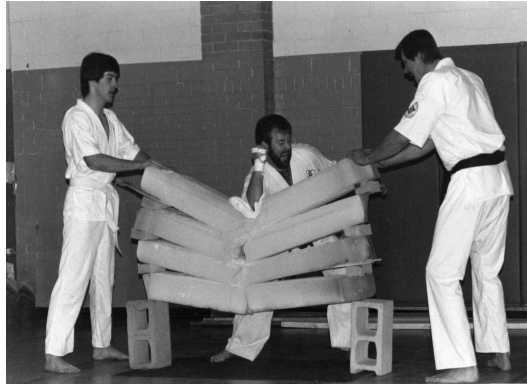
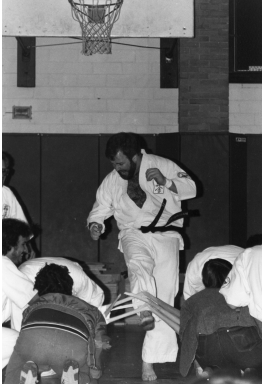


Hilton Kyokushin Karate in association with N.A.K.O.
cordially invites you and your students to attend the

19th Sensei Jim Grafe Memorial Martial Arts Tournament



Saturday, June 22 2024

@Total Sports Experience

880 Elmgrove Road, Rochester, NY

Check-in/Registration: 9:00-10:00 am

Tournament Opening Ceremony at 10:30 am

Events include full and semi-contact fighting,
point fighting, weapon, empty hand, team kata, and self-defense

Awards for top three places and
medals for all children participants (10 & under)

**** **Register by June 15 and Save** ****

For more information, please contact:

Sensei Cary (Kaz) Kazdan

(585) 749-7112

Email: HiltonMartialArts@gmail.com

Website: www.hiltonkarate.com

Please print & send completed registration forms with payment to:
Hilton Karate, 9 South Ave., Suite 13 Hilton, NY 14468 **by June 15, 2024**

Event Application

19th Sensei Jim Grafe Memorial Martial Arts Tournament

Date: ****June 22, 2024****

Check-In: 9:00-10:00 a.m.

Opening Ceremony: 10:30 a.m. Competition starts immediately following

Location: Total Sports Experience 880 Elmgrove Road Rochester, NY

Pre-registration Deadline: June 15, 2024

Add \$20 for June 16-20 No same-day registration!

All entry fees are non-refundable.

Email: HiltonMartialArts@gmail.com Phone: (585) 749-7112

Print out the form and please write legibly.

Name:	_____	DOB (mm/dd/yy):	_____
Address:	_____	School Name:	_____
	_____	Instructor:	_____
Phone:	_____	School Phone#:	_____
Rank/Kyu:	_____	Yrs. of Experience:	_____

Conditions of Registration:

I, the undersigned, being at least 18 years of age, do hereby voluntarily submit my application for participation as a competitor in the 19th Annual Sensei Jim Grafe Memorial Martial Arts Tournament held on June 22, 2024, Rochester, NY, and do hereby assume full responsibility for any damages, injuries or losses, including death that I may sustain or incur while attending or participating in the aforementioned event, and do hereby waive any or all claims against Total Sports Experience, Hilton IFK Fitness Center Inc., its' promoters, operators and/or sponsors of said event, individually or otherwise, and specifically covenant to bring suit to the individuals or organizations mentioned above, fully recognizing that this covenant is part consideration for my approval to compete, and upon which they have retired in accepting the above application. I further understand, and am fully aware of the inherent risks of sustaining injury during the competition or in the preparation thereof and that I completely assume all risks and liabilities thereto. I fully understand that any medical treatment provided to me as a response to injury will be of the First Aide type only.

Applicant's signature

(X) _____ Date _____

Signature of Parent or Guardian (if under 18)

(X) _____ Date _____

**Please print & send completed registration forms with payment to:
Hilton Karate, 9 South Ave., Suite 13 Hilton, NY 14468
by June 15, 2024**

Events and Fees:

\$30 (US) Young Lions, \$65 (US) up to two (2) events, and \$10 more for each additional event.

***** Add \$20 for late registration (after June 15, 2024) *****

Rank divisions based on experience. Please circle one.

Young Lions (4-6 yrs old) NON- COMPETITIVE	Novice (0-9 months)	Beginner (9-18 months)	Intermediate (18 months – 4 yrs.)	Advanced (4 years and more)	lack Belts 1 st & 2 nd Dan	Black Belts 3 rd Dan & up
--	-------------------------------	----------------------------------	---	--	---	--

Sex: Male Female (please circle one)

Age Groups: 4-6 7-8 9-10 11-12 13-14 15-17 18-31 32+ (please circle one)

Circle all events you wish to compete in.

Full Contact Fighting (Age 18+ only)

Height (ft/in) _____ Weight (lbs) _____

Experience (previous full contact fights)

Novice (0 – 1 fights) Competitor (2 – 4 fights) Veteran (5+ fights)

Semi Contact Fighting

Height (ft/in) _____ Weight (lbs) _____

Point Fighting

Weapons Kata (No live blades)

Open Hand Kata

Team Kata

Self Defense

Hotel Reservations:

A block of rooms was reserved at **Homewood Suites by Hilton**

(King bed suite with a couch bed)

Under: NAKO Karate Tournament

400 Center Place Drive, Rochester, New York 14615

1-585-865-8534

Rooms are only held until May 21, 2024

GENERAL RULES FOR SEMI CONTACT FIGHTING

******* Semi Contact is full-power striking with padded protection *******

Each match will last two minutes, without stopping, and is won by a single point (*ippon*), which is awarded when a technique sufficiently stuns the opponent so that he/she loses the will to resume fighting within five seconds. A half point (*waza ari*) can be awarded for a technique that momentarily stuns the opponent. If no point is awarded during the two-minute round, the referee and corner judges can decide upon a winner or send the fight into an overtime round.

1. Uniforms:

All competitors will wear clean well-maintained traditional uniforms of their style. Boxers/kickboxers must wear a tank or t-style shirt.

2. Protective Equipment:

All competitors will be required to wear the following protective gear unless otherwise indicated.

3. No taping allowed for the first round. Medical staff must sign taping for later rounds.

- Hand Pads- Minimum 3/4" padding over knuckles, no cloth pads allowed, no palm grip allowed, hard or soft.
- Shin and instep (cloth or vinyl)
- Headgear - **mandatory for all divisions under 18 yrs. old, optional but recommended for those 18 and older.**
 - A mouth guard and Male groin cup, **highly recommended but not mandatory.**
- Chest protector- required for male and female 14 & under divisions (supplied by tournament).
- No chest protection allowed in 15 yrs. and older divisions other than Females 15 and up may wear sports bras with plastic or padded cups. Breast protection may not cover the abdomen.

4. Legal techniques:

Legal fighting techniques include any leg techniques (kicks, knee strikes, etc.) to the legs and the body and any hand techniques (fists, elbows, etc.) to the legs and the body. Kicks to the head will be allowed only in the 15 & older and only in the intermediate and advanced divisions. Sweeps will be allowed but must be followed immediately by a non-contact technique to score a half point.

5. Illegal Techniques:

- Attacks to the groin.
- Attacks to the head, face, or spine with hands, elbows, or arms
- Grabbing/holding.
- Kicks directly at the knees
- Kicks to the head other than specified divisions
- Excessive running out of bounds (out of the ring)
- Striking an opponent when down.
- Contact to back, spine, or base of the neck

6. Warnings/ Fouls/ Disqualifications:

The head referee may issue a warning for a minor infringement of the rules. Two warnings for the same violation will result in a penalty/ foul and a deduction in the judge's scoring. A disqualification, however, may be issued at any time during the match for unsportsmanlike conduct, and /or obvious disregard for the rules.

7. Judges decisions are final.

GENERAL RULES FOR **FULL CONTACT** FIGHTING

******* Full Contact (18+) is full power striking without padded protection*******

Each match will last two minutes, without stopping, and is won by a single point (*ippon*), which is awarded when a technique sufficiently stuns the opponent so that he/she loses the will to resume fighting within five seconds. A half point (*waza ari*) can be awarded for a technique that momentarily stuns the opponent. If no point is awarded during the two-minute round, the referee and corner judges can decide upon a winner or send the fight into an overtime round.

1. **Uniforms:**

All competitors will wear clean well-maintained traditional uniforms of their style. Boxers/kickboxers must wear a tank or t-style shirt.

2. **Protective Equipment:**

- No taping is allowed for the first round. Medical staff must sign taping for later rounds.
- A mouth guard and Male groin cup, **highly recommended but not mandatory.**
- Females may wear sports bras with plastic or padded cups. Breast protection may not cover the abdomen.

3. **Legal techniques:**

Legal fighting techniques include any leg techniques (kicks, knee strikes, etc.) to the legs and the body and any hand techniques (fists, elbows, etc.) to the legs and the body. Kicks to the head are allowed. Unless a special bout without head kicks is set up and discussed before the match, sweeps will be allowed but must be followed immediately by a non-contact technique to score a half point.

4. **Illegal Techniques:**

- Attacks to the groin.
- Attacks to the head or face, with hands, elbows, or arms
- Grabbing / holding.
- Kicks directly at the knees
- Excessive running out of bounds (out of the ring)
- Striking an opponent when down.
- Contact to back, spine, or base of the neck

5. **Warnings/ Fouls/ Disqualifications:**

The head referee may issue a warning for a minor infringement of the rules. Two warnings for the same violation will result in a penalty/ foul and a deduction in the judge's scoring. A disqualification, however, may be issued at any time during the match for unsportsmanlike conduct, and /or obvious disregard for the rules.

6. **Judges decisions are final.**

Point Fighting

Each point fighting round lasts until one competitor reaches three (3) points. Competitors stop and restart after each point. Points are awarded by the head judge when at least three of five judges agree a scoring technique has happened. The competitor who reaches three points first wins the fight. Point fighting competition is also divided by rank and age.

Point Fighting Equipment

- All mandatory for all ages
- Hand pads, cloth, vinyl or neoprene
- Shin and instep pads
- Headgear - **mandatory for all divisions under 18 years old, optional but recommended for those 18 and older.**
- Groin cups for males and mouth guards are *highly recommended but not mandatory.*

Point Fighting Rules

- Absolutely no contact is allowed with the face, head, neck, or back.
- Controlled hand and leg techniques may be directed to the top and sides of the head but must stop within 2 finger's width away to count as a point.
- No kicks below the waist, this includes no sweeps!
- No full spinning techniques.
- **Very light** contact is permitted to the body.

Self Defense

- Attacks: Minimum of 3, maximum of 6
- Attacks can be empty hands or with weapons
- Black belts can be uke for kyu ranks

Any questions can be directed to
Sensei Cary (Kaz) Kazdan
HiltonMartialArts@gmail.com

Special Event

Self Defense / Aiki-JuJitzu Clinic

Clinic Topic: Empty Hands & Weapon Self-Defense

Fighting Technique's Clinic
- also available if interested

Date

Friday Night June 21st
6:30 – 8:30 (Sharp!!)

Register at the door from 6:00 – 6:25

Location

Sho-Shin Dojo
474 West Ridge Road, Rochester NY 14615

Cost

\$10.00 per person