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**ISKF of Fort Collins**

P.O. Box 271730  
Fort Collins, Colorado 80527  
(970) 493-5987

**Affiliated with:**

International Shotokan Karate Federation (ISKF)  
ISKF, Mountain States Region (MSR)

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Senior Instructor  
Brian Davis

January 26, 2019

From: Tournament Co-Directors  
To: International Shotokan Karate Federation, Mountain States Region, Instructors  
Re: Dan Examination and 2019 Spring Tournament

It is time to start getting ready for annual March Tournament! Attached is the information for the 2018 tournament. New this year, a new venue at the Susan M. Duncan Family YMCA in Arvada, CO. Also, to prepare our region for a proposed change in national rules, we are adding Hangetsu to the list of sente katas.

Tournaments are a “special training”, an opportunity to step outside our comfort zone and challenge ourselves. In addition, it provides the opportunity to come together as a region, to meet people from other dojos and experience our greater ISKF Mountain States karate family. For these reasons, we hope that you will all encourage your students to take advantage of the chance to compete.

Make sure to review the attached rules as there have been some changes to line up with latest ISKF rules.

**Date:** March 9, 2019 (Saturday)

**Check In:** Dan Examination check in starts at 8:30 a.m. Tournament check in from 8:30 a.m. – 10:00 a.m.

**Where:** Susan M. Duncan Family YMCA, 6350 Eldridge St., Arvada, CO 80004

**Tournament web site:** <http://www.iskffc.com/SpringTournament>

**Competition Schedule:** Tournament competition will start with adult black belt divisions first this year, about 15 minutes after the dan exam is over.

**ISKF CARD** (Must have a current ISKF membership card for Tournament and Dan Examination.)

When you CHECK IN you will be asked for your ISKF MEMBERSHIP CARD. If you do not have this card, you may purchase one at the tournament for \$50.00 (\$45.00 membership dues plus \$5 fee).

**DEADLINE:** March 1, 2019 (Friday). All Dan examinees and Tournament competitors must be pre-registered. Dan Examination packets must be completed. All forms or Dan Examination packets must be postmarked no later than March 1, 2018. Dan examinees: do not forget to bring your ISKF passport!

**EMAIL DEADLINE:** March 3, 2018 (Sunday). Tournament registrations submitted via email must be sent. **Dan Examination paperwork cannot be submitted via email!**

**Tournament Enclosure:** (1) Map, (2) Registration Checklist, (3) Tournament Registration form, (4) Divisions, Fees, and Other Info (5) Tournament/Contestants Regulations (6) Dan Examination form

**MAIL FORMS and FEES TO:**  
ISKF of Fort Collins  
P.O. Box 271730  
Fort Collins, Colorado 80527

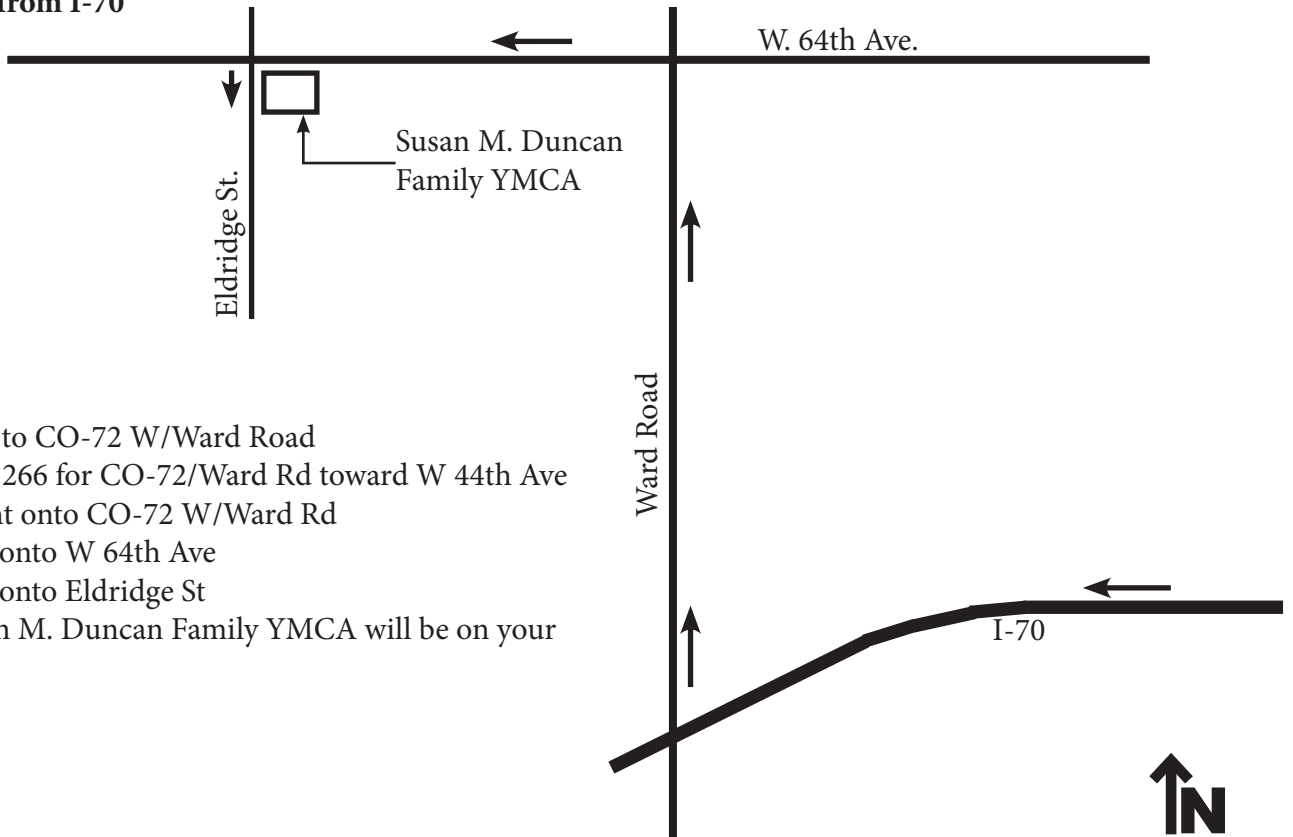
**EMAIL REGISTRATION and QUESTIONS TO:**  
[marchtournament@iskffc.com](mailto:marchtournament@iskffc.com)

Sincerely yours,  
Brian Davis and Maelo Maldonado,

Tournament Co-Directors

**Susan M. Duncan Family YMCA MAP**  
**6350 Eldridge St., Arvada, CO 80004**

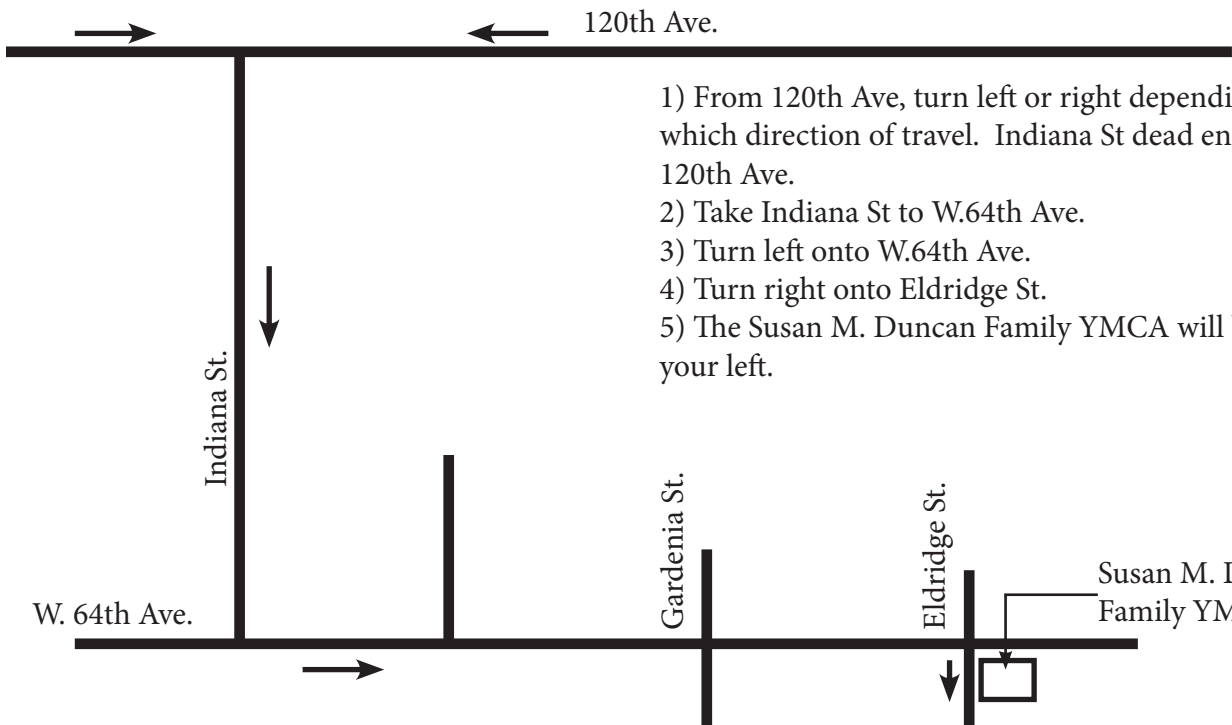
**Directions from I-70**



- 1) I-70 take to CO-72 W/Ward Road
- 2) Take exit 266 for CO-72/Ward Rd toward W 44th Ave
- 3) Turn right onto CO-72 W/Ward Rd
- 4) Turn left onto W 64th Ave
- 5) Turn left onto Eldridge St
- 6) The Susan M. Duncan Family YMCA will be on your left.

**↑ N**  
Not to Scale

**Directions from 120th Ave.**



- 1) From 120th Ave, turn left or right depending on which direction of travel. Indiana St dead ends into 120th Ave.
- 2) Take Indiana St to W.64th Ave.
- 3) Turn left onto W.64th Ave.
- 4) Turn right onto Eldridge St.
- 5) The Susan M. Duncan Family YMCA will be on your left.

**↑ N**  
Not to Scale

## **TOURNAMENT REGISTRATION CHECKLIST**

Get the 2019 Tournament registration packet. You can download the forms from:

<http://iskffc.com/springtournament>

### **REGISTRATION BY MAIL**

1. Fill in the registration form and waiver from the packet.
2. Mail registration form and check for events to:

ISKF Fort Collins  
P.O. Box 271730  
Fort Collins, Colorado 80527

3. Mailed registrations must be postmarked no later than March 1<sup>st</sup>, 2019.

### **REGISTRATION BY EMAIL**

1. Download Adobe Acrobat Reader (free software):
  - a. <http://get.adobe.com/reader>
2. Fill in the registration form found at:
  - a. <http://iskffc.com/springtournament>
3. Save the filled in form on your computer then mail this filled in form to:
  - a. [marchtournament@iskffc.com](mailto:marchtournament@iskffc.com)
  - b. Emailed registrations must be sent by March 3<sup>rd</sup>, 2019.
4. You will receive a confirmation once your registration has been processed.
5. **You will need to write a check and sign the waiver part of the registration when you check in on the day of the tournament.**

### **DAN EXAM REGISTRATION**

Follow the directions on the Dan Exam form included in the Tournament registration packet:

1. The latest ISKF Request for Dan Registration form can be found at:
  - a. <https://iskf.com/wp-content/uploads/2017/10/danreg2017.pdf>
  - b. Requires Adobe Acrobat to fill in.
2. Send the completed packet (tournament package half form, ISKF Dan request form, photo and 2 checks) to:

ISKF Fort Collins  
P.O. Box 271730  
Fort Collins, Colorado 80527

**Dan Registration packets CANNOT be submitted via email.**

3. Dan Registration packets must be postmarked no later than March 1<sup>st</sup>, 2019.

**Mountain States Region  
Spring Tournament Registration  
Form March 9, 2019**

# REGISTRATION FORM

Tournament Fee Check # \_\_\_\_\_

Team Kata Fee Check # \_\_\_\_\_

FOR ADMIN USE ONLY.

## **(1) INDIVIDUAL** (Contestants must complete)

*Please print legibly:*

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Initial \_\_\_\_\_

Age \_\_\_\_\_ Gender \_\_\_\_\_ (M/F) Kyu/Dan Level \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Your Phone Number \_\_\_\_\_ / \_\_\_\_\_ - \_\_\_\_\_

Dojo \_\_\_\_\_ Instructor Name \_\_\_\_\_

Kata division # \_\_\_\_\_ Kumite division # \_\_\_\_\_ Check amount: \_\_\_\_\_

I, the undersigned, understand that my participation in the March 9th, 2019, Spring Tournament may result in personal injury or other type of misfortune. I am aware of this potential danger, and with full knowledge of these risks, voluntarily accept and assume these risks of injury or other misfortune by participating in these activities. By signing this RELEASE FORM, I accept full responsibility. On behalf of myself and my successors, assigns, and heirs, release ISKF, ISKF of Colorado, the Susan M. Duncan Family YMCA, the Tournament Director and all members of the Tournament Committee or their respective office, agents, representatives, successor and/or assignees, for all liability and claims against them for any circumstances resulting from my participation, in the tournament, examination, or travel. I accept full financial obligation for any and all medical, hospitalization or other costs related to any injury, misfortune or other circumstances resulting from my participation in the tournament, examination or travel.

\_\_\_\_\_  
(Signature of participant) Date \_\_\_\_\_

\_\_\_\_\_  
(Signature of legal guardian, if under 18 years of age) Date \_\_\_\_\_

## **(2) TEAM KATA** (Team Captain please complete)

*FOR TEAM KATA*

Team Kata Div # \_\_\_\_\_

Team NAME \_\_\_\_\_

Team Captain \_\_\_\_\_ Age \_\_\_\_\_

Team Member \_\_\_\_\_ Age \_\_\_\_\_

Team Member \_\_\_\_\_ Age \_\_\_\_\_

| Events                                     |              |        |            |        |  |
|--|--------------|--------|------------|--------|--|
| Belt Level                                 | Age          | Gender | Division # |        |  |
|  |              |        | Kata       | Kumite |  |
| Beginner (white belt/9th kyu)              | 6 and under  | M/F    | K1         |        |  |
| Beginner (white belt/9th kyu)              | 7 - 12       | M/F    | K2         | S2     |  |
| Yellow/Orange belt (8th/7th kyu)           | 7 and under  | M/F    | K3         | S3     |  |
| Yellow/Orange belt (8th/7th kyu)           | 8 - 12       | M/F    | K4         | S4     |  |
| White/Yellow/Orange belt (9th/8th/7th kyu) | 13 - 17      | M/F    | K5         | S5     |  |
| White/Yellow/Orange belt (9th/8th/7th kyu) | 18 and over  | M/F    | K6         | S6     |  |
| Green/Purple belt (6th/5th/4th kyu)        | 7 - 12       | M/F    | K7         | S7     |  |
| Green/Purple belt (6th/5th/4th kyu)        | 13 - 17      | M/F    | K8         | S8     |  |
| Green/Purple belt (6th/5th/4th kyu)        | 18 and over  | M/F    | K9         | S9     |  |
| Brown/Black belt (3rd kyu - yondan)        | 7 - 12       | M/F    | K10        | S10    |  |
| Brown/Black belt (3rd kyu - yondan)        | 13 - 17      | W      | K11        | S11    |  |
| Brown/Black belt (3rd kyu - yondan)        | 18 - 44      | M      | K12        | S12    |  |
| Brown belt (3rd/2nd/1st kyu)               | 18 - 44      | W      | K13        | S13    |  |
| Brown belt (3rd/2nd/1st kyu)               | 18 - 44      | M      | K14        | S14    |  |
| Brown belt (3rd/2nd/1st kyu)               | 45 - 54      | W      | K15        | S15    |  |
| Brown belt (3rd/2nd/1st kyu)               | 45 - 54      | M      | K16        | S16    |  |
| Brown belt (3rd/2nd/1st kyu)               | 55 - 64      | W      | K17        | S17    |  |
| Brown belt (3rd/2nd/1st kyu)               | 55 - 64      | M      | K18        | S18    |  |
| Brown belt (3rd/2nd/1st kyu)               | 65 and over  | W      | K19        | S19    |  |
| Brown belt (3rd/2nd/1st kyu)               | 65 and over  | M      | K20        | S20    |  |
| Black belt (shodan - yondan)               | 18 - 44      | W      | K21        | S21    |  |
| Black belt (shodan - yondan)               | 18 - 44      | M      | K22        | S22    |  |
| Black belt (shodan - yondan)               | 45 - 54      | W      | K23        | S23    |  |
| Black belt (shodan - yondan)               | 45 - 54      | M      | K24        | S24    |  |
| Black belt (shodan - yondan)               | 55 - 64      | W      | K25        | S25    |  |
| Black belt (shodan - yondan)               | 55 - 64      | M      | K26        | S26    |  |
| Black belt (shodan - yondan)               | 65 and over  | W      | K27        | S27    |  |
| Black belt (shodan - yondan)               | 65 and over  | M      | K28        | S28    |  |
| TEAM kata, youth                           | 12 and under |        | T1         |        |  |
| TEAM kata, adult                           | 13 and over  |        | T2         |        |  |

**Find your belt rank, age and gender to determine your division(s)**

## **TOURNAMENT CHECK-IN**

**Tournament check-in is between 8:30AM - 10:00AM.** When you check in, you must present your ISKF membership card. If you do not have your membership card, you may purchase one at the tournament.

Tournament will begin approximately 15 minutes after the dan examination is complete. Competition will begin with the adult black belt divisions. After these divisions are complete, we will continue with beginner and youth divisions, and progress upward through ranks and age.

## **DAN EXAM CHECK-IN**

**Check-in for the dan exam is at 8:30AM.** When you check in, you must present your ISKF membership card AND your ISKF Passport. If you do not have your membership card, you may purchase one at the tournament.

## **EQUIPMENT REQUIRED**

White sparring gloves and mouth guards are compulsory for all contestants doing **JYU IPPON KUMITE** (semi-free sparring) or **JYU KUMITE** (free sparring). Only ISKF approved gloves made with non-blood-absorbent material that may be easily cleaned with a bleach disinfectant solution may be worn.

If the contestant does not have these items at the start of match, the referee may/will DISQUALIFY the contestant.

## **TOURNAMENT FEES AND REGISTRATION**

Fee for one event (kata or kumite): **\$30.00**

Fee for both events (kata and kumite): **\$35.00**

Fee for team kata: **\$35.00**

Make checks payable to: **ISKF**

**Registration forms and fees should be mailed to:**

**ISKF of Fort Collins  
PO Box 271730  
Fort Collins, CO 80527**

**Deadline: All forms/fees must be postmarked by March 1, 2019**

**Late registrations will not be accepted. It will not be possible to register on the day of the tournament.**

# TOURNAMENT/CONTESTANTS' REGULATIONS

## 1. Contestants:

- a. Must be in the Mountain States Region and an ISKF member with membership card.
- b. The tournament director reserves the right to combine the events when appropriate.
- c. Contestants must wear a clean white karate gi. Toenails and fingernails must be trimmed short.
- d. No footpads, gloves, wrapped bandages, braces or any metallic objects may be worn.
- e. Mouthpiece is mandatory in semi-free and free sparring. Groin protector and chest guards for women are optional.
- f. ISKF-approved white protection hand guards required for semi-free and free sparring.
- g. No external eyewear, including safety glasses, will be allowed in kumite/sparring matches.
- h. Absolutely no jewelry of any type will be permitted to be worn by competitors or officials (male or female).

## 2. Kata Eliminations/Finals:

**All matches** will be judged by flag system, except for the final rounds which will be points system.

**Eliminations:** competitors will not be required to perform kata higher than that of their next promotion exam. You will however, be responsible for all prior kata(s). *In case of a draw a different kata must be performed except for white belts.*

**Finals:** You may perform your choice of kata in the finals, but **NOT** higher than your belt level.

**Draw:** in case of a draw, a different kata must be performed except for white belts. If there is a second draw, the highest score will be added back into the score of the first draw kata to determine the winner. If there is still a draw, the lowest score of the first draw kata will be added back into the score to determine the winner. If there is still a draw, the referee and judges must decide who wins.

**Brown belts** must be able to perform *Heians 1-5* or *Tekki Shodan*. The final round will use the points system. You may perform one of the following: any *Heian kata*, *Tekki Shodan*, *Bassai Dai*, *Empi*, *Hangetsu*, *Jion*, or *Kanku Dai*.

**Black belts** first and second rounds you must be able to perform *Heians 1-5* or *Tekki Shodan*. Third and fourth round eliminations will be *sentei* katas: *Bassai Dai*, *Empi*, *Jion*, *Hangetsu* or *Kanku Dai*. The final round is your choice of kata.

**Team Kata** will be judged by points system on the team's individual kata. Teams must have three members, any gender. Youth team members may NOT be over 17 years of age. Adult must be 18 and over. The kata performed must be in accordance with the status of the lowest ranking member of the team.

## 3. Kumite Eliminations/Finals:

### White, Yellow, and Orange belts (Beginners – 7<sup>th</sup> kyu)

**Eliminations/Finals:** matches will be ippon kumite (one step sparring) four attacks. 1) *jodan oizuki* (lunge punch to the face) and 2) *chudan oizuki* (lunge punch to the mid-section). Switch legs, 3) *jodan oizuki*, and 4) *chudan oizuki*. ISKF rules apply.

### Green and Purple belts (6<sup>th</sup> kyu – 4<sup>th</sup> kyu)

**Eliminations/Finals:** matches will be ippon kumite (one step sparring) four attacks, using their favorite side (not alternating sides). 1) *jodan oizuki* (lunge punch to the face), 2) *chudan oizuki* (lunge punch to the mid-section), 3) *chudan mae geri* (front snap kick to the mid-section), 4) *chudan yoko geri kekomi*. ISKF rules apply.

### **Brown belts (3rd kyu – 1st kyu)**

**Eliminations and Finals:** ALL matches will be judged on *jiyu ippon kumite* (semi-free sparring) attack four times with the favorite side (not alternating sides). 1) *jodan oizuki* (lunge punch to the face), 2) *chudan oizuki* (lunge punch to the mid-section), 3) *chudan mae geri* (front snap kick to the mid-section), and 4) *chudan yoko geri kekomi* (side thrust kick to the mid-section). The last four competitor winners will advance to the finals.

### **Back Belts (54 and under) (Shodan - Yondan)**

**Eliminations and Finals:** ALL matches will be judged on *jiyu kumite* (free sparring). ISKF rules apply.

### **Brown and Black Belts (55 and up) (3rd kyu - Yondan):**

**Eliminations and Finals:** ALL kumite matches will be *jiyu-ippon kumite* (semi-free sparring). It is their choice of attack side. The technique and target area will be announced loudly before each attack.

## **Competitor Information**

**Offensive:** All matches with *ippon kumite* (one step sparring) will start with aka (red side) initiating the attack. After aka is done attacking, both sides return to their starting position. Thereafter, shiro (white side) attacks. The technique and target area will be announced loudly before each attack.

During *ippon kumite* and *jiyu-ippon kumite* matches, a contestant who utters verbal noises (other than kiai), engages in feints, false starts, and/or other attempts to distract the opponent shall be given a warning. If a contestant announces a technique or target area and delivers a different technique, attacks a different target area, that contestant will be given a warning. The second offense of any of these violations will disqualify the contestant.

**Defensive:** Competitors doing *ippon kumite* or *jiyu ippon kumite* in which the defending side does NOT employ at least 2 (two) different types of counter-attacks as counter measures to the offensive attacks, that contestant shall be disqualified. This disqualification shall be administered at the completion of the individual contest.

When counter-attacking the defending contestant is not permitted to employ the following: sweeping techniques, any techniques aimed below the waist, throwing, wrist locks, joint manipulation or, techniques aimed at a joint, grabbing, other techniques deemed dangerous by the Judges. Use of any of these techniques will result in disqualification.

*Jiyu ippon kumite* and *jiyu kumite* escaping out of bounds by the defending side will result in the following: First time – *jogai keikoku* (out of bound), second time – *jogai chui* (warning), and third time – *jogai hansoku* (disqualification, loss of match).



**Draws:** in case of a draw during *ippon kumite* matches, the referee shall instruct the contestants to repeat their offensive techniques. Contestants will switch attack sides (e.g. if attacks were performed with right side the first time, they will be performed with left side the second time). After *aka* is done attacking, both sides return to their starting positions. Thereafter, *shiro* (white side) attacks. *Jiyu ippon kumite* in case of a draw, the same rules apply.

**Requirements:** *jiyu ippon kumite* (semi-free sparring) and *jiyu kumite* (free sparring) a mouthpiece and ISKF-approved white hand guards are required. **CONTESTANTS WITHOUT A MOUTHPIECE AND ISKF APPROVED WHITE HAND GUARDS WILL BE DISQUALIFIED.**

The standard criteria for free sparring matches will apply. Each match will last for two minutes or until one of the contestants earns a full point (two half points or one full point). At the end of two minutes, if no contestant has earned a full point and the judge declares a draw, a two-minute overtime will be held. The first contestant to score a half point or full point will be the winner, in overtime.

A full point will be awarded if a technique is delivered with good distance, timing, power, and spirit. A half point will be awarded if one of these points is lacking: distance, timing, power, and spirit.

**The following acts will be prohibited:**

1. Full contact to the face or body.
2. Attacks to the groin area.
3. Attacks to the face or throat with *nukite*.
4. Persistent attacks to the shin.
5. Direct attacks to the arms, legs, joints, groin, instep, or other vulnerable areas.
6. Dangerous throws, head ramming etc.
7. Grabbing, clenching or body clashing against the Opponent is unnecessary.
8. Un-sportsman-like behavior or language, including feigning or exaggerating an injury.

**Fouls and Disqualification:**

1. Stepping out of the ring twice will result in a warning; third time will result in disqualification.
2. When a contestant is about to or has already committed a prohibited act the referee shall give a warning or announce a foul. If the contestant then commits the same act or another prohibited act, the contestant shall be disqualified.
3. Failure to obey the orders of the referee will result in disqualification.
4. If a contestant becomes overexcited to such an extent that he/she is considered by the referee to be a danger to his/her opponent, the contestant shall be disqualified.
5. If a contestant commits acts that are considered to be malicious or commits acts that are will full violations of the rules, he/she shall be disqualified.

**THESE RULES WILL BE STRICTLY ENFORCED.**

**Instructors:** Please review these rules and go over them with your students prior to competition. All competitors are expected to know the rules for their division and will be held to them. If there are any questions concerning the rules, please feel free to contact the Tournament Director or Chief Judge.

# ISKF MOUNTAIN STATES REGION - DAN EXAMINATION FORM

Instructor \_\_\_\_\_

|                     |                    |                   |                            |
|---------------------|--------------------|-------------------|----------------------------|
| <b><u>Name:</u></b> |                    | <b><u>Age</u></b> | <b><u>Present Rank</u></b> |
| <b>DOJO:</b>        | <b>ISKF MEMBER</b> | <b>EXAM DATE</b>  | <b>LOCATION</b>            |
|                     |                    |                   |                            |
| <b>KATA</b>         | <b>KIHON</b>       | <b>KUMITE</b>     | <b>RESULT</b>              |
|                     |                    |                   |                            |

REMARKS: \_\_\_\_\_

\_\_\_\_\_ EXAMINER: \_\_\_\_\_

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**CUT ABOVE THIS LINE AND FILL OUT WITH PEN**

The Dan Certificate form needs to be filled out on the computer. Please go to:  
<https://iskf.com/wp-content/uploads/2017/10/danreg2017.pdf> and fill it out  
 and print. Attach a photo to this form.

**DO NOT USE ANY OTHER FORM THAN THIS!!!**

### ISKF DAN FEES

| RANK   | EXAM FEE | REGISTRATION FEE |
|--------|----------|------------------|
| SHODAN | \$80     | 90               |
| NIDAN  | 100      | 120              |
| SANDAN | 120      | 165              |
| YONDAN | 150      | 220              |

**Two checks need to be written. The Exam Fee goes to ISKF and the Registration Fee goes to the ISKF. PLEASE ATTACH THE CHECKS, THE DAN CERTIFICATE FORM AND A PICTURE AND THE EXAMINATION FORM WITH A PAPER CLIP AND SEND IT TO:**

**ISKF of Fort Collins**  
**PO Box 271730**  
**Fort Collins, CO 80527**