



# 52<sup>nd</sup> Annual East Coast Shotokan Karate Championships

## Information Packet and Forms

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# General Information

Tournament Basics	
Date	Saturday, April 11, 2015 for all preliminaries and finals
Time	Doors open at 8:00am
Location	The College of William & Mary Student Recreation Center <a href="#">400 Brooks St.</a> <a href="#">Williamsburg, VA 23188</a>
Check-in	Friday, April 10, 6:00-11:00 pm at Woodlands Hotel & Suites Saturday, April 11 at William & Mary Youth: 8:00 to 8:15. Youth events begin at 8:30 am. <b>Youth Team Kata will be the first event</b> Adult: 9:00 to 10:45. Adult events begin at 11:00 am. Judges meeting at 8:00 am
Key Dates	
Saturday, February 28	Deadline for program advertisement
Monday, March 16	Deadline for Postmark or email registrations
Monday, March 23	<b>Late registration: \$20 additional per competitor or team.</b> Please use guaranteed shipping method. <b>NO REGISTRATIONS OR SUBSTITUTIONS ACCEPTED AFTER MONDAY, MARCH 23, 2015</b>
Registration Submission	
Checks payable to:	<b>Shotokan Karate of Hampton Roads</b>
Mail paperwork and fees to:	<b>Shotokan Karate of Hampton Roads</b> P.O. box 1537 Newport News, VA 23601
Electronic paperwork to:	<a href="mailto:guy.via@gmail.com">guy.via@gmail.com</a>
Contacts	
General questions	Sensei Steve Pohle <a href="mailto:PohleSJ@aol.com">PohleSJ@aol.com</a> 757-329-0358
Registration questions	Guy Via <a href="mailto:guy.via@gmail.com">guy.via@gmail.com</a> 757-236-4842
Lodging	
Hotel	<b>Woodlands Hotel &amp; Suites</b> <a href="#">105 Visitor Center Drive</a> <a href="#">Williamsburg, VA 23185</a> Front Desk: (757) 220-7960
Rates	Standard: \$128.00 (100 left*) Suites: \$158.00 (80 left*) <small>*as of Jan 19, 2015</small>
Group Name	ISKF Regional (35546)
Reservations	(800) 261-9530 <a href="https://resweb.passkey.com/go/35546">https://resweb.passkey.com/go/35546</a>

## Fees and Admission Prices

Competitor Registration Fees		
Youth Division (ages 8-17)	\$25	Individual, single event
	\$35	Individual, both events
	\$40	Team kata (Max 1 team per dojo)
Adult Division (ages 18-44)	\$30	Individual, single event
	\$40	Individual, both events
	\$45	Team kata and kumite Max 1 team, per gender, per event, per dojo
Senior Division (ages 45+)	\$30	Individual, single event
	\$40	Individual, both events
	\$45	Team kata (Max 1 team, per dojo)
Spectators	FREE	

## Dojo Registration Submission Checklist

- Individual registrations form
- Team registration forms
- Judge registration form
- All competitors' medical questionnaires
- All competitors' waiver/release agreements
- Youth competitors' parental consent and release forms
- Tournament program advertising form
- Ad artwork digital file
- Fees (Individual events, T-shirts, team events, ad fee)

Make checks out to: Shotokan Karate of Hampton Roads

Any competitor without payment **WILL NOT COMPETE**

## Individual Competitor Checklist

- Tournament Signup form given to dojo coordinator
- Registration fees given to dojo coordinator
- Filled and signed Medical Questionnaire, Waiver/Release, and Parent Consent & Release given to dojo coordinator, or submitted via email.
- Mouthpiece—mandatory
- ISKF Fist Protectors**—Approved by the ISKF Technical Committee white, non-absorbing.
- Current 2015 ISKF membership card (or onsite purchase for \$50)
- Standard white karate gi

## Directions

### Directions to Hotel

Williamsburg is 150 miles south of Washington, D.C., midway between Richmond and Virginia Beach, Virginia on Interstate 64.

#### Woodlands Hotel & Suites

[105 Visitor Center Drive](#)

[Williamsburg, VA 23185](#)

- Take exit 84A on the left to merge onto I-295 S toward Rocky Mt NC/Richmond International.
- Take exit 28A to merge onto I-64 E toward Norfolk/VA Beach (37.9 mi).
- Take exit 238 to merge onto VA-143 E toward US-60/Camp Peary/Williamsburg/Colonial.
- Merge onto VA-143 E (0.5 mi).
- Turn right onto VA-132 S (1.4 mi).
- Turn left onto Visitor Center Dr.

## Local Activities

### Tourism in Historical Colonial Williamsburg

We suggest visiting Colonial Williamsburg's official tourism website <http://www.colonialwilliamsburg.com/> to help you find activities of interest.

The Woodlands Hotel is conveniently located near the Colonial Williamsburg Visitor Center.

Colonial Williamsburg Visitor Center  
Open 8:30am to 5:00pm daily.

[101 Visitor Center Drive](#)

[Williamsburg, VA 23185](#)



Guest of the Woodlands Hotel and Suite are eligible for a \$20 weekend pass (\$35 value) for all-access to Colonial Williamsburg: <http://www.colonialwilliamsburg.com/plan/special-offers/annual-pass-renewal/>

### College of William & Mary

Colonial Williamsburg is home to the nation's second oldest college, William & Mary. Tours of the campus will be held on Friday and Sunday afternoon. Register online ahead of time to guarantee your spot in the student-led group walking tour.

<http://www.wm.edu/admission/undergraduateadmission/visit/infosessionstours/grouptours/index.php>

Friday Apr 10, 2015 2:30pm-4:30pm

Sunday Apr 12, 2015 1:00pm-3:00pm

April 11<sup>th</sup> is "Admitted Students day", so there will be many other non-students enjoying their new college. Feel free to walk around the campus and explore.

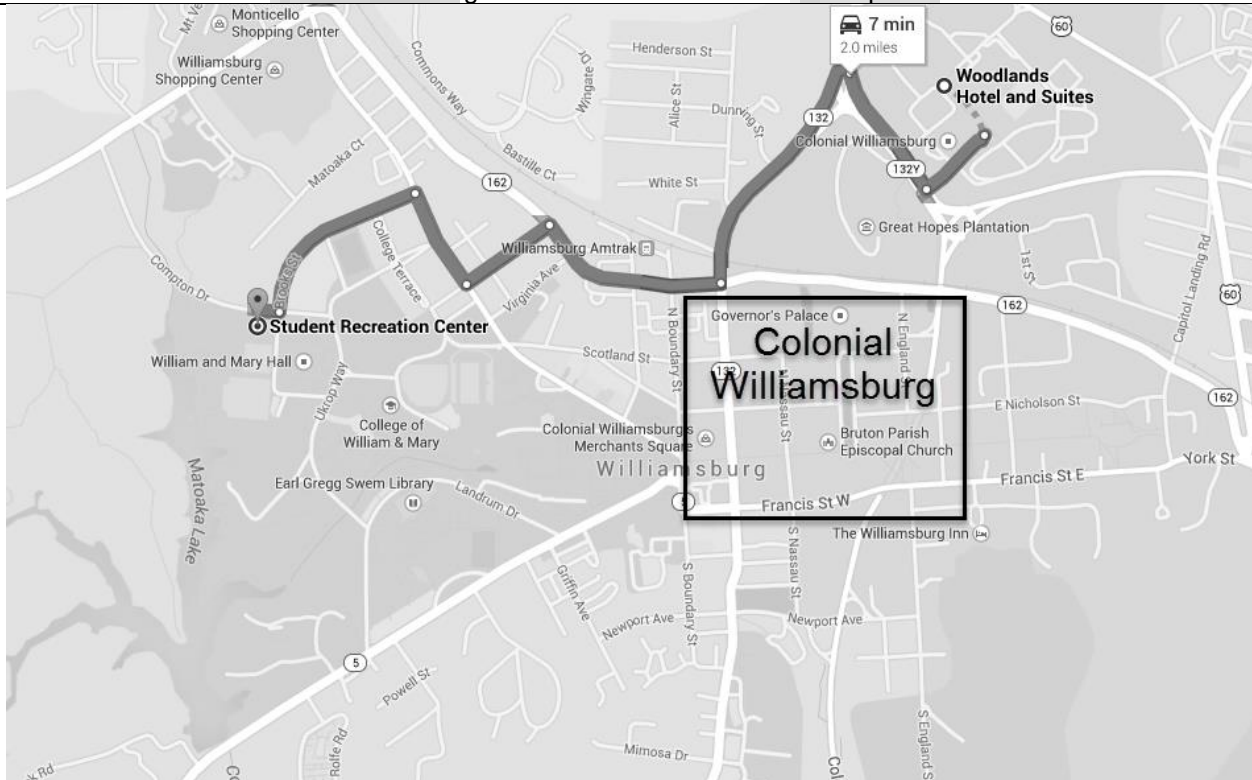
# Local Directions

## Directions from Hotel to Tournament

The tournament location is the William & Mary Student Recreation Center  
(2miles, 7mins from Woodlands Hotel & Suites)

[400 Brooks Street](#)  
[Williamsburg, VA 23188](#)

1. Head southwest on Visitor Center Dr.
2. Turn right to stay on Visitor Center Dr. (0.3 mi).
3. Make a sharp left onto VA-132 S (0.5 mi).
4. Turn right onto Lafayette St (0.4 mi).
5. Turn left onto Harrison Ave.
6. Take the 2nd right onto Richmond Rd.
7. Take the 2nd left onto Brooks St.
8. Parking is available in the large lot to the left.  
The Rec Center will be on the right after the intersection with Compton.



## Schedule of Events

<b>Friday, April 10, 2015</b>	<b>Woodlands Hotel &amp; Suites</b>
6:00 – 11:00 pm	Competitor check-in
<b>Saturday, April 11, 2015</b>	<b>W&amp;M Student Recreation Center</b>
8:00 am	Doors Open
8:00 – 8:15 am	Youth check-in
8:00 am	Judges meeting
8:30 am*	Bow-in, Youth eliminations and finals
9:00 – 10:45 am	Adult and senior check-in
10:30 am	Break for lunch
11:00 am*	Adult and senior eliminations begin, followed by finals
	Team kata
	Individual kata
	Individual kumite
	Team kumite (adults only)
End of day	Awards ceremony and closing

*\*These times are approximate and will depend on number of contestants.*

## Food

<b>Hotel Food</b>
Woodlands Hotel & Suites will serve breakfast 7:00 am – 10:00 am.
<b>Judges' Luncheon</b>
A catered luncheon will be provide. Vegetarian options will be available.

## Youth Division – General Information

<b>Age-Rank Qualifications and Rules</b>
All youth competitors must be between age 8 and 17 on the day of the tournament, with a current ISKF membership card. <b>If a contestant does not have a current ISKF card a fee of \$50 will be charged the day of the event.</b>
<b>Team</b>
Team kata will be open to all ages, rank and gender and limited to only one team per club. There will be no team kumite for youths.
<b>Rules</b>
Refer to the ISKF Tournament Rules and Regulations (4 <sup>th</sup> edition) <a href="http://iskf.com/tournament%20rules.html">http://iskf.com/tournament%20rules.html</a>

## Adult and Senior Divisions – General Information

<b>Age-Rank Qualifications and Rules</b>
The East Coast Shotokan Karate Association Tournament is open only to International Shotokan Karate Federation (ISKF)/East Coast members with a current ISKF membership card. Competitors must be 3 kyu or higher to compete in the adult or senior division. One's age on the day of the tournament determines whether a competitor is in the Adult or Senior Division. <b>If contestant does not have a current ISKF card a fee of \$50 will be charged the day of the event.</b> <ul style="list-style-type: none"><li>• <b>Competitors 18 to 44 years of age must compete in the Adult Division.</b></li><li>• <b>Competitors age 45 or older must compete in the Senior Division and may not compete in any Adult kata or kumite event (team or individual).</b></li></ul>
<b>Team Kata</b>
Each ISKF East Coast Club may send one men's adult team, one women's adult team, and one senior team which may be men, women, or mixed.
<b>Team Kumite</b>
Each ISKF East Coast Club may send one men's and/or one women's kumite team. <b>Each team will consist of three members and one alternate who must all be registered in advance with no substitutions made after registration.</b> There will not be a Senior's kumite team event.

### Important Safety Note:

- In kumite matches, mouthpiece and ISKF-approved white, non-absorbing hand protectors are required for all competitors, regardless of rank. No competitor will be permitted to compete without both.
- Eyeglasses, including safety glasses, are **NOT PERMITTED** during kumite events.
- Absolutely no jewelry of any type will be permitted to be worn by competitors or officials.



# Individual Registration - Instructions and Sample Form

- Complete the registration worksheet.
- Complete all of the gray-shaded columns of the worksheet, following the formats shown at the top of each column.
  - List each competitor, indicating the events in which the competitor will participate with an "X."
  - Leave a blank cell for event in which competitor is not competing.
- You may wish to give your members the "Tournament Sign-Up" form to gather registration information. These should *not* be submitted with your registration.
- Please list club members who are willing to serve as judges on the "Judge Registration" form provided in this packet.
- Review - verify the participant counts, fees, and teams that are on your registration forms.

## Example worksheet follows:

First Name	Last Name	Division	Sex	Age	Rank	Kata	Kumite	Ind. Event Fees	Late Fees	Total Ind. Fees
		Youth Adult Senior	Male Female	Age (as of 4/11/15)	Dan 1-Dan 10 Kyu 1-Kyu 9 (Kyu 9=ungraded)				+\$20 per person sent after 3/16/15	
William	Johnson	Adult	Male	40	Kyu 3	X	X	\$40		\$40
Jane	Smith	Adult	Female	25	Dan 1	X		\$30		\$30
John	Thomas	Youth	Male	12	Kyu 9	X	X	\$30		\$30
Mary	Jones	Youth	Female	14	Kyu 5	X		+\$20		\$30
Jim	Johnson	Senior	Male	50	Dan 3	X	X	\$40		\$60
<b>After Monday, March 16</b>	<b>Add Late Fee</b>									
Sarah	Green	Senior	Female	52	Kyu 1	X		\$30	+\$20 If late →	\$50

Club Name: \_\_\_\_\_ Chief Instructor Signature: \_\_\_\_\_

Contact person: \_\_\_\_\_ Phone # \_\_\_\_\_ Email: \_\_\_\_\_

## Individual Registrations

Youth: 1 Event = \$25      2 Events = \$35      Twenty (\$20) additional per person if postmarked after 3/16/15.  
 Adult / Senior: 1 Event = \$30      2 Events = \$40      Twenty (\$20) additional per person if postmarked after 3/16/15.

First Name	Last Name	Division	Sex	Age	Rank	Kata	Kumite	Ind. Event Fees	Late Fees	Total Ind. Fees
		Youth Adult Senior	Male Female	Age (as of 4/11/15)	Dan 1-Dan 10 Kyu 1-Kyu 9 (Kyu 9=ungraded)				+\$20 per person sent after 3/16/15	

Checks payable to: Shotokan Karate of Hampton Roads Total \_\_\_\_\_

Club Name: \_\_\_\_\_ Chief Instructor Signature: \_\_\_\_\_

Contact person: \_\_\_\_\_ Phone # \_\_\_\_\_ Email: \_\_\_\_\_

## Youth Team Kata Registration

**Youth:** Forty (\$40) per team, List team members. Team kata will be open to all ages, rank and gender and limited to only one team per club.

Twenty (\$20) additional if postmarked after 3/16/15.

First Name	Last Name	Sex	Age	Rank	Late Fees	Fees
		Male Female	Age (as of 4/11/15)	Dan 1-Dan 10 Kyu 1-Kyu 9 (Kyu 9=ungraded)	+\$20 per Team sent after 3/16/15	\$35 Per Team
Captain						\$40
					+\$20 If late	
Alternate						

Checks payable to: Shotokan Karate of Hampton Roads

Total \_\_\_\_\_

Club Name: \_\_\_\_\_ Chief Instructor Signature: \_\_\_\_\_

Contact person: \_\_\_\_\_ Phone # \_\_\_\_\_ Email: \_\_\_\_\_

## Judge Registration

First Name	Last Name	Rank A,B,C,D	Kata Competition?				Phone Number	Email Address
			Adult Team	Adult Indv.	Senior Team	Senior Indv.		

# Tournament Sign-Up Form (Internal Club Use ONLY)

This form can be used to gather the individual competitor information for the dojo. DO NOT SUBMIT THIS FORM to Shotokan Karate of Hampton Roads

## BASIC INFORMATION

Name: \_\_\_\_\_  
First name Last Name

Division:  Youth (Ages 8 to 17)  
 Adult (18 to 44)  
 Senior (45+)

Note:

Anyone who is 45 or older as of April 11, 2015 is a Senior and may not compete in any event of the Adult division.

Gender:  Male  Female

Age on date of tournament: \_\_\_\_\_ (Write in age that you will be on 4/11/15)

Rank (on date of tournament) \_\_\_\_\_ kyu / dan (circle one)

## EVENT PARTICIPATION

Check the appropriate box for each event in which you will be participating

Individual Events:  Individual Kata  
 Individual Kumite

Youth single event: \$25  
Youth both events: \$35  
Youth team kata: \$40

Team Events:  Team Kata  
 Team Kumite (Adults only)

Adult/Senior single event: \$35  
Adult/Senior both events: \$40  
Adult/Senior team: \$45

Late Fee per competitor/team  
Late postmark by March-17 to 23 \$20

**Send all money to dojo coordinator for collection**

## T-SHIRT ORDER

Size, prices, and design to be determined by January, 30<sup>th</sup> 2015

## JUDGING SIGN-UP

Judges uniform will a plain white gi

Judge rank:  A  B  C  D  No Rank

Judge's phone number: \_\_\_\_\_

Judge's email address: \_\_\_\_\_  
(print clearly)

**Judges' meeting at 8:00 am at tournament site Saturday, April 11<sup>th</sup>**

# Competitor's Medical Questionnaire

## Required for Each Contestant

The International Shotokan Karate Federation, East Coast Shotokan Karate Association, and Shotokan Karate of Hampton Roads reserve the right not to allow an individual to compete in the 2015 International Shotokan Karate Federation East Coast Tournament based on an underlying medical condition. If you are not allowed to compete, your application fee will be returned to you.

Name: \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Rank \_\_\_\_\_  
(Age on 4/11/15)

Club: \_\_\_\_\_ Instructor: \_\_\_\_\_

Emergency contact: Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Do you have a history of any of the following conditions?  
(Answer Yes or No to EACH condition. If yes to any, please explain)

- | <u>Yes</u>               | <u>No</u>                |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Heart murmur _____   |
| <input type="checkbox"/> | <input type="checkbox"/> | Hypertension _____   |
| <input type="checkbox"/> | <input type="checkbox"/> | Recent infection _____   |
| <input type="checkbox"/> | <input type="checkbox"/> | Bone fracture in the past six months _____                       |
| <input type="checkbox"/> | <input type="checkbox"/> | Concussion or severe head injury in past six months _____        |
| <input type="checkbox"/> | <input type="checkbox"/> | Seizures _____   |
| <input type="checkbox"/> | <input type="checkbox"/> | Eye injury _____   |
| <input type="checkbox"/> | <input type="checkbox"/> | Severe bone bruises requiring padding _____                      |
| <input type="checkbox"/> | <input type="checkbox"/> | Kidney injury _____  |
| <input type="checkbox"/> | <input type="checkbox"/> | Blood-borne contagious disease (e.g., HIV/AIDS, hepatitis) _____ |
| <input type="checkbox"/> | <input type="checkbox"/> | Other relevant conditions _____                                  |
| <input type="checkbox"/> | <input type="checkbox"/> | Allergy to medication (list all): _____                          |

Are you presently taking any medications?

- | <u>Yes</u>               | <u>No</u>                |                              |
|--------------------------|--------------------------|------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | If so, please specify: _____ |

\_\_\_\_\_  
**Signature of Contestant**

\_\_\_\_\_  
**Signature of Parent/Guardian for contestants under 18 yrs**

\_\_\_\_\_  
**Date**

**IMPORTANT:** Form is not valid unless all questions have been answered, and form is signed and dated.

# Waiver/Release Agreement

## Required for Each Contestant

### 52<sup>nd</sup> Annual International Shotokan Karate Federation Karate East Coast Tournament

In participating in the International Shotokan Karate Federation (ISKF) East Coast Tournament ("Tournament"), I understand and accept that:

1. My participation in the Tournament is voluntary.
2. I understand that there are risks and dangers inherent in martial arts training and in participating in and receiving instruction at the Tournament. I assume full responsibility for all risks associated with the Tournament, including my personal injury, death or property damage.
3. I will not sue or make any demands or claims against the International Shotokan Karate Federation, the East Coast Shotokan Karate Association, the Shotokan Karate Club of Hampton Roads and their officers, directors, instructors, members, judges, officials, representatives, and volunteers (collectively "Organizers"), the College of William & Mary, and Steve Pohle for personal injury or property damages or loss related to my participation in the Tournament. **THIS WAIVER INCLUDES, BUT IS NOT LIMITED TO, INJURY OR LOSS CAUSED BY, OR ARISING FROM, ORGANIZERS' NEGLIGENCE.**
4. I am solely responsible for insuring myself and my property at the Tournament.
5. I will pay medical fees or costs related to my participation in the Tournament and will not seek reimbursement or contribution from the Organizers.
6. The Organizers are not responsible for any incidental, consequential, or exemplary damages of any kind even if they are notified in advance that those may occur.
7. The Organizers or their designees may use my name, image, or likeness in any media relating to the Tournament without paying me for that use.
8. This Agreement is binding on me, my family and heirs and assigns.
9. If I sign this Agreement on behalf of my minor child, I agree that all this Agreement's terms apply to me.
10. I have read this release and understand all of its items. By registering for this tournament and signing this waiver, I agree to all of these terms and conditions.

Participant's Name: \_\_\_\_\_  
(please print)

Signature of Contestant: \_\_\_\_\_  
or of parent/guardian for contestants less than 18 years of age

Date: \_\_\_\_\_

Address: \_\_\_\_\_

Signer is:  Participant  
 Parent or guardian of Participant

# Parental Consent and Release Form

This form is for minor participants and must be filled out by a Parent or Legal Guardian. Please print clearly and supply all the information.

## First Aid

I hereby give permission for the doctor, nurse, nurse practitioner or medical staff at the 2015 International Shotokan Karate Federation East Cost Tournament ("Tournament") to administer minor first aid or seek emergency medical care for my son/daughter

\_\_\_\_\_ (please print name of minor)

during his/her participation at the Tournament. I understand that this permission covers the average emergencies such as, but not limited to, strains, sprains, cuts, bruises, scrapes, bumps, skin rashes, minor bites, allergic reactions, upset stomach, diarrhea, minor burns, suspected minor fractures, fevers, and other similar occurrences. This permission is valid only during the Tournament.

## Emergency Care

If my child needs emergency medical care, I hereby give permission for my child to be treated in the emergency room and by the medical professionals of the hospital or medical center nearest to or most easily accessible to the Tournament. This permission includes, but is not limited to, fractures, allergic reactions, minor concussions, contusions, lacerations, foreign bodies in the eyes or skin, fevers, diagnostic x-rays, suturing, minor burns, etc. I also give permission for my child to receive a tetanus booster (if needed). I understand that in cases of major significance, such as a fracture, appendicitis, or any illness or injury which would require admission to a hospital, more consents will be necessary for treatment. If such a situation should arise, I further understand that the hospital and Tournament representatives will make every attempt to reach me.

I have signed and attach the Waiver and Release form for my child.

\_\_\_\_\_  
Signature of Parent/Legal Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print name

\_\_\_\_\_  
Emergency Contact Number



# Tournament Program Advertising Form

- Please submit via email by the **February 28, 2015** deadline to:  
[guy.via@gmail.com](mailto:guy.via@gmail.com)
- All advertisements are black and white (Grayscale)
- Our program designer is willing to work with dojos to design an advertisement.
- PDF format is preferred. Use 300 dpi for best results.
- Make checks payable to:  
Shotokan Karate of Hampton Roads  
P.O. box 1537  
Newport News, VA 23601

Club: \_\_\_\_\_

Designer Contact Info: \_\_\_\_\_

	<b>Size</b>	<b>Price</b>
<input type="checkbox"/>	Back cover, outside (7 ½" X 10")	\$275
<input type="checkbox"/>	Front cover, inside (7 ½" X 10")	\$275
<input type="checkbox"/>	Full page, inside (7 ½" X 10")	\$200
<input type="checkbox"/>	Half page, inside (7 ½" X 5")	\$125
<input type="checkbox"/>	Quarter page, inside (3 ¾" X 5")	\$75
<input type="checkbox"/>	Eighth page, inside (3 ¾" X 2 ½")	\$40