miles **LE67 5EU**

DIRECTIONS FROM THE NORTH

1. Bear left onto **Slip Road (M1 J23a)** 0.4 miles
2. Continue onto **A42** 8.0 miles
3. Exit onto **Slip Road** 0.3 miles
4. At the roundabout, take the second exit onto **A511** 2.8 miles
5. At the roundabout, take the second exit onto **Stephenson Way A511** 0.8 miles
6. At the roundabout, take the second exit onto **Stephenson Way A511** 0.3 miles
7. At the roundabout, take the first exit onto **Hermitage Road** 0.5 miles
8. Bear left onto **Silver Street** 0.1 miles
9. Arrive at your destination <0.1 miles **LE67 5EU**

For information regarding travel and hotel accommodation, suggested sites are;

Book your **Whitwick** Hotel online. No reservation costs. Great rates
[Booking.com/Whitwick-Hotels](https://www.booking.com/Whitwick-Hotels)

Bed And Breakfast

Low Rates at **Bed and Breakfasts** Compare B&Bs and Save
www.kayak.co.uk/Bed_and_Breakfast

Guest House

Find a Guest House. Yell.com: Find What You Need Fast!
[Yell.com/GuestHouses](https://www.yell.com/GuestHouses)

Whitwick, Leicestershire Tourist Information on AboutBritain.com



Whitwick, Leicestershire Tourist Information, including nearby Attractions and things to do, other Towns near **Whitwick**, nearby Hotels, **Bed** and Breakfasts ...

· www.aboutbritain.com/towns/whitwick.asp

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· www.bedandbreakfasts.co.uk/propertysearch.asp?location=...

Farmshop.uk.com - Local Events, Farm Shops, Bed and Breakfasts ...

8.1 miles from **Whitwick**. Sleeps: 24 (6 units) More about Upper Rectory Farm > · Fern Cottage **Bed & Breakfast - Bed** and Breakfasts near **Whitwick** ...

· www.farmshop.uk.com/local-area/east-midlands/leicesters...

[Whitwick Bed and Breakfast Directory, East Midlands - B&B BnBStar ...](#) .

Whitwick , East Midlands **Bed** and **Breakfast** directory - find thousands **bed** and **breakfast** inns in your area.

· www.bnbstar.co.uk/Whitwick-East-Midlands-bed-and-breakf...

[Ale Houses of Whitwick - Whitwick Community Information](#) .

Community Information for inhabitants of and visitors to **Whitwick** leicestershire, ... 1/6 for a meat tea, 2/- for a **bed** and 1/6 for **breakfast**. ...

· www.whitwick.org.uk/history/alehouse.htm

[Accommodation - Coalville](#) .

0 1530 814814. **Whitwick** Road, Coalville. The Hermitage Park Hotel offers 3 Star hotel accommodation in Coalville near Leicester. **Bed** and **Breakfast**; -; hotel ...

· www.hotfroguk.co.uk/Products/Accommodation/Leicestershi...

[Whitwick, Charnwood Leicestershire LE67 Bed and Breakfast Cheap ...](#) .

The Grange Courtyard is a multi-award winning **bed** and **breakfast**, ... This page contains **Whitwick Bed** and **Breakfast** Cheap Hotel Guest House Accommodation. ...

· www.bedandbreakfasts.co.uk/propertysearch.asp?query=LE6...