

NORTH CAROLINA NATIONALS

Karate, Tae Kwon Do, Kung Fu

I N V I T A T I O N A L

Championships

Shihan Larry Isaac, Director

冲拳古武道

Saturday, July 11, 2009 — Hunters Creek Middle School, Jacksonville, N.C.

Location: Hunters Creek Middle School,
4040 Hunters Trail, Jacksonville.

Eligibility: Open to all styles and systems.
There will be *no music kata*. Self Defense
division open to adults only.

Black Belt meeting: 9:30 a.m. —
On time please!

Eliminations: Adult Reality Self
Defense begins at 9:30 a.m.
Weapons katas first: 10 a.m.

Children's divisions first.
All other divisions will begin
at 11 a.m.

Tournament hotel:
Sleep Inn, Jacksonville —
910 / 478-0099. Special discounted
tournament rate: \$75/night. Rooms will go fast,
so call early to make your reservations.

Competitors: You may enter one Kata division,
one Weapons division and one Sparring division.

Note: All judges will be in a gi or suit
(with or without a tie) to judge or be on the
floor. No exceptions.

Only judges, score keepers and competitors will
be allowed on the floor.

Equipment: Groin cup, head gear, mouthpiece
mandatory. Gear must be dipped-foam type.

Awards: First-Place trophy in each division. All
others will receive runner-up plaques.

Competitors entry fee: \$50 for
all events

Spectators: \$5 —
Children under six are free.

**This is a traditional
tournament.** Only a *white* or *black*
gi will be allowed for competitors. The
only exception is for Chinese-style martial
artists who may wear their traditional, colored
uniforms.

A competitor may wear a combination of white top
and black bottoms, but it must be a traditional
gi. No tee-shirts, cut-offs or otomix pants will
be allowed during competition. This also applies
for sparring (Kumite).

We will start on time, and end on time (early!)



Sai, Kama & Tonfa
Kobudo Seminar

Hanshi C. Bruce Heilman, Hanshi Vick Coffin, Kyoshi George Epps

Friday, July 10 — 7:30 p.m. to 9 p.m.

Free admission! Everyone must wear a gi.

Jacksonville Sleep Inn — 129 Circuit Lane, Jacksonville, N.C. 28546 (910) 478-0099

Women's Seminar

Kyoshi Anne Marie Heilman

Friday, July 10 — 6 p.m. to 7:30 p.m.

Adult women only, 18 yrs. and older

Free admission! Everyone must wear a gi.

Jacksonville Sleep Inn

For more information, call Shihan Isaac at 910/526-4137

North Carolina Nationals registration Form

Name: _____ Date: _____

Address: _____ City: _____ State: _____ Zip: _____

Birth Date: _____ Sex: _____ Weight: _____ Height: _____ Age: _____

Instructor's Name: _____ School: _____

School Address: _____ City: _____ State: _____ Zip: _____

Style: _____

Black Belt Rank: _____ Color of Belt: _____

L I A B I L I T Y W A I V E R

1. I understand that there are risks involved with Martial Arts competition.
2. I understand that SAFETY IS MANDATORY (Mouth guard, groin cups for men, chest protectors for women, hand and foot gear.)
3. I AM PHYSICALLY QUALIFIED TO ENTER THIS TOURNAMENT.
4. I RELEASE ALL PROMOTERS, SPONSORS, ADMINISTRATORS AND PARTICIPANTS from all responsibilities and claims for injuries or loss that I may receive while competing in this OPEN KARATE CHAMPIONSHIP in Jacksonville, N.C.
5. I hereby give my permission to the tournament administrators to have FIRST AID or EMERGENCY TREATMENT administered to me (in the case of a minor child statement to read "MY MINOR CHILD") should in their opinion it becomes necessary.

Signature: _____ Date: _____

Parent / Guardian: _____ Date: _____

NOTE: Any child under the age of 18 years must have a parent or guardian sign for them to compete.

Shihan Larry Isaac's 30th Annual N.C. Nationals — July 11, 2009

Black Belt Kata

Men (Open / Chinese)	1
Women (Traditional)	2
Women (Non-traditional)	3
Men (Okinawan-Japanese)	4
Men (Korean)	5
Men (Executive 35-44 yrs.)	6
Men (Senior 45+)	7
Women (Executive 30ish+)	8
Masters Kata (35+)	
Must be 5th degree or higher	9
Women Weapons	10
Men Weapons (Traditional)	11
Men Weapons (Non-traditional)	12
Masters Weapons (No. 9 applies)	13
Men Executive Weapons	14

Black Belt Sparring

Men Light Weight (149 lbs or less)	15
Men Middle Weight (150-169 lbs.)	16
Men Heavy Weight (170+ lbs.)	17
Women Fighting	18
Women (Executive 30ish+)	19
Men (Executive 35-44)	20
Men (Senior 45+)	21

Under Black Belt Weapons

Men (White, Yellow, Orange)	22
Women (White, Yellow, Orange)	23
Seniors (White, Yellow, Orange)	23
Men (Green, Blue, Purple)	24
Women (Green, Blue, Purple)	25
Seniors (Green, Blue, Purple)	26
Men (Red, Brown)	27
Women (Red, Brown)	28
Seniors (Red, Brown)	29

Youth Weapons / Boys

White, Yell., Orange (7 or younger)	30
Green, Blue, Purple (7 or younger)	31
Red, Brown (7 or younger)	32
Black (7 or younger)	33
White, Yellow, Orange (8-9)	34
Green, Blue, Purple (8-9)	35
Red, Brown (8-9)	36
Black (8-9)	37
White, Yellow, Orange (10-11)	38
Green, Blue, Purple (10-11)	39
Red, Brown (10-11)	40
Black (10-11)	41
White Yellow, Orange (12-13)	42
Green, Blue, Purple (12-13)	43
Red, Brown (12-13)	44
Black (12-13)	45
White, Yellow, Orange (14-15)	46
Yellow, Orange (14-15)	47
Green, Blue, Purple (14-15)	48
Red, Brown (14-15)	49
Black (14-15)	50
White, Yellow, Orange (16-17)	51
Green, Blue, Purple (16-17)	52
Red, Brown (16-17)	53
Black (16-17)	54

Youth Weapons / Girls

White, Yell., Orange (7 or younger)	55
Green, Blue, Purple (7 or younger)	56
Red, Brown (7 or younger)	57
Black (7 or younger)	58
White, Yellow, Orange (8-9)	59
Green, Blue, Purple (8-9)	60
Red, Brown (8-9)	61
Black (8-9)	62

Seperate White-Belt divisions for all youths!

Also: Disabled divisions

White, Yellow, Orange (10-11)	63
Green, Blue, Purple (10-11)	64
Red, Brown (10-11)	65
Black (10-11)	66
White, Yellow, Orange (12-13)	67
Green, Blue, Purple (12-13)	68
Red, Brown (12-13)	69
Black (12-13)	70
White, Yellow, Orange (14-15)	71
Green, Blue, Purple (14-15)	72
Red, Brown (14-15)	73
Black (14-15)	74
White, Yellow, Orange (16-17)	75
Green, Blue, Purple (16-17)	76
Red, Brown (16-17)	77
Black (16-17)	78
White, Yellow, Orange (16-17)	79
Green, Blue, Purple (16-17)	80
Red, Brown (16-17)	81
Black (16-17)	82

Youth Kata / Boys

White (5 or younger)	83
Yellow, Orange (5 or younger)	84
Green, Blue, Purple (5 or younger)	85
Red, Brown (5 or younger)	86
White (6-7)	87
Yellow, Orange (6-7)	88
Green, Blue, Purple (6-7)	89
Red, Brown (6-7)	90
Black (5-7)	91
White (8-9)	92
Yellow, Orange (8-9)	93
Green, Blue, Purple (8-9)	94
Red, Brown (8-9)	95
Black (8-9)	96
White (10-11)	97
Yellow, Orange (10-11)	98
Green, Blue, Purple (10-11)	99
Red, Brown (10-11)	100
Black (10-11)	101
White (12-13)	102
Yellow, Orange (12-13)	103
Green, Blue, Purple (12-13)	104
Red, Brown (12-13)	105
Black (12-13)	106
White (14-15)	107
Yellow, Orange (14-15)	108
Green, Blue, Purple (14-15)	109
Red, Brown (14-15)	110
Black (14-15)	111
White (16-17)	112
Yellow, Orange (16-17)	113
Green, Blue, Purple (16-17)	114
Red, Brown (16-17)	115
Black (16-17)	116

Youth Kata / Girls

White (5 or younger)	117
Yellow, Orange (5 or younger)	118
Green, Blue, Purple (5 or younger)	119
Red, Brown (5 or younger)	120
White (6-7)	121
Yellow, Orange (6-7)	122
Green, Blue, Purple (6-7)	123
Red, Brown (6-7)	124
Black (5-7)	125

White (8-9)	126
Yellow, Orange (8-9)	127
Green, Blue, Purple (8-9)	128
Red, Brown (8-9)	129
Black (8-9)	130
White (10-11)	131
Yellow, Orange (10-11)	132
Green, Blue, Purple (10-11)	133
Red, Brown (10-11)	134
Black (10-11)	135
White (12-13)	136
Yellow, Orange (12-13)	137
Green, Blue, Purple (12-13)	138
Red, Brown (12-13)	139
Black (12-13)	140
White (14-15)	141
Yellow, Orange (14-15)	142
Green, Blue, Purple (14-15)	143
Red, Brown (14-15)	144
Black (14-15)	145
White (16-17)	146
Yellow, Orange (16-17)	147
Green, Blue, Purple (16-17)	148
Red, Brown (16-17)	149
Black (16-17)	150

Youth Sparring / Boys

White (5 or younger)	151
Yellow, Orange (5 or younger)	152
Green, Blue, Purple (5 or younger)	153
Red, Brown (5 or younger)	154
White (6-7)	155
Yellow, Orange (6-7)	156
Green, Blue, Purple (6-7)	157
Red, Brown (6-7)	158
Black (5-7)	159
White (8-9)	160
Yellow, Orange (8-9)	161
Green, Blue, Purple (8-9)	162
Red, Brown (8-9)	163
Black (8-9)	164
White (10-11)	165
Yellow, Orange (10-11)	166
Green, Blue, Purple (10-11)	167
Red, Brown (10-11)	168
Black (10-11)	169
White (12-13)	170
Yellow, Orange (12-13)	171
Green, Blue, Purple (12-13)	172
Red, Brown (12-13)	173
Black (12-13)	174
White (14-15)	175
Yellow, Orange (14-15)	176
Green, Blue, Purple (14-15)	177
Red, Brown (14-15)	178
Black (14-15)	179
White, Yellow, Orange (16-17)	180
Green, Blue, Purple (16-17)	181
Red, Brown (16-17)	182
Black (16-17)	183

White (8-9)	160
Yellow, Orange (8-9)	161
Green, Blue, Purple (8-9)	162
Red, Brown (8-9)	163
Black (8-9)	164
White (10-11)	165
Yellow, Orange (10-11)	166
Green, Blue, Purple (10-11)	167
Red, Brown (10-11)	168
Black (10-11)	169
White (12-13)	170
Yellow, Orange (12-13)	171
Green, Blue, Purple (12-13)	172
Red, Brown (12-13)	173
Black (12-13)	174
White (14-15)	175
Yellow, Orange (14-15)	176
Green, Blue, Purple (14-15)	177
Red, Brown (14-15)	178
Black (14-15)	179
White, Yellow, Orange (16-17)	180
Green, Blue, Purple (16-17)	181
Red, Brown (16-17)	182
Black (16-17)	183

Youth Sparring / Girls

White (5 or younger)	184
Yellow, Orange (5 or younger)	185
Green, Blue, Purple (5 or younger)	186
Red, Brown (5 or younger)	187

White (6-7)	188
Yellow, Orange (6-7)	189
Green, Blue, Purple (6-7)	190
Red, Brown (6-7)	191
Black (5-7)	192
White (8-9)	193
Yellow, Orange (8-9)	194
Green, Blue, Purple (8-9)	195
Red, Brown (8-9)	196
Black (8-9)	197
White (10-11)	198
Yellow, Orange (10-11)	199
Green, Blue, Purple (10-11)	200
Red, Brown (10-11)	201
Black (10-11)	202
White (12-13)	203
Yellow, Orange (12-13)	204
Green, Blue, Purple (12-13)	205
Red, Brown (12-13)	206
Black (12-13)	207
White (14-15)	208
Yellow, Orange (14-15)	209
Green, Blue, Purple (14-15)	210
Red, Brown (14-15)	211
Black (14-15)	212
White (16-17)	213
Yellow, Orange (16-17)	214
Green, Blue, Purple (16-17)	215
Red, Brown (16-17)	216
Black (16-17)	217

Adult Kata

Men (White, Yellow, Orange)	218
Women (White, Yellow, Orange)	219
Men (Green, Blue, Purple)	220
Women (Green, Blue, Purple)	221
Men (Red, Brown)	222
Women (Red, Brown)	223

Executive Kata (35+)

Men (Beginner)	224
Women (Beginner)	225
Men (Intermediate)	226
Women (Intermediate)	227
Men (Advanced)	228
Women (Advanced)	229

Adult Men Sparring

Light Weight (149 lbs or less)	230
(White, Yellow, Orange)	231
Heavy Weight (150-69 lbs.)	232
(White, Yellow, Orange)	233
Light Weight (Green, Blue, Purple)	234
Light Weight (Red, Brown)	235
Heavy Weight (Red, Brown)	236

Adult Women Sparring

White, Yellow, Orange	237
Green, Blue, Purple	238
Red, Brown	239

Executive Sparring (35+)

Men (White, Yellow, Orange)	240
Women (White, Yellow, Orange)	241
Men (Green, Blue, Purple)	242
Women (Green, Blue, Purple)	243
Men (Red, Brown)	244
Women (Red, Brown)	245

Sparing

Black Belt divisions will use five point maximum. Under Belt divisions will use three-point system.

Legal targets in all divisions are above the belt only. One point is awarded for every kind of technique. Dipped foam head, hand and foot protectors and 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: In lower belt competition, 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.

NO FACE CONTACT in children's divisions. **IMPORTANT NOTE: FACE CONTACT FOR ALL CHILDREN'S DIVISIONS AND UNDER BLACK BELT: THERE WILL ONLY BE TWO WARNINGS DURING THIS ENTIRE EVENT! EXAMPLE: A COMPETITOR RECEIVES TWO WARNINGS IN HIS/HER FIRST ROUND OF FIGHTING. REGARDLESS OF THE NEXT ROUNDS — IF AT ANYTIME THE COMPETITOR STRIKES TO THE FACE, HE/SHE IS DISQUALIFIED. NO QUESTIONS ASKED. HITTING TO THE HELMET WITH CONTROL IS ALLOWED.** If the contestant's head is snapped back from the face 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 for body parts. In Black Belt competitions, light contact to the face is necessary for a point. Only slightly harder contact will be permitted in this division than in the lower belt divisions. If contact is excessive, penalty points and disqualification will be awarded. However, such a decision may 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 toughness.

Drawing blood is cause for immediate disqualification.

Rule Infractions

- Attacking illegal targets
- Using illegal techniques
- Running out of bounds
- Falling to the floor to avoid fighting

- Continuing after being ordered to stop
- Pushing, cursing or vindictive conduct
- Continued negligent or reckless attacks
- Gross disrespect to judges or opponents (a player's friend, coach or fellow student may cause penalty under this rule)
- In any case involving excessive contact or unsportsmanlike conduct, all warnings may be bypassed and a penalty point awarded or the competitor disqualified.

Forms

Will be judged on a 8.00 to 9.00 basis for youth and underbelts, using decimal places such as 8.10, 8.88, etc. Black belts will be scored from 9.00 to 9.99. If a contestant forgets his/her form, he/she may start again with a one point deduction from the total judge's score. Disqualification will occur if the form is forgotten a second time. If there is a tie between two contestants, they will perform the same or another form to determine the winner.

In the event of another tie, the judges will point to the winning contestant.

If there are gymnastic movements in the form, the judges will not add points for those movements, but may subtract points if the gymnastic movements are not executed according to the criteria of a form competition.

The criteria for this competition are rhythm, balance, timing, speed of movement, weapons position, eye position and personality (of the form). Degree of difficulty

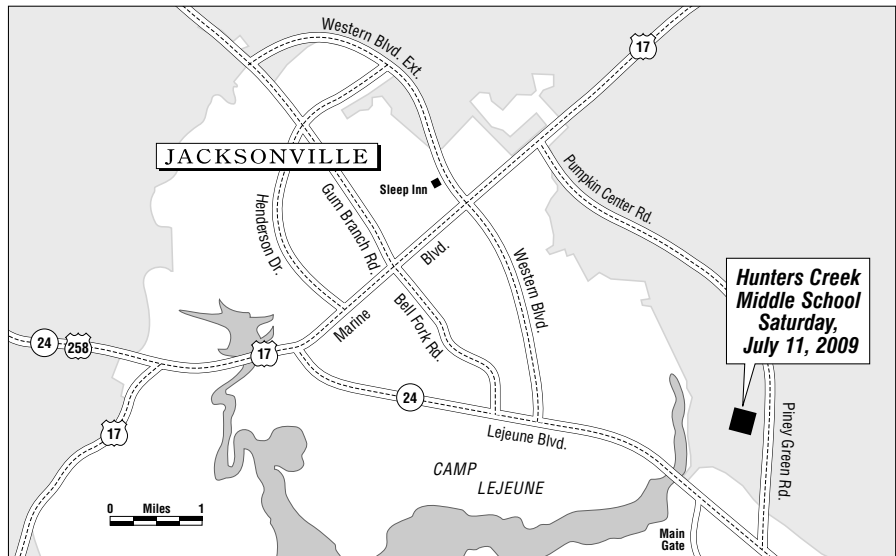
is considered in the execution of individual movements, but not in the complexity of the entire form. In other words, a lower belt who executes a Black belt form will be expected to do the individual movements as well as a Black Belt form will be expected to do the individual movements as well as a Black Belt in order to receive a higher score.

Each judge will have one vote. Points will be determined by the majority of those who are in a position to see the technique (3) two must see (5) three must see.

Protest and disputes

If contestants or coaches feel that a rules infraction has occurred, they must approach the center referee politely, and explain why they feel an infraction has occurred. Any protest must be settled immediately, not after the bout is complete. If the person protesting the call does so in a belligerent fashion, the center referee may disqualify the contestant. All disputes will be resolved by the arbitrators. Arbitrators' decisions are final.

Unprofessional, unsportsmanlike conduct that may mar the event will not be tolerated. Additionally, only cheering is permitted from the stands. No jeering or negative comments will be allowed. If anyone harasses the referees by calling them names, such contestants or members of contestant's studio may be disqualified. Cheer, do not coach; allow the competitors to enjoy the day and make friends. Remember these rules are for the safety of the competitors.



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