



English Goju-Ryu Karate-Do Association

Weekend Northern Junior Goju-Ryu Karate Championships **Saturday 27th & Sunday 28th March 2010**

The Northern Junior Goju Ryu Karate Championships will take place at the:

**Venue: 12 Quays Dojo, Woodchurch
Woodchurch High School Sports Complex
Carr Bridge Road
Woodchurch
Wirral, CH49 7NG**

Kata will take place on Saturday, 27th March 2010

Kumite will take place on Sunday, 28th March 2010

Senior comp will take place after the kata on Saturday 27th March 2010

Competition Categories:

Juniors: Aged 15 and under on the day of competition.

Cadets: Aged 16 or 17.

Seniors aged 18 - 21

The entry fee for the competition will be £20.00.

All entrants will receive an entrance medal and a cap.

Entrants may choose to participate in both the kata and sparring competitions, or elect to compete in just one or other of the events.

You can download an [Individual Entry Form](#) on the EGKA website that will help applicants collate the information they need to provide to their Sensei, who will in turn use it to complete the following Dojo Group Entry Form. Do **not return these individual forms to me**.

Dojo Senseis can download the [Dojo Group Entry Form](#) from the EGKA website. This is the form that should be completed and returned to me by the deadline date below. If a person's name is not on the submitted form – they won't be able to compete.

The Dojo Group Entry Form must be submitted by email to mclements118@hotmail.co.uk by **Saturday, 27th February 2010**. No entries will be accepted after this date. It takes up to four weeks for the medals and trophies to be engraved in time for the competition. It is neither fair nor practical for individuals or their Senseis to ask us to make exceptions to this rule, especially on the day.

In completing the entry form, please make sure:

1. The entrant's kyu grade is entered as a plain number, and not just the belt colour.
2. The entry form must disclose the entrant's height in inches. Failure to do so will automatically void the entry application for the kumite competition.
3. Please indicate how many spectators will be attending the competition so we can ensure that enough seating is provided. Spectators will be charged £1 admission to help pay for the hiring of the chairs.
4. Senseis should grade their students' sparring abilities on a scale of 1 to 5 (1 being fair, 5 being excellent).



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Team Kata

Team kata will take place on Saturday 27th March. No teams will be accepted on the day. Please ensure you complete the grade of team members on the application form. All members of a team must be within two grades of each other. A mixed team of high and low grades will not be accepted.

Competition Guide Lines:

Students training for more than 10 weeks at the time of the competition must perform San Dan Gi

San Dan Gi will be performed on both sides of the body by performing 6 moves back, followed by 6 moves forward, once only.

New young students who cannot yet perform San Dan Gi may enter for Kion Kata plus punching and blocking. All students will perform three level punching, three level blocking and the same four move kata which will consist of the following moves:

- Step back right leg, blocking left Jodan
- Step forward right leg punching right Chudan
- Kick left Mae Geri placing foot down in front of body, hands in Kamae position
- Kick right Hiza Geri
- Students will start and finish as in any normal kata.

Other students will be expected to perform the kata appropriate to their grade as follows:

- 10th Kyu San Dan Gi
- 9th/8th Kyu Gekisai Dai Ichi
- 7th/6th Kyu Gekisai Dai Ni
- 5th/4th Kyu Saifa
- 3rd/2nd Kyu Seiyunchin
- 1st Kyu Shisochin
- Black belts can choose between Shisochin or black belt kata

Northern Championships 18 – 21 years

This year's Northern Championships will also hold an 18-21 year old event.

This will take the format of the world championships and will be run on the Saturday once the Junior kata has been completed.

Both male and female competitors are welcome to compete.

All grades are eligible to take part.

Competitors will undertake one bout of kumite followed immediately by kata.

Competitors will need to win both the kumite and kata to progress to the next round.

All students who take part in the Kumite competition must bring their own safety equipment. These must include mitts, shin/insteps/ box (all males) and mouth guard. No sharing of equipment should take place due to risk of infection. Students should also be encouraged to bring their own head guard, but provision will be made to have head guards available on the day.

All students will be checked to ensure they have full equipment at the start of each bout. If any items are missing they will not be allowed to continue.



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To improve the standard of competition, all 4th Kyu students and above will compete under Shobu Ippon sparring rules. This form of sparring is decided by participants trying to score one point before their opponent within the given time limit of usually two minutes. It is a more disciplined form of sparring where the winning point is only awarded by the judges when an effective and technically correct punch or kick is delivered to the opponent.

Further details will be published and distributed to participating Dojos nearer the time. You may also obtain further information by contacting Heather McClements at the email address below.

Heather McClements
EGKA Northern Junior Competition Co-ordinator.
Email: mccllements118@hotmail.co.uk