

WESTERN PROVINCIAL OPEN

March 20, 2010

Pre-registered Competitors

First to register

Last to Compete!

*Black Belt
Team Sparring*
**Championship
Gloves!**

*Under Belt
Grande Champion*
WAVEMASTER!

Four Points by Sheraton

7230 Argyll Road

Edmonton, AB

Cody Diesbourg

premiermartialarts@gmail.com

780-238-5425

www.premierma.net



The Western Provincial Open

It gives me great pleasure to invite all Martial Artists to participate in the 3rd annual WKC Provincial qualifier, The Western Provincial Open, on March 20, 2010.

This tournament is unique because it allows competitors to challenge each other for the top spot in Alberta. Black Belt divisions qualify the top eight competitors to move on to Nationals. Under belts are welcome to compete in their respective divisions (Novice, Intermediate, or Advanced) or they may compete in the Black Belt divisions to qualify for Nationals. The top three competitors at Nationals will qualify to compete for Canada at the 2010 WKC world event held in Portugal!

Thank you to all the volunteers, judges, sponsors and competitors- your support is essential to the success of this tournament. Also, a special thanks to everyone who will be travelling from out of town to help make this event possible. Good luck to everyone and have fun!

Cody Diesbourg
Director, WKC Alberta

Schedule of Events

Friday, March 19th

Sparring Seminar with Cody Diesbourg

- **7:00 pm.** – Seminar Registration/Pre-Registration Pickup
- **7:30 - 9:00 p.m.** – Sparring Seminar

Saturday, March 20th

- **9:00 a.m.** - Registration begins.
- **11:00 a.m.** - All Weapons Divisions begin.
- All Forms and Sparring Divisions will follow Weapons.
- Under belt Jr. Grand Champion as well as Black Belt and Under belt team sparring will be run off after all divisions are completed.

Information

- **Hotel Info:** Four Points by Sheraton Edmonton South
7230 Argyll Road, Edmonton; Phone: 780-465-7931 or 1-800-368-7764
A block of rooms are being held until February 17, 2010
You must identify yourselves as being with Western Provincial Open
- Under belt Jr. Grand Champion Award: Wavemaster!
- Black Belt Team Fighting Champions: Championship Gloves!
- Jr. Team Fighting Champions: Championship Gloves!
- All Sparring Competitors **must** provide own equipment.
- **Mail in Pre-Registration:** #402-14708 50 Street Edmonton AB, T5A 5G9
No personal Cheques. Certified cheques or money orders only. All competitors who pre-register before March 8, 2010 will have their name placed at the end of the Kata and Weapons result sheets in order of receipt of registration. Example: first to pre-register is the last one to compete.

WESTERN PROVINCIAL OPEN RING ASSIGNMENT SHEET

All rings run in the order listed below

It is your responsibility to be at your assigned ring

Grands and team sparring will be run off after all divisions are completed

<p style="text-align: center;">Ring 1 13-17 Black Belt</p> <p style="text-align: center;">Weapons Musical Weapons Hard Style Boys Hard Style Girls Open Musical Soft Style Boys Soft Style Girls</p> <table border="1" style="width: 100%; margin-top: 10px;"> <tbody> <tr> <td style="width: 50%; text-align: center; padding: 5px;"> Boy's Sparring/Continuous Light -50kg Middle -60kg Heavy +60kg </td> <td style="width: 50%; text-align: center; padding: 5px;"> Girl's Sparring/Continuous Light -45kg Middle -55kg Heavy +55kg </td> </tr> </tbody> </table>	Boy's Sparring/Continuous Light -50kg Middle -60kg Heavy +60kg	Girl's Sparring/Continuous Light -45kg Middle -55kg Heavy +55kg	<p style="text-align: center;">Ring 2</p> <p style="text-align: center;">13-17 Weapons 7-8 Beg/Int/Adv Forms 7-8 Beg/Int/Adv Sparring 11-12 Beg/Int/Adv Forms 11-12 Beg/Int/Adv Sparring</p>	
Boy's Sparring/Continuous Light -50kg Middle -60kg Heavy +60kg	Girl's Sparring/Continuous Light -45kg Middle -55kg Heavy +55kg			
<p style="text-align: center;">Ring 3 Adult Black Belt</p> <p style="text-align: center;">Musical weapons Weapons +35 Weapons Open Musical Hard Style Men Hard Style Women +35 Hard Style Soft Style Men Soft Style Women</p> <table border="1" style="width: 100%; margin-top: 10px;"> <tbody> <tr> <td style="width: 33%; text-align: center; padding: 5px;"> Men's Sparring/ Continuous Light -65kg Middle -80kg Heavy +80kg </td> <td style="width: 33%; text-align: center; padding: 5px;"> Women's Sparring/ Continuous Light -55kg Middle -65kg Heavy +65kg </td> <td style="width: 33%; text-align: center; padding: 5px;"> +35 Sparring/ Continuous Men Women </td> </tr> </tbody> </table>	Men's Sparring/ Continuous Light -65kg Middle -80kg Heavy +80kg	Women's Sparring/ Continuous Light -55kg Middle -65kg Heavy +65kg	+35 Sparring/ Continuous Men Women	<p style="text-align: center;">Ring 4</p> <p style="text-align: center;">-12yrs Weapons Little Dragon Forms Little Dragon Sparring 9-10 Beg/Int/Adv Forms 9-10 Beg/Int/Adv Sparring</p>
Men's Sparring/ Continuous Light -65kg Middle -80kg Heavy +80kg	Women's Sparring/ Continuous Light -55kg Middle -65kg Heavy +65kg	+35 Sparring/ Continuous Men Women		
<p style="text-align: center;">Ring 5 -12yrs Black Belt</p> <p style="text-align: center;">Musical Weapons Weapons Hard Style Boys Hard Style Girls Open Musical Soft Style Boys Soft Style Girls</p> <table border="1" style="width: 100%; margin-top: 10px;"> <tbody> <tr> <td style="width: 50%; text-align: center; padding: 5px;"> Boy's Sparring/Continuous Light -30kg Middle -40kg Heavy +40kg </td> <td style="width: 50%; text-align: center; padding: 5px;"> Girl's Sparring/Continuous Light -30kg Middle -40kg Heavy +40kg </td> </tr> </tbody> </table>	Boy's Sparring/Continuous Light -30kg Middle -40kg Heavy +40kg	Girl's Sparring/Continuous Light -30kg Middle -40kg Heavy +40kg	<p style="text-align: center;">Ring 6</p> <p style="text-align: center;">Adult Weapons +35 Weapons</p> <p style="text-align: center;">13-17 Beg/Int/Adv Forms 13-17 Beg/Int/Adv Sparring Adult Beg/Int/Adv Forms +35 Adult Forms Men's Beg/Int/Adv Sparring Women's Beg/Int/Adv Sparring +35 Women's Sparring +35 Men's Sparring</p>	
Boy's Sparring/Continuous Light -30kg Middle -40kg Heavy +40kg	Girl's Sparring/Continuous Light -30kg Middle -40kg Heavy +40kg			

Event Rules Summary

Point Sparring

- **Full equipment needed:** feet, hands, headgear, mouth guard, and groin protection.
- **Contact Level:** Beginner and Intermediate competitors are not allowed to touch the head gear. Control must be shown by pulling back the punch before it touches. If a touch occurs the competitor will get a warning, then a point awarded to the other opponent, followed by a disqualification. Advanced competitors are allowed light contact to the head gear.
- **Match:** Under belts match length 90sec. or 10 point spread.
Black Belts match length 2min or 10 point spread.
In the event of a tie the first point wins.
- **Scoring:** Punches = 1 point
Kicks to the body = 1 point
Kicks to the head = 2 points
Jump kick to body = 2 points
Jump kick to the head = 3 points

Continuous Sparring

- **Full equipment needed:** 10oz boxing gloves, shin, feet, hand, headgear, mouth guard and groin protection.
- **Illegal Techniques:** elbows, knees, blind spinning techniques, contact to the back of the head or back, leg sweeps/throws.
- **Match:** Match length 2 x 90sec rounds with 30sec break in between.
- **Contact Level:** All contact must stay light. Heavy contact will result in a warning followed by disqualification.

Team Sparring

- **Black Belt Adult** - 3 member teams ages 16+.
- **Jr. Team Fighting** – 3 member teams ages: -10yrs, 11-12yrs, 13-16yrs all belts.
- Team members do **NOT** have to be from the same school.
- All members will fight 2min matches.
- The scores from each match will be added up and the team with the most points wins. In the event of a tie, each team will send 1 fighter for a 1 minute overtime.
- Regular sparring rules.
- Winning team receives 3 pairs of Championship Gloves.

All forms divisions will be run according to WKC rules. Complete rules can be found at www.wkccanada.com

WESTERN PROVINCIAL OPEN

PRE-REGISTRATION FORM

(Pre-Registration must be postmarked by March 8, 2010)

Name _____ Age _____ Sex _____

Address _____ Postal Code _____

Phone Number _____ Belt Rank _____

E-mail _____

Club _____ Instructors Name _____

All competitors who pre-register before March 8, 2010 will have their name placed at the end of the Kata and Weapons result sheets in order of receipt of registration. Example: first to register is the last one to compete.

***NOTE: EVERYONE WANTING TO QUALIFY FOR THE WKC NATIONAL EVENT MUST COMPETE IN THE BLACK BELT DIVISIONS.**

(BLACK BELTS)

See ring assignment page to find your division. Enter the complete division name below, including the age, belt colour, and sex.

Weapons _____ **Open Musical** _____

Musical Weapons _____ **Sparring** _____

Hard Style Forms _____ **Continuous Sparring** _____

Soft Style Forms _____

(UNDERBELTS)

Weapons _____

Forms _____

Sparring _____

TEAM SPARRING (3 members)

See rules summary page for more information.

Team Name _____

Members _____

FIGHTING SEMINAR

Check off if Attending: _____

COMPETITOR FEES

*****Certified cheque or money order only, made payable to Premier Martial Arts**

*****Day of tournament cash only. No refunds.**

PRE-REGISTRATION (Ends March 8th)

Divisions: 1st division =\$40; Additional division =\$10 each.

Team Sparring =\$75 per 3 person team

Sparring Seminar: \$20.00

Send to: Premier Martial Arts #402-14708 50 St. Edmonton, AB T5A 5G9

Total \$ _____.

After March 8th: 1st division =\$50; Additional division =\$15; Sparring Seminar: \$40.00

I _____ agree to assume full responsibility for any and all damages, injuries, or losses that I may sustain or incur, if any, while attending or participating during the Martial Arts Event held at the Four Points by Sheraton March 19 and 20, 2010. I hereby waive all claims against the Western Provincial Open, the operators, the venue or sponsors of this event, Cody Diesbourg, Premier Martial Arts, or any and all others connected with this tournament for any claims for injuries I may sustain. I understand that any medical treatment given to me will be first aid treatment. I have read, understand and agree to abide by the rules associated with this event. Additionally I am fully aware of my own personal medical condition and hereby certify that I am mentally and physically fit to compete at said event. Lastly I hereby waive any compensation whatsoever for the use of picture, videotape, media coverage, statements, etc., utilized by those producing or directing this event at any time.

Signature _____

Parent/Guardian Signature (If Under 18) _____