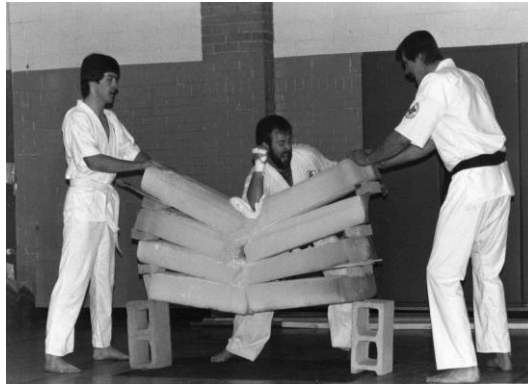


Hilton Kyokushin Karate in association with N.A.K.O.
would cordially like to invite you and your students to attend the
21st Annual Sensei Jim Grafe Memorial
Martial Arts Tournament



Saturday, May 9th 2026
@Total Sports Experience
880 Elmgrove Road Rochester, NY
Check in/Registration: 9:00-10:00 am
Tournament Opening Ceremony: 10:30 am
Events include: full and semi contact fighting,
point fighting, weapons, empty hand, team kata and self defense

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

**** **Register by May 2, 2026 and save******

For more information, please contact

Sensei Cary (Kaz) Kazdan

Text (585) 749-7112

www.hiltonkarate.com (Registration Forms)

email: **HiltonMartialArts@gmail.com**

Please print & send completed registration forms with payment to:
Hilton Karate, 9 South Ave Suite 13 Hilton, NY 14468 **by May 2, 2026**

21st Sensei Jim Grafe Memorial Martial Arts Tournament

Event Application Date: ****May 9 2026****

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: May 2, 2026

Add \$20 for May 3 - May 8 ** No same day registration

All entry fees are non-refundable.

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

You can fill in electronically and print or print out and print 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 20th Annual Sensei Jim Grafe Memorial Martial Arts Tournament held on May 17th, 2025 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.

(X) _____) Date _____ (X) _____ Date _____
Applicant's signature Signature of Parent or Guardian (if under 18)

Please print & send completed registration forms with payment to:

Hilton Karate, 9 South Ave Suite 13 Hilton, NY 14468
by May 2, 2026

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*****

Rank divisions based on training & 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)

Black Belts
1st & 2nd Dan

Advanced
Black Belts
3rd 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)

Only needed for full contact fighting

Semi Contact Fighting

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

Point Fighting

Weapons Kata (No live blades)

Open Hand Kata

Team Kata

Self Defense

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 uniform of their style. Boxers / kick boxers must wear a shirt (either tank or t-style shirt.)

2. Protective Equipment:

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

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.**

: 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 sport bra with plastic or padded cups. Breast protection may not cover abdomen.

3. Legal techniques: Legal fighting techniques include any leg techniques (kicks, knee strikes, etc.) to the legs and to the body and any hand techniques (fists, elbows, etc.) to the legs and to the body. Kicks to the head will be allowed **only** in the 15 & older and only in the advanced divisions (Brown & Black Belt). **Unless a special or exhibition bout without head kicks is set up and discussed before match agreed by both opponents and judges.**, 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, 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 neck

5. Warnings/ Fouls/ Disqualifications: The head referee may issue a warning for minor infringement of the rules. Two warnings for the same violation will result in a penalty/ foul and a deduction in the judges 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.

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 uniform of their style. Boxers / kick boxers must wear a shirt (either tank or t-style shirt.)

2. Protective Equipment:

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

Mouth guard and Male groin cup, **highly recommended but not mandatory**

Females may wear sport bra with plastic or padded cups. Breast protection may not cover abdomen.

3. Legal techniques: Legal fighting techniques include any leg techniques (kicks, knee strikes, etc.) to the legs and to the body and any hand techniques (fists, elbows, etc.) to the legs and to the body. Kicks to the head are allowed. **Unless a special or exhibition bout without head kicks is set up and discussed before match agreed by both opponents and judges.** 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 neck

5. Warnings/ Fouls/ Disqualifications: The head referee may issue a warning for minor infringement of the rules. Two warnings for the same violation will result in a penalty/ foul and a deduction in the judges 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.

****Note: In the event that we can not pair you up with an opponent in the full contact division and this is the only event you signed up for, you are entitled to a full refund**

Point Fighting

Each point fighting round lasts until one competitor reaches three (3) points. (5) points for finalist rounds. 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 yrs. old, optional but recommended for those 18 and older**

: Groin cup for males and mouth guards are *highly recommended but not mandatory.*

Point fighting Rules

: Absolutely no contact 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 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

Or Text my Cell 1-585-749-7112

Special Event

Self Defense / Aiki-JuJitzu Clinic

Clinic Topic: Empty Hands & Weapon Self Defense

Friday Night May 8th 6:00 – 8:00 (Sharp!!)

Location: Sho-Shin Dojo 474 West Ridge Road

Rochester NY 14615

Register at Door 5:30 – 6:00 \$10.00 per person