



# SELENY JOANNE KARATE CHAMPIONSHIP 2024 (SJ CUP 2024)



**A UTAH INTER-REGIONAL KARATE CHAMPIONSHIP**

*In Loving Memory of Seleny Joanne Crosby*



SANCTIONED BY THE INTERNATIONAL SHOTOKAN SHOBUKAN KARATE ASSOCIATION OF JAPAN (ISSKA)

**SATURDAY, APRIL 27, 2024**

HOSTED BY SJ KARATE  
DOORS OPEN AT 8:00 AM

TOURNAMENT BEGINS AT 8:30 AM  
LOCATION: UTAH MILITARY ACADEMY (UMA) OF LEHI  
3901 W WATERBURY DR, LEHI, UT 84043

## ENTRY

\$80 FOR 1-2 EVENT,  
\$10 ADDITIONAL EVENT  
\$30 FAMILY KATA (EACH)

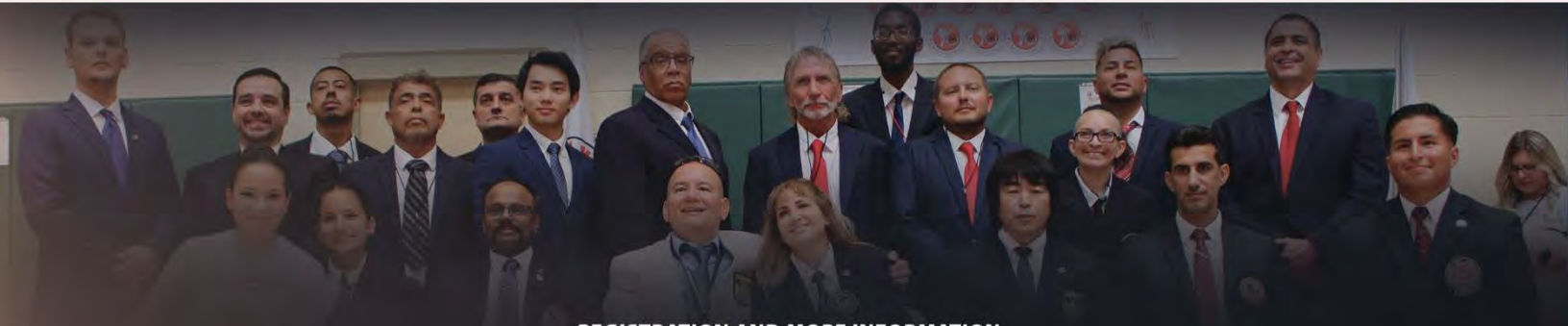
## SPECTATORS

\$8 PER PERSON  
(4 AND UNDER AND OVER 70 FREE)

## EVENT

KATA (FORMS,) KUMITE (SPARRING,)  
KOBUDO (WEAPONS,) FAMILY KATA  
(AT LEAST 2 FAMILY MEMBERS)

**PARTICIPATION MEDALS FOR ALL KIDS UNDER 11, TROPHIES FOR TEAM KATA AND CLUBS WITH MOST STUDENTS, FREE RAFFLES AND AWARDS, ELECTRONIC DASHBOARDS**



REGISTRATION AND MORE INFORMATION

[WWW.TOURNAMENTINABOX.COM](http://WWW.TOURNAMENTINABOX.COM)

QUESTIONS: CONTACT SENSEIS SELENY OR DAVID CROSBY AT 210-464-8982 OR 918-938-5903

EMAIL: [SJKARATE@OUTLOOK.COM](mailto:SJKARATE@OUTLOOK.COM)

[WWW.SJKARATE.COM/SJ-CUP](http://WWW.SJKARATE.COM/SJ-CUP)

WKF RULES

( TOURNAMENT DIRECTORS MAY ADJUST RULES AND DIVISIONS AS NEEDED )



**“Seleny Joanne Cup 2024”**  
A Utah Regional Karate Championship  
(In loving memory of Seleny Joanne Crosby)



January 2024

Esteemed Senseis, Instructors, Athletes, Parents, and Friends,

We are delighted to formally invite you and your respected students to participate in the prestigious "Seleny Joanne Cup 2024," a distinguished Utah Regional Karate Championship. This momentous event, scheduled for Saturday, April 27th, 2024, at the Utah Military Academy of Lehi. This is not just a competition but also a heartfelt tribute in memory of *Seleny Joanne Crosby*. This year marks a decade since Seleny, who showed an extraordinary spirit and passion for karate, departed to Heaven early. We also honor her birthday and celebrate her life and enduring legacy in the karate community through this tournament.

In preparation for the championship, we are pleased to announce a referee course for kata and kumite, led by Shihan Senthil Thiyaharajan, a WKF Referee A and a Licensed Instructor A. This course will occur one day before the tournament, on Friday, April 26, from 6:30 to 9:00 pm. It offers a valuable opportunity for participants to gain insights and enhance their skills under the guidance of an experienced and highly regarded referee. Completion of the course will result in licensing, further elevating the standards and proficiency of the referees at our event.

In our ongoing effort to promote inclusivity and diversity in the sport, we are proud to announce the inclusion of a special division for athletes with disabilities. This initiative aligns with our commitment to providing a platform for all karate practitioners to showcase their skills and passion, reflecting Seleny Joanne Crosby's inclusive spirit.

We are thrilled to welcome practitioners of all Karate styles and Dojos to the scenic State of Utah for an event characterized by its professionalism, exemplary organization, memorability, spirited competition, and a friendly atmosphere that celebrates both athletes and instructors. For any inquiries contact at 210-464-8982 or via email at [sj.karatedojo@gmail.com](mailto:sj.karatedojo@gmail.com). Registration is available at [www.tournamentinabox.com](http://www.tournamentinabox.com), and further information can be accessed at <https://sjkarate.com/sj-cup/>.

This championship is not just about competitions but a tribute to Seleny Joanne Crosby's. Let's celebrate her life and legacy together, engaging with esteemed instructors, officials, and top-tier competitors from various states and countries. It promises to be a gathering of martial arts excellence, inclusivity, and camaraderie.

With the highest regards,

*Seleny & David Crosby*

Senseis Seleny & David Crosby  
Tournament Directors



<https://sjkarate.com/sj-cup/>

<https://www.facebook.com/SJKarate.Championships>

Call or text at 210-464-8982





**“Seleny Joanne Karate Cup 2024” (SJ Cup ’24)**  
**A Utah Regional Karate Championship**  
**(In loving memory of Seleny Joanne Crosby)**



**Saturday, April 27<sup>th</sup>, 2024**

**Utah Military Academy (UMA) – 3901 W Waterbury Dr, Lehi, UT 84043**

**Registration & additional information: [www.tournamentinabox.com](http://www.tournamentinabox.com)**

**Late registrations fee after April 23<sup>rd</sup>, 2024 = \$15**

**(Please make payment via Zelle at 918-428-8716, Venmo @SJ-Karate, PayPal at [sjkarate@outlook.com](mailto:sjkarate@outlook.com))**

**Individual Participation Application**

Div. # \_\_\_\_\_ Weapons                      Div. # \_\_\_\_\_ Kumite                      Div. # \_\_\_\_\_ Kata

Div. # \_\_\_\_\_ Family Kata (ONLY Heian or Pinan, **NO** advanced kata allowed)

\$80 For one or two INDIVIDUAL events. Add \$10 for each additional event. \$30 per athlete for family kata.

**There are absolutely NO Refunds**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Age \_\_\_\_\_

Sex: M \_\_\_ F \_\_\_ Date of Birth \_\_\_\_\_ Weight \_\_\_\_\_ Lbs./Kgs.

Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone # \_\_\_\_\_ E-mail \_\_\_\_\_ FB \_\_\_\_\_

Years of Training \_\_\_\_\_ Karate Rank \_\_\_\_\_ Dan/Kyu \_\_\_\_\_ Style \_\_\_\_\_

Instructor's Name \_\_\_\_\_ Dojo's Name \_\_\_\_\_

**ADULT & MINOR AMATEUR ATHLETIC WAIVER & RELEASE OF LIABILITY**

In consideration of being allowed to participate in any way in the Seleny Joanne Cup 2022 -A Utah Regional Championship, athletic/sports program, and related events and activities, the undersigned:

1. Agrees that the participant and/or Parent or Guardian (if under 18) will inspect the facilities and equipment to be used before participating. Suppose the participant and/or parent or guardian believes anything is unsafe. In that case, they will immediately advise the Program Director or supervisor of the Seleny Joanne Cup or other Tournament officials of each condition(s) and refuse to participate.
2. Acknowledge and fully understands that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and serve social and economic losses which might result not only from their action, inaction, or negligence but the actions inaction or negligence of others, the rules of play, or the condition of the premises or any equipment used. Further, the participant and/or parent or guardian acknowledge that there may be other risks not known or not reasonably foreseeable at this time. The participant and/or parent or guardian assumes all the risks and accepts personal responsibility for the damages following such injury, permanent disability, or death.
3. Releases waives, discharge, and covenants not to sue the Seleny Joanne Cup, SJ Karate Dojo, Mr. David A Crosby, Seleny Crosby, any officer or volunteer, its affiliated clubs, regional sports organizations, the USANKF Federation or the AAU, and/or their respective administrators, directors, agents, coaches and other employees of the 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 “releases” 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 release or otherwise.
4. **All entries are final; no refunds will be given.** I fully understand that any medical treatment given will only be of a first-aid treatment type. I consent that any pictures furnished by me or taken of me in connection with the tournament can be used for publicity, promotion, or television showing now or in the future. I waive compensation in regard thereto. All participation in any event or class in this tournament is by permission only. The Director or his authorized agent(s) reserve the right to refuse entry to any person, school, team, or club

The undersigned has read the above waiver and release and understands that they have given up substantial rights by signing it and signing it voluntarily.

\_\_\_\_\_  
 Signature of Contestant    (If under 18 Signature of parent/guardian)    Date

<https://sjkarate.com/sj-cup/>  
<https://www.facebook.com/SJKarate.Championships>  
 Call or text at 210-464-8982



# “Seleny Joanne Karate Cup 2024” (SJ Cup '24)

A Utah Regional Karate Championship

(In loving memory of Seleny Joanne Crosby)



**Saturday, April 27<sup>th</sup>, 2024**

Utah Military Academy (UMA) – 3901 W Waterbury Dr, Lehi, UT 84043

Registration & additional information: [www.tournamentinbox.com](http://www.tournamentinbox.com)

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(Please make payment via Zelle at 918-428-8716, Venmo @SJ-Karate, PayPal at [sjkarate@outlook.com](mailto:sjkarate@outlook.com))

## Team Participation Application

( ) Family Team Kata. No advanced katas allowed. ONLY Heian or Pinan Katas. Need to have AT LEAST two FAMILY Members (Ages and combined genders allowed)

Div. # _____	Family Team Kata	Style _____	Name of Kata _____
		Style _____	Name of Kata _____
		Style _____	Name of Kata _____

1 Team Event \$30 per person

### There are absolutely NO Refunds

Team Name \_\_\_\_\_

Last Name \_\_\_\_\_ Age \_\_\_\_\_ Sex: M \_\_\_ F \_\_\_ (Signed-up for individual Y \_\_\_ N \_\_\_)

Last Name \_\_\_\_\_ Age \_\_\_\_\_ Sex: M \_\_\_ F \_\_\_ (Signed-up for individual Y \_\_\_ N \_\_\_)

Last Name \_\_\_\_\_ Age \_\_\_\_\_ Sex: M \_\_\_ F \_\_\_ (Signed-up for individual Y \_\_\_ N \_\_\_)

Instructor's Name \_\_\_\_\_ Dojo's Name \_\_\_\_\_

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  2. Acknowledge and fully understands that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and serve social and economic losses which might result not only from their action, inaction or negligence but the actions, inaction or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, the participant and/or parent or guardian acknowledge that there may be other risks not known or not reasonably foreseeable at this time. The participant and/or parent or guardian assumes all the foregoing risks and accepts personal responsibility for the damages following such injury, permanent disability, or death.
  3. Releases waives, discharge, and covenants not to sue the Seleny Joanne Cup, SJ Karate Dojo, Mr. David A Crosby, Seleny Crosby, any officer or volunteer, its affiliated clubs, regional sports organizations, the USANKF Federation or the AAU, and/or their respective administrators, directors, agents, coaches and other employees of the 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 “releases” 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 release 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. All participation in any event or class in this tournament is by permission only. The Director or his authorized agent(s) reserve the right to refuse entry to any person, school, team, or club
- The undersigned has read the above waiver and release, and understand that they have given up substantial rights by signing it and signing it voluntarily.

\_\_\_\_\_  
Signature of Contestant

\_\_\_\_\_  
(If under 18 Signature of parent/guardian)

\_\_\_\_\_  
Date

<https://sjkarate.com/sj-cup/>

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**“Seleny Joanne Cup 2024” (SJ Cup ’24)**  
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**Championship Divisions**

**K=KATA    S= KUMITE (SPARRING)    W=WEAPON    T=TEAM**

**Beginners (-1 year of training)**    **Novice (1-2 years of training)**    **Intermediate (2-4 years of training)**    **Advanced (4+ years of training)**  
 (White to orange belt)    (Green/white stripe to blue belt)    (Brown/white stripe 3<sup>rd</sup> Kyu to brown belt)    (1<sup>st</sup>kyu Brown to Black belt)

KATA		YOUTH DIVISIONS		KUMITE		WEAPONS DIVISIONS	
K1	5 yrs. & under Beg. (boys & girls)	SI	5 yrs. & under Beg. (boys & girls)	WI	10 & under short/long weapon (Boys/girls)	W3	11-17 short/long weapons (girls)
K2	6-7 years & Beg. (boys)	S2	6-7 years & Beg. (boys)	W5	11-17 short/long weapons (boys)	W7	18+ female short/long weapon
K3	6-7 years old Beg. (Girls)	S3	6-7 years old Beg. (Girls)	W9	18+ male short/long weapon		
K4	6-7 years old Nov. (Boys)	S4	6-7 years old Nov. (Boys)				
K5	6-7 years old Nov. (Girls)	S5	6-7 years old Nov. (Girls)				
K6	8-9 years old Beg. (Boys)	S6	8-9 years old Beg. (Boys)				
K7	8-9 years old Beg. (girls)	S7	8-9 years old Beg. (girls)				
K8	8-9 years old Nov. (Boys)	S8	8-9 years old Nov. (Boys)				
K9	8-9 years old Nov. (Girls)	S9	8-9 years old Nov. (Girls)				
K10	8-9 years old Int/Adv. (Boys)	SI0	8-9 years old Int / Adv. (Boys)				
K11	8-9 years old Int/Adv. (Girls)	SI1	8-9 years old Int/Adv. (Girls)				
K12	10-11 years old Beg. (Boys)	SI2	10-11 years old Beg. (Boys)				
K13	10-11 years old Beg. (Girls)	SI3	10-11 years old Beg. (Girls)				
K14	10-11 years old Nov. (Boys)	SI4	10-11 years old Nov. (Boys)				
K15	10-11 years old Nov. (Girls)	SI5	10-11 years old Nov. (Girls)				
K16	10-11 years old Int. (Boys)	SI6	10-11 years old Int. (Boys)				
K17	10-11 years old Adv (Girls)	SI7	10-11 years old Adv (Girls)				
K18	10-11 years old Adv. (Boys)	SI8	10-11 years old Adv. (Boys)				
K19	10-11 years old Adv. (Girls)	SI9	10-11 years old Adv. (Girls)				
K20	12-13 years old Beg. (Boys)	S20	12-13 years old Beg. (Boys)				
K21	12-13 years old Beg. (Girls)	S21	12-13 years old Beg. (Girls)				
K28	14-15 years old Beg./Nov. (Boys)	S28	14-15 years old Beg./Nov. (Boys)				
K29	14-15 years old Beg./Nov. (Girls)	S29	14-15 years old Beg./Nov. (Girls)				
K30	14-15 years old Int./Adv.. (Boys)	S30	14-15 years old Int./Adv. (Boys)				
K31	14-15 years old Int./Adv. (Girls)	S31	14-15 years old Int./Adv. (Girls)				
K32	16-17 years old Beg./Nov. (Boys)	S32	16-17 years old Beg./Nov. (Boys)				
K33	16-17 years old Beg./Nov. (Girls)	S33	16-17 years old Beg./Nov. (Girls)				
K34	16-17 years old Int./Adv. (Boys)	S34	16-17 years old Int./Adv. (Boys)				

**TEAM FAMILY KATAS**

**FTI** Team performance for Families (ONLY basic katas)  
 Kids and adults, males and females, can be combined

**CONTINUES: 12-13 years old Boys/Girls**

**K22** 12-13 years old Nov (Boys) - Kata  
**S22** 12-13 years old Nov (Boys) - Kumite  
**K23** 12-13 years old Novice (Girls) -Kata  
**S23** 12-13 years old Novice (Girls) – Kumite  
**K24** 12-13 years old Int (Boys) - Kata  
**S24** 12-13 years old Int (Boys) – Kumite  
**K25** 12-13 years old Int (Girls) – Kata  
**S25** 12-13 years old Int (Girls) - Kumite  
**K26** 12-13 years old Adv (Boys) - Kata  
**S26** 12-13 years old Adv (Boys) - Kumite  
**K27** 12-13 years old Adv (Girls) - Kata  
**S27** 12-13 years old Adv (Girls) - Kumite

KATA		ADULT DIVISIONS		KUMITE		PARA-KARATE (individuals with disabilities)	
K41	Women 18-34 Beg./Nov.	S41	Women 18-34 Beginner/Novice	D1	5-10 boys and girls	D2	11-17 boys and girls
K42	Women 18-34 Intermediate	S42	Women 18-34 Intermediate	D3	18 – 99 male and female		
K43	Women 18-34 Advanced	S43	Women 18-34 Advanced				
K44	Women 35+ Beg./Nov.	S44	Women 35+ Beginner/Novice				
K45	Women 35+ Brown Belts	S45	Women 35+ Brown Belts				
K46	Women 35+ Black Belts	S46	Women 35+ Black Belts				
K47	Men 18-34 Beg./Nov.	S47	Men 18-34 Beg./Nov.				
K48	Men 18-34 Intermediate	S48	Men 18-34 Intermediate				
K49	Men 18-34 Advanced	S49	Men 18-34 Advanced				
K50	Men 35+ Beginner/Novice	S50	Men 35+ Beginner/Novice				
K51	Men 35+ Brown Belts	S51	Men 35+ Brown Belts				
K52	Men 35+ Black Belts	S52	Men 35+ Black Belts				

**Divisions may be combined or split for fairness or need upon the Tournament Directors’ discretion.**

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# **“Seleny Joanne Karate Cup 2024” (SJ Cup '24)**

## **A Utah Regional Karate Championship**

**(In loving memory of Seleny Joanne Crosby)**



**Saturday, April 27<sup>th</sup>, 2024**

**Utah Military Academy (UMA) – 3901 W Waterbury Dr, Lehi, UT 84043**

**Registration & additional information: [www.tournamentinabox.com](http://www.tournamentinabox.com)**

**Late registrations fee after April 23<sup>rd</sup>, 2024, = \$15)**

On Saturday, April 27, 2024, join the “Seleny Joanne Karate Championship 2024” (SJ Cup '24), A Utah Regional Karate Championship, OPEN to ALL styles, ages, and ranks. Athletes with mental and physical conditions are welcome!!

The “SJ Cup 2024,” is not just competitions but a tribute to **Seleny Joanne Crosby's** spirit and passion for karate, in her 10<sup>th</sup> anniversary of her journey to Heaven. Let's celebrate her life and legacy together.

This tournament is sanctioned by the International Shotokan Shobukan Association of Japan (ISSKA); this unique event will be held in Lehi, UT, at the Utah Military Academy (UMA) of Lehi.



Participating in these events is essential for all Karatekas:

- You all train hard. Tournaments are a great way to show and test your skills with friends.
- Competing in tournaments and setting personal goals helps you stay motivated to train and succeed, growing your skills and confidence.
- You meet new people, make new friends, and help everyone work and succeed as a karate family.
- Without your support, these events may not happen in the future.

The Utah Military Academy is located at 3901 W Waterbury Dr, Lehi, UT 84043. There are several Hotels and facilities close to this beautiful small, and peaceful city. More information about the tournament can be found at <https://sjkarate.com/sj-cup/>, including the Tournament Entry Form, list of Competitor Divisions, a Map of the area, and the invitational letter.

**The opening ceremony begins at 8:30 am on April 23<sup>rd</sup>, 2024.**

The Spring is a beautiful time to visit Utah and have fun with your karate colleagues. So, get your friends and family together, and we'll see you in Lehi, Utah at the “SJ Cup 2024”!!

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