

**GEORGIAN COURT UNIVERSITY
LAKEWOOD, NJ**



SPECTATORS
\$10 AT DOOR
CASH, PAYPAL
OR VENMO
4 AND UNDER FREE

2024 GARDEN STATE CHAMPIONSHIP

KARATE

FEBRUARY 18, 2024
DOORS OPEN 8:15AM

REGISTRATION

REGISTRATION CLOSSES SATURDAY AT NOON
WWW.TOURNAMENTINABOX.COM

WE WILL BE USING MODIFIED WKF & NKF RULES

2024 GARDEN STATE CHAMPIONSHIP



Esteemed Sensei, Coaches, and Athletes,

It is with immense pleasure that I write you to invite you to the 3rd Annual Garden State Championship. This event is one that you will not want to miss, as it is the only NKF style tournament in New Jersey. The tournament is located at Georgian Court University in Lakewood, NJ on **Sunday, February 18, 2024**.

The exact address is as follows:

***Georgian Court University
900 Lakewood Avenue
Lakewood, New Jersey 08701***

This year we are going bigger and better, with an awesome new facility!

This will be a great tournament with the anticipation of many National & International Jr and Senior Team members, as well as many dojos. We cannot wait to see our old and new friends at the first tournament in the tri-state area for 2024.

Registration is now open and must be complete online at www.tournamentinabox.com. Registration is close on Friday, February 16, 2024, at 9PM. Doors open on Sunday, February 18, 2023, starting at 8:15AM.

There will be an official's meeting at 8:30 am.

We welcome and appreciate all officials!

If you require any further information, please call me, Sensei David Rosenberg, at **(917) 710-1420** or you may email your questions to david@monmouthkarate.com I look forward to the pleasure of your attendance.

See you at the Garden State Championship!

A handwritten signature in black ink, appearing to read "David Rosenberg", with a long horizontal line extending to the right.

Sensei David Rosenberg
Tournament Director, Garden State Championship - Karate
Owner/Head Instructor, Monmouth Karate Academy
Senior Instructor, USA Martial Arts Federation

2024 Garden State Championship

Date: Sunday, February 18, 2024

Start Time: Doors Open at 8:15am
Tournament start time is 9:00am

Event Location: Georgian Court University
900 Lakewood Avenue
Lakewood, NJ 08701

Registration Fee: \$90 for 1 – 2 Events, \$10 for 3rd Event
**There will be no same day registration*

Spectator Fee: \$10 – children 5 years and older
Free – Kids 4 years and younger

Register at: www.tournamentinabox.com

Awards: 1st, 2nd, 3rd, and 3rd will receive medals

Rules: USA-NKF Rules (modified at tournament directors' discretion)
Head Gear Optional
<https://www.teamusa.org/usa-karate/events/rules-of-competition>

Dress Code: Competitors – traditional, solid white gi
Referees – white shirt, blue tie, grey slacks, black shoes, and blue blazer

Lodging: All participants are responsible for their own accommodations.
The local hotel for those traveling is Radisson Hotel Freehold.
Group Block is Monmouth Karate Academy
Group rate is \$169/ night.
<https://www.choicehotels.com/reservations/groups/G9668259>

For more information, contact:
Sensei David Rosenberg at david@monmouthkarate.com



GETTING TO THE TOURNAMENT

Airports:

Newark (closest)	60 minutes
Atlantic City	60 minutes
Philadelphia	75 minutes
Joh F. Kennedy	90 minutes
LaGuardia	90 minutes

Bus:

From NJ Port Authority to can take the 139 Bus towards Lakewood via Freehold Center. Exit buss at US-9 & 9th Street. It is then about ½ mile walk to Georgian Court University.



Hotel Information



This hotel in Freehold, New Jersey features an outdoor swimming pool, on-site dining, and free Wi-Fi access. Six Flags Great Adventure is 11 miles away. Each room at the Radisson Freehold features a 32-inch flat-screen TV with cable and HBO channels. The rooms have a refrigerator, coffee maker, and desk. An on-site 24-hour fitness center and business center are available for guests to use at the Freehold Radisson. The hotel offers laundry facilities. Winner's Circle Restaurant and Lounge serves breakfast, lunch, and dinner. Room service is available. The Freehold Raceway and the Freehold Raceway Mall are both 1 mile away.

Room Rate: \$169 per night

Booking Link: <https://www.choicehotels.com/reservations/groups/G9668259>

Features: Free Wi-Fi
Fitness center

2023 Garden State Championship Division List

Div #	KATA	Div #	KUMITE	Div #	WEAPONS
K1	5 & under Boys/Girls Beginner	S1	5 & under Boys/Girls Beginner	W1	9 & under Boys Beginner/Novice
K2	5 & under Boys/Girls Novice	S2	5 & under Boys/Girls Novice	W2	9 & under Boys Intermediate
K3	6-7 Boys/Girls Beginner	S3	6-7 Boys/Girls Beginner	W3	9 & under Boys Advanced
K4	6-7 Boys/Girls Novice	S4	6-7 Boys/Girls Novice	W4	9 & under Girls Beginner/Novice
K5	6-7 Boys/Girls Int/Advanced	S5	6-7 Boys/Girls Int/Advanced	W5	9 & under Girls Intermediate
K6	8-9 Boys Beginner	S6	8-9 Boys Beginner	W6	9 & under Girls Advanced
K7	8-9 Boys Novice	S7	8-9 Boys Novice	W7	10-13 Boys Beginner/Novice
K8	8-9 Boys Intermediate	S8	8-9 Boys Intermediate	W8	10-13 Boys Intermediate
K9	8-9 Boys Advanced	S9	8-9 Boys Advanced	W9	10-13 Boys Advanced
K10	8-9 Girls Beginner	S10	8-9 Girls Beginner	W10	10-13 Girls Beginner/Novice
K11	8-9 Girls Novice	S11	8-9 Girls Novice	W11	10-13 Girls Intermediate
K12	8-9 Girls Intermediate	S12	8-9 Girls Intermediate	W12	10-13 Girls Advanced
K13	8-9 Girls Advanced	S13	8-9 Girls Advanced	W13	14-17 Boys Beginner/Novice
K14	10-11 Boys Beginner	S14	10-11 Boys Beginner	W14	14-17 Boys Intermediate
K15	10-11 Boys Novice	S15	10-11 Boys Novice	W15	14-17 Boys Advanced
K16	10-11 Boys Intermediate	S16	10-11 Boys Intermediate	W16	14-17 Girls Beginner/Novice
K17	10-11 Boys Advanced	S17	10-11 Boys Advanced	W17	14-17 Girls Intermediate
K18	10-11 Girls Beginner	S18	10-11 Girls Beginner	W18	14-17 Girls Advanced
K19	10-11 Girls Novice	S19	10-11 Girls Novice	W19	18-35 Mens Beginner/Novice
K20	10-11 Girls Intermediate	S20	10-11 Girls Intermediate	W20	18-35 Mens Inter/Advanced
K21	10-11 Girls Advanced	S21	10-11 Girls Advanced	W21	18-35 Womens Beginner/Novice
K22	12-13 Boys Beginner	S22	12-13 Boys Beginner	W22	18-35 Womens Inter/Advanced
K23	12-13 Boys Novice	S23	12-13 Boys Novice	W23	35+ Mens Beginner/Novice
K24	12-13 Boys Intermediate	S24	12-13 Boys Intermediate	W24	35+ Mens Inter/Advanced
K25	12-13 Boys Advanced	S25	12-13 Boys Advanced	W25	35+ Womens Beginner/Novice
K26	12-13 Girls Beginner	S26	12-13 Girls Beginner	W26	35+ Womens Inter/Advanced
K27	12-13 Girls Novice	S27	12-13 Girls Novice		
K28	12-13 Girls Intermediate	S28	12-13 Girls Intermediate		
K29	12-13 Girls Advanced	S29	12-13 Girls Advanced		
K30	14-15 Boys Beginner	S30	14-15 Boys Beginner		
K31	14-15 Boys Novice	S31	14-15 Boys Novice		
K32	14-15 Boys Intermediate	S32	14-15 Boys Intermediate		
K33	14-15 Boys Advanced	S33	14-15 Boys Advanced		
K34	14-15 Girls Beginner	S34	14-15 Girls Beginner		
K35	14-15 Girls Novice	S35	14-15 Girls Novice		
K36	14-15 Girls Intermediate	S36	14-15 Girls Intermediate		
K37	14-15 Girls Advanced	S37	14-15 Girls Advanced		
K38	16-17 Boys Beginner	S38	16-17 Boys Beginner		
K39	16-17 Boys Novice	S39	16-17 Boys Novice		
K40	16-17 Boys Intermediate	S40	16-17 Boys Intermediate		
K41	16-17 Boys Advanced	S41	16-17 Boys Advanced		
K42	16-17 Girls Beginner	S42	16-17 Girls Beginner		
K43	16-17 Girls Novice	S43	16-17 Girls Novice		
K44	16-17 Girls Intermediate	S44	16-17 Girls Intermediate		
K45	16-17 Girls Advanced	S45	16-17 Girls Advanced		
K46	18 - 34 Mens Beginner	S46	18 - 34 Mens Beginner		
K47	18 - 34 Mens Novice	S47	18 - 34 Mens Novice		
K48	18 - 34 Mens Intermediate	S48	18 - 34 Mens Intermediate		
K49	18 - 34 Mens Advanced	S49	18 - 34 Mens Advanced		
K50	18 - 34 Womens Beginner	S50	18 - 34 Womens Beginner		
K51	18 - 34 Womens Novice	S51	18 - 34 Womens Novice		
K52	18 - 34 Womens Intermediate	S52	18 - 34 Womens Intermediate		
K53	18 - 34 Womens Advanced	S53	18 - 34 Womens Advanced		
K54	35+Sr Mens Beginner/Novice	S54	35+Sr Mens Beginner/Novice		DIVISION LEVELS
K55	35+Sr Mens Inter/Advanced	S55	35+Sr Mens Inter/Advanced		Beginner= 1 year or less training
K56	35+Sr Womens Beginner/Novice	S56	35+Sr Womens Beginner/Novice		Novice= 1-2 years
K57	35+Sr Womens Inter/Advanced	S57	35+Sr Womens Inter/Advanced		Intermediate= 2-3 years
					Advanced= over 3 years

*Division can be changed at the discretion of the tournament director

Kumite Rules

All divisions are listed above; however, the tournament directors reserve the right to split divisions or combine divisions as needed.

Tournament will run 3 or 5 Judge/Referees as needed.

Kumite Match Times:

1.5 minutes stop time	13 years old and under
2 minutes stop time	14 years old and older
3 minutes stop time	18 - 34 advanced

Rules will follow USANKF/WKF modified rules. Head gear is optional for all divisions! The tournament director reserves the right to adjust any rule for the safety and fairness of competition.

There is NO repechage in any division.

No contact to the head for ages 11 and under. Light skin touch with a foot is allowed for ages 12 and up divisions.

Ages 16 and up (non-injurious, "light skin touch") with a hand is allowed.

Sweeps are allowed for all ages and divisions.

Kumite Equipment:

Mandatory:

Mouth Guard for all competitors.

Groin cup (boys/men only)

Optional:

Head gear (recommended), Face mask, Chest Protector

Kata Rules

Flag system to be used in all divisions!

Beginner and Novice Divisions:

Competitors will perform simultaneously.

Competitors may perform only kata from the USANKF beginner/novice list.

Competitors may repeat kata in all rounds.

Intermediate Divisions:

Competitors will perform simultaneously.

Competitors may perform only kata from the USANKF intermediate list.

Competitors may repeat kata in all rounds.

Please note: Empi maybe performed in this division.

Advanced Divisions:

Competitors will perform simultaneously.

Competitors may perform any kata from the USANKF list.

Competitors must perform a different kata in medal rounds (not performed in previous round).

18-34 Advanced Kata Divisions

Competitors perform kata one at a time in all rounds.

Kobudo Rules

All divisions will use a scoring card system.

Beginners will be	5 - 7 point range
Intermediate will be	6 - 8 point range
Advanced will be	7 - 9 point range

Kobudo includes all traditional Okinawan weapons and Japanese weapons.