

Tournaments

DATE	PLACE	PROMOTER	CONTACT	RATED
March 19	Petersburg	Louis Clay	804-265-7390	5A
April 16	Harrisonburg	Brian Mays	540-432-8400	4A
May 21	Salem	Eddie Thomas	540-387-0450	4A
June 4	VA Beach	Jack Dark	757-671-1020	4A
Sept. 18	Petersburg	George Epps	804-861-9535	4A
TBA	Richmond	Wayne Dean	804-490-8853	4A
TBA	TBA	VKA Banquet	804-265-7390	4A

American Freestyle Karate
 29 East Main Street • Salem, VA 24153
 540.387.0450
 email: GVIATLA@aol.com
 www.americanfreestylekarate.com

Grand Master Eddie Thomas, presents...

Spring Open Martial Arts Championship

\$100

To every school that brings
 20 or more registered
 competitors

Saturday, May 21, 2011 • Glenvar High School • Salem, Virginia

**Call American Freestyle Karate
 at 540.387.0450 for more information.**

www.americanfreestylekarate.com



American Freestyle Martial Arts Championship

DATE: Saturday, May 21, 2011

LOCATION: Glenvar High School
4549 Malus Dr.
Salem, Virginia 24153

REGISTRATION: Begins at 9:00 a.m.

COMPETITION BEGINS: 11:00 a.m.

COMPETITORS FEE: One event or more • Pre registration \$40.00 • Regular \$50.00

SPECTATORS FESS: \$5.00 - under age 5 FREE

ELIGIILITY: Open to all styles and systems of Martial Arts

DIRECTOR: Eddie Thomas – 540.387.0450

American Freestyle Martial Arts Championship

Divisions

MEN'S/WOMEN'S BLACK BELT DIVISION

Men's/Women's Black Belt Weapons (18-34 yrs.)
Men's/Women's Black Belt Weapons (35 yrs. & up)
Men's Black Belt Kata (18-34 yrs.) Open
Men's Black Belt Kata (18-34 yrs.) Traditional
Men's Black Belt Kata (35yrs. & up)
Women's Black Belt Kata (18-34 yrs.)
Women's Black Belt Kata (35 yrs. & up)

Women's Black Belt Kumite (18-34 yrs.)
Women's Black Belt Kumite (35 yrs. & up)
Men's Black Belt Light Wt. (18-34 yrs.) (170-below)
Men's Black Belt Heavy Wt. (18-34 yrs.) (171-up)
Men's Black Belt (35-45 yrs.)
Men's Black Belt (46yrs. & up)

UNDER BLACK BELT DIVISION

KATA - Men and Women
18-34 White - Yellow - Orange
18-34 Blue - Green
18-34 Red - Brown
35 & up White - Yellow - Orange
35 & up Blue - Green
35 & up Red - Brown

KUMITE - Men and Women
18-34 Men White - Yellow - Orange
18-34 Men Blue - Green
18-34 Men Red - Brown
35 & up Men White - Yellow - Orange
35 & up Men Blue - Green
35 & up Men Red - Brown
18-34 Women White - Yellow - Orange
18-34 Women Blue - Green
18-34 Women Red - Brown
35 & up Women White - Yellow - Orange
35 & up Women Blue - Green
35 & up Women Red - Brown

WEAPONS DIVISIONS

8 & Under White - Yellow - Orange
8 & Under Blue - Green
8 & Under Red - Brown
9-10 White - Yellow - Orange
9-10 Blue - Green
9-10 Red - Brown
11-12 White - Yellow - Orange
11-12 Blue - Green
11-12 Red - Brown
13-14 White - Yellow - Orange
13-14 Blue - Green
13-14 Red - Brown
15-17 White - Yellow - Orange
15-17 Blue - Green
15-17 Red - Brown
18-34 White - Yellow - Orange
18-34 Blue - Green
18-34 Red - Brown
35 & up White - Yellow - Orange
35 & up Blue - Green
35 & up Red - Brown

JUNIOR BLACK BELT

Weapons (Boys & Girls)
11 & Under - Black
12-14 - Black
15-17 - Black
Kata (Boys & Girls)
11 & Under - Black
12-14 - Black
15-17 - Black
Kumite (Boys)
11 & Under - Black
12-14 - Black
15-17 - Black
Kumite (Girls)
11 & Under - Black
12-14 - Black
15-17 - Black

JUNIOR DIVISIONS

KATA (Boys & Girls)
5 & Under - All Belts (Boys & Girls)
6 - White - Yellow - Orange
6 - Green - Up
7-8 White - Yellow - Orange
7-8 Blue - Green
7-8 Red - Brown
9-10 White - Yellow - Orange
9-10 Blue - Green
9-10 Red - Brown
11-12 White - Yellow - Orange
11-12 Blue - Green
11-12 Red - Brown
13-14 White - Yellow - Orange
13-14 Blue - Green
13-14 Red - Brown
15-17 White - Yellow - Orange
15-17 Blue - Green
15-17 Red - Brown

KUMITE (Boys)
5 & Under - All Belts (Boys & Girls)
6 - White - Yellow - Orange
6 - Blue - Up
7-8 White - Yellow - Orange
7-8 Blue - Green
7-8 Red - Brown

9-10 White - Yellow - Orange
9-10 Blue - Green
9-10 Red - Brown
11-12 White - Yellow - Orange
11-12 Blue - Green
11-12 Red - Brown
13-14 White - Yellow - Orange
13-14 Blue - Green
13-14 Red - Brown
15-17 White - Yellow - Orange
15-17 Blue - Green
15-17 Red - Brown

KUMITE (Girls)
5 & Under - All Belts (Boys & Girls)
6 - White - Yellow - Orange
6 - Green - Up
7-8 White - Yellow - Orange
7-8 Blue - Green
7-8 Red - Brown
9-11 White - Yellow - Orange
9-11 Blue - Green
9-11 Red - Brown
12-14 White - Yellow - Orange
12-14 Blue - Green
12-14 Red - Brown
13-14 Red - Brown

15-17 White - Yellow - Orange
15-17 Blue - Green
15-17 Red - Brown

PURPLE BELTS
If rank falls before blue
you will compete with
the white/yellow division.

DIRECTIONS

From I-81 Take Exit 137 toward Salem
Turn RIGHT onto VA 112 S / Wildwood Rd.
Turn RIGHT onto US 11/US460/W. Main Street
Turn RIGHT onto Daugherty Rd.
Turn LEFT onto Tobey Rd.
Turn RIGHT onto Malus Dr.



American Freestyle Martial Arts Championship

Rules: V.K.A. Tournament Rules

Sparring

Black Belt divisions -whoever is ahead at the end of two minutes. Under Belt divisions -5 point systems with sudden victory point in case of a tie at the end of the two minute time period. Legal targets in all divisions are above the belt only. One point is awarded for all hand techniques and 2 points for kicks. Dipped Head, Hand, and Foot protectors as well as mouth guards are mandatory in all divisions. Shin guards are recommended for everyone. Groin protectors are mandatory in all men's divisions. No tape will be permitted on the striking surface of safety gear!

Contact Rules

Under belt divisions - Points will be awarded for controlled (not fully extended) techniques to the face which come close enough to score (with adequate power and focus). Contact is not necessary to score a point. However, if light contact is adequately made, the attacker may still receive the point. If the contestants head is snapped back from the force of the blow, the contestant struck will be awarded a penalty point. Or, if the center referee determines that there was too much force in the blow, regardless of the visual effect, he may award a penalty point or call for disqualification. Light to medium contact is permitted to body points.

Black belt divisions - Light contact is necessary for a point. Only slightly harder contact will be permitted in the division than in the lower belt divisions. If contact is excessive, penalty points and disqualification will be awarded. However, such decision will be made by the center referee: (acting by the competitors will not be considered in the decision). We urge contestants not to pretend to be hurt simply to gain sympathy, or to receive a penalty point, but to conduct themselves in such a way as to lead the spectators to believe that karate does develop a sense of inner strength.

Rules Infractions

1.) Attacking illegal targets. **2.)** Using illegal techniques. **3.)** Running out of bounds. **4.)** Falling to the floor to avoid fighting. **5.)** Continuing after being ordered to stop. **6.)** Pushing, cursing, or vindictive conduct. **7.)** Gross disrespect to opponents or judges, (a player's friend, coach, family member, or fellow student, may cause penalty under this rule.) **8.)** Continued negligent or reckless attacks.

Any combination of the above infractions; First time: Warning, Second time and each additional time: The opponent is awarded a point. In any case involving excessive contact or unsportsmanlike conduct, all warnings may be bypassed and a penalty point awarded or the competitor may be disqualified.

Forms

Forms will be judged on a 3 to 10 basis using double decimal places 3.11, 6.34, 7.85, etc. Three competitors will do their forms before any scores are given. The low and high scores will be disregarded, the middle three will be added together to determine the winner. If a contestant impresses a judge, he will receive a high score: if he depresses him, he will receive a low score. There will be a 3-minute time limit from the time the competitor steps into the ring until they complete their form. If a competitor goes longer than 3 minutes, a point will be deducted from each judge's score. No seats.

The criteria for this competition are, balance, timing, speed, strength, weapons position, eye position, focus, concentration, balance and personality of the form. Degree of difficulty is considered in the execution of individual movements, but not in the complexity of the entire form. In other words, a lower belt who executes a Black Belt form will be expected to do the individual movements as well as a Black Belt in order to receive a high score.

If a contestant forgets his form, he may start again with a one point deduction from each judge's score. The second time he forgets, he is disqualified. If there is a tie between two contestants they will perform another or the same form to determine a winner. Black Belts must do a different form to determine the winner. In the event of a third tie, the judges will display a show of hands to determine the winner.

If there are gymnastic movements in the form, they will be judged using the same criteria used to judge forms. If gymnastic techniques are executed with good balance, speed, strength, focus, and concentration, they will add to the competitor's score. Judges may subtract points if the gymnastic movements are not executed according to the criteria of form competition.

General Rules

No Black Belts under any circumstance will judge their own students in sparring competition. If a contestant realizes that his instructor is judging him, he should point it out so that he will not be disqualified. Each judge will have one vote. Points will be determined by the majority of those who are in the position to see the technique. Protests and disputes - if a contestant, or his coach feels that an infraction has occurred, they will approach the center referee politely, and explain why they feel such an infraction has occurred. Any protest must be settled immediately, not after the bout is completed: if a person protesting the call does it belligerently, the center referee has the right to refuse to listen to the protest and to disqualify the competitor.

We will not permit any unprofessional, unsportsmanlike conduct that may mar the event. Coaching will not be permitted at any VKA event. Additionally, only cheering is permitted from the stands, no jeering or negative comments will be allowed. If anyone harasses the referees, calling them names, such contestants or member of contestant's studio may be disqualified. If there are any rule disputes, the decision of the tournament arbitrator will be final!!!

American Freestyle Martial Arts Championship

Pre-Registration Form

Name _____ Belt _____ Age _____ Sex _____

Address _____ City _____ State _____ Zip _____

Instructor's Name _____ Home Phone _____

Studio Name/Address _____

See division page to find your division. Enter the complete division name below.

Black Belt Weapons _____ *Color Belt Weapons* _____

Black Belt Forms _____ *Color Belt Forms* _____

Black Belt Sparring _____ *Color Belt Sparring* _____

Make checks or money orders payable to: **American Freestyle Karate**

Mail registration form and payment to:

American Freestyle Karate

29 East Main Street

Salem, VA 24153

Please read the following and sign.

All participants under 18 years of age must have parent/guardian's signature.

The Participant/Parent/Guardian agrees to comply with the rules of the American Freestyle Martial Arts Championships and the Virginia Karate Alliance. Participants/Parents/Guardians acknowledge that competition in this event involves physical contact and other activity which may cause injury to the participant. In consideration for allowing Participants/Parents/Guardians to compete in this event, participant/parent/guardian hereby releases and waives any and all claims or causes of action against American Freestyle Karate, Virginia Karate Alliance, their directors, officers, employees, agents, and/or their insurance carriers, or any other person connected with the American Freestyle Martial Arts Championships, including but not limited to Roanoke County Schools or Eddie Thomas, for any injuries of whatever nature the participant may sustain while participating in, spectating, attending and/or leaving the American Freestyle Martial Arts Championship. Participants/Parents/Guardians acknowledge that her/his or their child has had and passed a complete physical examination from a licensed physician within the past 12 months and that the participant is physically and mentally fit to participate in the American Freestyle Martial Arts Championship.

Signature _____ Print _____ Date _____