

Whitecourt Wado Kai Karate Club Tournament & Workshops

Contact: Shelley McGregor (780) 778-8824 Email: smcgmc@telusplanet.net

Workshops will be instructed by our special guest:

Sensei Dan McKee

Friday Workshop – April 17th, 2015

REGISTRATION will begin at 5:30 p.m.

Junior Workshop: 6:00 p.m. - 7:00 p.m. Adult/Teen Workshop: 7:05 p.m. – 9:05 p.m. Cost: \$10, \$30 per family Location: Percy Baxter School, 101 Mink Creek Rd.

Saturday Tournament - April 18th, 2015

REGISTRATION will begin at 8:15 a.m. Cost: \$20, \$50 per family

Location: Allan & Jean Millar Centre Fieldhouse, #58 Sunset Blvd.

Saturday Night Pizza Party: Sign-up at registration table before 10 a.m. Saturday morning
Time: 6:30 p.m. – 9:30 p.m. Location: Whitecourt Golf Course Clubhouse, #1 Flat's Road

Sunday Brown/Black Belt Workshop – April 19th, 2015

All Brown and Black belts are invited to participate in this advanced clinic.

Workshop: 9:00 a.m. - 12:00 p.m. Cost: \$10

Location: Percy Baxter School, 101 Mink Creek Rd.

Whitecourt Hotel Suggestions

Holiday Inn Express & Suites
Telephone: (780) 778-2512 or (780) 778-2580

Address: 4721 – 49 St.

<u>Lakeview Inn & Suites</u>

Telephone: (780) 706-3349

Address: 3325 Caxton St.

<u>The Kanata</u> Telephone: (780) 706-3390 or 1-888-700-2264

Address: 3315 - 33 St.

Western Budget (2 locations)
Telephone: (780) 778-6692
Address: 3301-35St.
Telephone: (780) 706-2030
Address: 3405 Kepler St.
Super 8

Telephone: (780) 778-8908 Address: 4121 Kepler St. Green Gables Inn

Telephone: (780) 778-4537 or 1-888-779-4537 Address: 3527 Caxton Street



Whitecourt Wado Kai Karate Club Tournament Saturday, April 18th, 2015

Location: Allan and Jean Millar Centre, #58 Sunset Blvd., Whitecourt Contact: Shelley McGregor (780) 778-8824 Email: smcgmc@telusplanet.net

All times are approximate, as the tournament will be run continuously, so please be early.

Junior & Adult Registration: 8 Black Belt Meeting: 8:45 a.m. Timek			
OFFICIAL BOW-IN	9:15 a.m.		
Division of Competitors	After bow-in		
Junior Kyu Belt Competition	9:30 a.m. – 11:30 p.m.		
Shindo Divisions	11:30 p.m. – 12:30 p.m.		
Adult Kyu Belt Competition	12:30 p.m. – 2:30 p.m.		
Black Belt Competition & Open Supplementary Kata Competition (SWKKF rules)	2:30 p.m. – 4:30 p.m.		
Black Belt Team Competitio 4:30 p.m. – 5:3	7 7 100		

Adult karateka will be encouraged to assist as scorekeepers and timekeepers.

There will be a small concession available (fruits water & juice)

Our field house has a swimming pool/hot tub for anyone interested in using these facilities. (at an additional cost paid at front desk). Please note: that the running track is not for spectators to utilize you must remain in the seated area bleachers for the competition)

Tournament Costs: \$20.00 / competitor

\$50.00/family

Spectators are free

Sanctioned by the Shintani Wado Kai Karate Federation

All competitors <u>MUST</u> wear mouth guards and protective hand pads. Extras will be supplied if you do not have your own. There will be <u>NO</u> exceptions. Shin Pads and Groin Protection are Strongly Recommended.



Reserve the Right to Refuse any Entry

WHITECOURT WADO KAI KARATE TOURNAMENT COMPETITION ENTRY FORM

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Ex K K Sl	•	\$10		Juniors (15 & under) \$ 20.00		
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Note:	If the participant is usignature will be access		iteen (18) year	s, a parent or legal guardia	n must also sig	n below; no other	
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(If participant is less than 18 years)