

Arashi Do Calgary Presents

Samurai Sword Series #2
Deerfoot North School
Bay 101C 1120 53 ave NE Calgary

Saturday Nov 18th 2023

	Karate	BJJ	Muay Thai
9:00 AM	X	4 - 7 yrs	8 - 9 yrs
9:45 AM	X	8 - 9 yrs	4 - 7 yrs
10:30 AM	X	10 - 11 yrs	12 - 18 yrs
11:15 AM	X	12 - 18 yrs	10 - 11 yrs
Karate			
12:00 PM	4 - 5 yrs	X	X
12:45 PM	6 - 7 yrs	X	X
1:30 PM	Weapons/Team Kata	X	X
1:45 PM	8 - 9 yrs	X	X
2:30 PM	10 - 11 yrs	X	X
3:15 PM	12 - 18 yrs	X	X
4:00 PM	Black Belts	X	X

Weapons and Team Kata will run at 1:30 pm (teams can be 2 or more)

Cost \$50 (cash only please) – *Please arrive only 15 minutes before your division*

Check the rules for your divisions and let's have some great fun.

Karate – regular tournament rules apply, competitors will compete in Kata demonstration and point sparring. 1.5 minute rounds - All kids and white/yellow belts adults no head contact, orange and above touch only

Mini Monkeys – 4-5 years old divisions will be regular points, no submissions.

6 -7 will have basic submissions - Standing or seated start. 2 minute rounds.

BJJ – 8 - 9 years will have modified submission rules. 10 years - Adult: Point BJJ. IBJJF rules apply Standing Start. 2 mins for kids - points with limited submissions. 4 min for teens & adults.

Muay Thai – Tiny Thaigers, Jr. & Adult Muay Thai – continuous sparring scored by referee at the end of the round. 1 - 1.5 min rounds.

- All Kids no head contact / adults (white yellow prejiad) no head contact,
Adults orange Prejiad and up light touch contact