

MID-ATLANTIC



KARATE CHAMPIONSHIPS

ELITE DIVISIONS with \$1,000 CASH PRIZES

**Saturday
March 25, 2023
Pre-Register by
March 20, 2023**



**Officials Seminar
March 24, 2023**

**Heritage High School
5800 Marshall Avenue
Newport News, VA 23605**

**Pre-Register On-Line at
www.tournamentinabox.com**

2023 MID-ATLANTIC KARATE CHAMPIONSHIPS

Saturday, March 25, 2023

Place: **Heritage High School Gymnasium**
5800 Marshall Avenue
Newport News, VA 23605

Time: Registration opens at **8:00 am**
Competition begins at **10:00 am**

Fees: **Register on-line at www.tournamentinabox.com**

Pre-register by March 20, 2023.
\$70.00 for all events

\$85.00 for all events after March 20th and at the door - cash only.

Elite Kata or Kumite is \$100 pre-registered or at the door.

Kata/Kihon Division for PowerKids, Little Dragons, Tiny Tigers, etc. (ages 3-6)
\$50.00 pre-registered, \$65.00 after March 20th and at the door.

Team Kata or Kumite: \$45 per Team Pre-Registered, \$60 After March 20th and at the door.
3 person teams - division of team is determined by the highest ranking person on the team.

\$10.00 Spectators, 12 & under \$5.00, 4 & under Free

Must be **received** by mail, email, on-line or in person by March 20th.
Virginia Martial Arts Center
3325 Taylor Road, Suite 102 Email: info@karate-family.com
Chesapeake, VA 23321 Phone: (757) 483-0195

Rules: Modified World Karate Federation (WKF) / USA Karate (USA-NKF) rules. For a complete set of the rules go to www.usankf.org.

Directors: Darren Myers, Chief Instructor/Owner, Virginia Martial Arts Center
Pan-American Honbucho, Kuniba Kai International

Virginia Martial Arts Center
3325 Taylor Road, Suite 102
Chesapeake, VA 23321
(757) 483-0195 or info@karate-family.com

Brian Hobson, Chief Instructor/Owner, Brian Hobson Karate Studio
So Honbucho, Kiyobukan Association Director

Brian Hobson Karate Studio
1921 Armistead Avenue
Hampton, VA 23666
(757) 825-2467 or tekki7@hotmail.com

★ **2023 Mid-Atlantic Karate Championships** ★

\$1,000
CASH PRIZES

**8 ELITE
ADVANCED
DIVISIONS**

Adult Male Kata

EK101

Adult Male Kumite

3 Weight Class:

ES101 -67kg (148lbs & under)

ES102 -75kg (149-165lbs)

ES103 +75kg (166lbs & over)

Adult Female Kata

EK201

Adult Female Kumite

3 Weight Classes:

ES201 -55kg (121lbs & under)

ES202 -61kg (122 - 135lbs)

ES203 +61kg (136lbs & over)

- Registration Fee is \$100 per division.
- Participants must compete in either Elite Advanced Division or regular Advanced Divisions. Participants cannot compete in both.
- Elite Divisions must have a minimum of 10 participants to qualify for the \$1,000 cash prize. If division has less than 10 participants, the cash prize will be equal to the number of competitors, i.e. 6 participants = \$600; 8 participants = \$800, etc.
- Weight classes may be combined in order to reach the minimum number of competitors for the \$1,000 cash prize only if all participants and coaches agree.
- Participants must be age 16 or older for Kata and 18 or older for Kumite.

2023 MID-ATLANTIC KARATE CHAMPIONSHIPS

TOURNAMENT DIVISIONS

KATA	KUMITE	MEN'S BLACK BELT DIVISIONS
K1 Boys 6 & under Beginner	S1 Boys 6 & under Beginner	K59 Men Kata
K2 Boys 6 & under Novice	S2 Boys 6 & under Novice	K60 Men Senior Kata (35 & over)
K3 Boys 6 & under Intermediate/Advanced	S3 Boys 6 & under Intermediate/Advanced	S59 Men Light Weight Kumite (160-below)
K4 Girls 6 & under Beginner	S4 Girls 6 & under Beginner	S60 Men Middle Weight Kumite (161-185)
K5 Girls 6 & under Novice	S5 Girls 6 & under Novice	S61 Men Heavy Weight Kumite (186-up)
K6 Girls 6 & under Intermediate/Advanced	S6 Girls 6 & under Intermediate/Advanced	S62 Men Senior Kumite (35 & over)
K7 Boys 7-8 Beginner	S7 Boys 7-8 Beginner	WOMEN'S BLACK BELT DIVISIONS
K8 Boys 7-8 Novice	S8 Boys 7-8 Novice	K61 Women Kata
K9 Boys 7-8 Intermediate	S9 Boys 7-8 Intermediate	K62 Women Senior Kata (35 & over)
K10 Boys 7-8 Advanced	S10 Boys 7-8 Advanced	S63 Women Light Weight Kumite (140-below)
K11 Girls 7-8 Beginner	S11 Girls 7-8 Beginner	S64 Women Heavy Weight Kumite (141-up)
K12 Girls 7-8 Novice	S12 Girls 7-8 Novice	S65 Women Senior Kumite (35 & over)
K13 Girls 7-8 Intermediate	S13 Girls 7-8 Intermediate	PK1 PowerKid1, Tiny Tigers (less than 6 Months)
K14 Girls 7-8 Advanced	S14 Girls 7-8 Advanced	PK2 PowerKid 2 (6 Months or more)
K15 Boys 9-10 Beginner	S15 Boys 9-10 Beginner	ELITE ADULT ADVANCED DIVISIONS
K16 Boys 9-10 Novice	S16 Boys 9-10 Novice	Ek101 Male Elite Kata
K17 Boys 9-10 Intermediate	S17 Boys 9-10 Intermediate	ES101 Male Elite Kumite -67kg
K18 Boys 9-10 Advanced	S18 Boys 9-10 Advanced	ES102 Male Elite Kumite -75kg
K19 Girls 9-10 Beginner	S19 Girls 9-10 Beginner	ES103 Male Elite Kumite +75kg
K20 Girls 9-10 Novice	S20 Girls 9-10 Novice	EK201 Female Elite Kata
K21 Girls 9-10 Intermediate	S21 Girls 9-10 Intermediate	ES201 Female Elite Kumite -55kg
K22 Girls 9-10 Advanced	S22 Girls 9-10 Advanced	ES202 Female Elite Kumite -61kg
K23 Boys 11-12 Beginner	S23 Boys 11-12 Beginner	ES203 Female Elite Kumite +61kg
K24 Boys 11-12 Novice	S24 Boys 11-12 Novice	Team Divisions
K25 Boys 11-12 Intermediate	S25 Boys 11-12 Intermediate	TK101 Beg. Kata TS101 Beg. Kumite
K26 Boys 11-12 Advanced	S26 Boys 11-12 Advanced	TK102 Nov. Kata TS102 Nov. Kumite
K27 Girls 11-12 Beginner	S27 Girls 11-12 Beginner	TK103 Int. Kata TS103 Int. Kumite
K28 Girls 11-12 Novice	S28 Girls 11-12 Novice	TK104 Adv. Kata TS104 Adv. Kumite
K29 Girls 11-12 Intermediate	S29 Girls 11-12 Intermediate	WEAPONS
K30 Girls 11-12 Advanced	S30 Girls 11-12 Advanced	W1 Children (9 & under) Beginner/Novice
K31 Boys 13-14 Beginner	S31 Boys 13-14 Beginner	W2 Children (9 & under) Intermediate/Advanced
K32 Boys 13-14 Novice	S32 Boys 13-14 Novice	W3 Youth (10-13) Beginner/Novice
K33 Boys 13-14 Intermediate	S33 Boys 13-14 Intermediate	W4 Youth (10-13) Intermediate
K34 Boys 13-14 Advanced	S34 Boys 13-14 Advanced	W5 Youth (10-13) Advanced
K35 Girls 13-14 Beginner	S35 Girls 13-14 Beginner	W6 Boys (14-17) Beginner/Novice
K36 Girls 13-14 Novice	S36 Girls 13-14 Novice	W7 Boys (14-17) Intermediate
K37 Girls 13-14 Intermediate	S37 Girls 13-14 Intermediate	W8 Boys (14-17) Advanced
K38 Girls 13-14 Advanced	S38 Girls 13-14 Advanced	W9 Girls (14-17) Beginner/Novice
K39 Boys 15-17 Beginner	S39 Boys 15-17 Beginner	W10 Girls (14-17) Intermediate
K40 Boys 15-17 Novice	S40 Boys 15-17 Novice	W11 Girls (14-17) Advanced
K41 Boys 15-17 Intermediate	S41 Boys 15-17 Intermediate	W12 Men Beginner/Novice
K42 Boys 15-17 Advanced	S42 Boys 15-17 Advanced	W13 Men Intermediate
K43 Girls 15-17 Beginner	S43 Girls 15-17 Beginner	W14 Men Advanced
K44 Girls 15-17 Novice	S44 Girls 15-17 Novice	W15 Women Beginner/Novice
K45 Girls 15-17 Intermediate	S45 Girls 15-17 Intermediate	W16 Women Intermediate
K46 Girls 15-17 Advanced	S46 Girls 15-17 Advanced	W17 Women Advanced
K47 Men Beginner	S47 Men Beginner	W18 Men Beginner/Novice Senior (35 & over)
K48 Men Novice	S48 Men Novice	W19 Men Intermediate Senior (35 & over)
K49 Men Intermediate	S49 Men Intermediate	W20 Men Advanced Senior (35 & over)
K50 Men Senior Beginner (35 & over)	S50 Men Senior Beginner (35 & over)	W21 Women Senior (35 & over)
K51 Men Senior Novice (35 & over)	S51 Men Senior Novice (35 & over)	W22 Women Intermediate Senior (35 & over)
K52 Men Senior Intermediate (35 & over)	S52 Men Senior Intermediate (35 & over)	W23 Women Advanced Senior (35 & over)
K53 Women Beginner	S53 Women Beginner	KEY
K54 Women Novice	S54 Women Novice	Beginner - Less than 1 yr training (White-Yellow)
K55 Women Intermediate	S55 Women Intermediate	Novice - 1-2 yrs training (Blue-Green-Purple)
K56 Women Seniors Beginner (35 & over)	S56 Women Seniors Beginner (35 & over)	Intermediate - 2-4 yrs training (Red-Brown)
K57 Women Seniors Novice (35 & over)	S57 Women Seniors Novice (35 & over)	Advanced - 4+ yrs training (Brown-Black)
K58 Women Seniors Intermediate (35 & over)	S58 Women Seniors Intermediate (35 & over)	

* Divisions may be combined due to number of competitors

** Competitors are placed in divisions according to years of training and rank

2023 Mid-Atlantic Karate Championships

TOURNAMENT APPLICATION

Name: _____ USA-NKF #: _____ DOB: _____
 E-mail: _____ [] Male [] Female Age: _____
 Address: _____ Phone: _____
 City: _____ State: _____ Zip: _____
 Karate Rank: _____ Years Training: _____ Style: _____
 Instructor's Name: _____ Dojo: _____
 Dojo Address: _____ State: _____ Zip: _____
 Dojo Phone: _____ Dojo E-Mail: _____

Division Number Entered:

K _____	Kata
S _____	Kumite
W _____	Kobudo

Registration Fee (1 Fee covers all events)

		PowerKid	Elite
Pre-Reg by March 20	\$70.00	\$50.00	\$100.00
Register after March 20 or at the door	\$85.00	\$60.00	\$100.00
Team Kata or Kumite	\$45.00 Pre-Reg / \$60 at the Door		

Total Amount Paid: _____	[] Check	[] Money Order
Credit Card _____	Expires _____	CCV _____
Name on Card _____	Phone _____	
Make Checks Payable to:	Virginia Martial Arts Center 3325 Taylor Road, Suite 102 Chesapeake, VA 23321	

Adult and Minor Athletic Waiver and Release of Liability

In consideration of being allowed to participate in any way in the Virginia Martial Arts Center and Brian Hobson School of Karate athletics/sports program, and related events and activities, the undersigned:

1. Agrees that prior to participating, the (if under 18) Parent or Guardian, will inspect the facilities and equipment to be used, and if the participant and/or Parent or Guardian, believes anything is unsafe, they will immediately advise their coach or supervisor or Mid-Atlantic Karate Championships personnel of such condition(s) and refuse to participate.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence but the actions, inactions or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time. Assume all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death.
3. Release, waive, discharge and covenant not to sue Virginia Martial Arts Center, USA Karate, Event Venue, City and County of the Event, its officers, its affiliated clubs, regional sports organization, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessees of premises used to conduct the event, all of which are hereinafter referred to as "releasees" from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise.
4. All entries are final, no refunds will be given. I fully understand that any medical treatment given will be of a first aid treatment type only. I consent that any pictures furnished by me or any pictures taken of me in connection with the Tournament can be used for publicity, promotion or television showing now or in the future, and I waive compensation in regard thereto. The Director or his authorized agent(s) reserve the right to refuse entry to any person, school, team or club.
5. PLEASE NOTE: All athletes must be covered by health or medical insurance in order to compete. Participant Secondary Medical Insurance is included as a benefit of USA Karate membership. Non-members without medical insurance coverage may obtain Secondary Medical Insurance for \$50.00, which includes 2023 membership in USA Karate.
6. Statement of Health: By my and/or Parent/Guardian's signature below I confirm that I am in sound health and there is no reason why I cannot participate in this championship and/or event.

Signature: _____ Date: _____
 Parent or Guardian if under 18

OFFICIALS SEMINAR

Learn the Rules, Calls & Signals for Karate Competition



Friday, March 24, 2023

6:30 - 9:00pm

Brian Hobson Karate Studio

1921 N. Armistead Avenue

Hampton, VA 23666

Contact: Brian Hobson

(757) 869-7274

tekki7@hotmail.com

The USA Karate Regional Official's Program helps instructors, parents and students to learn the rules of competition used by the World Karate Federation and USA Karate (USANKF) for national and international events. Download the Rule Book, Study Guide and Exam Questions at www.usankf.org.



Seminar is **FREE** to all **Students and Parents** who want to become more knowledgeable of the rules of Karate competition that will be used in the Olympic Games, World Championships USA Karate Nationals and other regional tournaments.

OFFICIAL'S COURSE

Registration Form

Referee Course Fee _____

Name _____ Birthday _____ Gender _____ Age _____

Karate Rank _____ Style _____

Address _____ City _____

State _____ Zip _____ Phone _____

Email _____

Kumite Referee Qualification _____

Date _____ Location _____

Instructor _____

Kata Referee Qualification _____

Date _____ Location _____

Instructor _____

Signature _____ Date _____

2023 MID-ATLANTIC KARATE CHAMPIONSHIPS

MID-ATLANTIC



KARATE CHAMPIONSHIPS

Saturday, March 25, 2023

Heritage High School Gymnasium

5800 Marshall Avenue

Newport News, Virginia 23605



**Regional Area Practice Tournament for
2023 USA National Karate Championships & US Team Trials**

July 2023

Richmond, Virginia

Pre-Register at

www.tournamentinabox.com

