



**Shotokan**  
*Karate Centres England*

18th May 2010

**CHILDREN AND CADETS KYU GRADE KATA COURSE AND TOURNAMENT**

VENUE : Hillingdon Sports Centre, Uxbridge, Middlesex, UB8 1ES  
DATE : Sunday 18<sup>th</sup> July 2010  
TRAINING : Commencing at 10am to 12 midday  
TOURNAMENT : Commencing at 1pm to approx 4pm  
COST : Training including Tournament - £10.00 per person

We have established a special new style course combined with a tournament for 9<sup>th</sup> Kyu to 1<sup>st</sup> Kyu Children and Cadets (under 18 years old).

The idea will be commencing with a 2-hour kata training session in the morning concentrating on the kata's Heian Shodan to Godan and Tekki Shodan and Bassai Dai as appropriate to the individuals grade, and, after lunch continuing with a kata tournament for everyone.

The course will be given by the Senior SKCE Instructors assisted by the SKCE International squad members.

The event categories will be as follows and the competitors will only be required to perform kata's appropriate to their present grade, eg, someone just graded to 7<sup>th</sup> kyu may choose their previous kata (Heian Nidan):-

Up to 10 years Individual boys and girls  
11 to 13 years Individual boys and girls  
14 to 18 years Individual boys and girls  
Team Kata (can be mixed any age) up to 18 years

9<sup>th</sup>, 8<sup>th</sup> and 7<sup>th</sup> Kyu – Syllabus: Heian Shodan, Nidan and Sandan

6<sup>th</sup>, 5<sup>th</sup> and 4<sup>th</sup> Kyu – Syllabus: Heian Yondan, Godan and Tekki Shodan

3<sup>rd</sup>, 2<sup>nd</sup> and 1<sup>st</sup> Kyu – Syllabus: All Kata's up to Bassai Dai

The Team Kata will not be a Club entry but can be made up of 3 friends - boys, girls or mixed, any age but within the grade category, who decide to get together and want to try Team Kata. You can call the team whatever name you wish.

The SKCE Squad will be on hand to give demonstrations and to assist generally.



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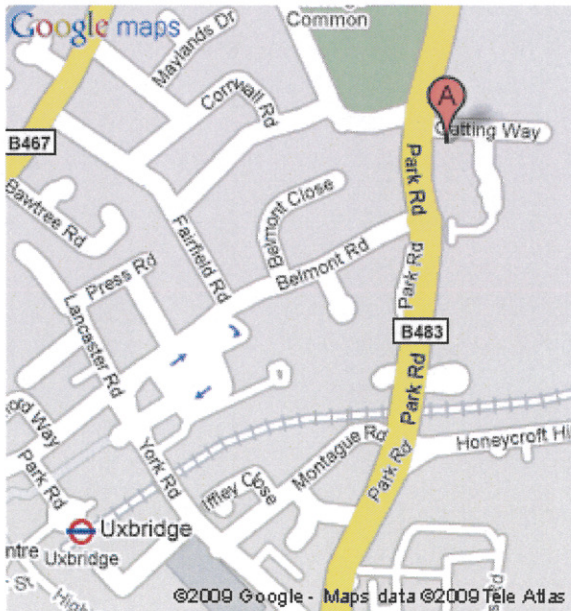
The judging for the tournament will be the flag system with areas controlled by Senior Referees and assisted by senior squad members and other Dan grades to help give them experience with judging competitions.

The cost will be £10/person which will include both the training and the tournament entry. Club Instructors to complete and return the attached entry form which must be submitted by 10<sup>th</sup> July 2010 on the attached form to: Con O'Mahoney, 17 West Way, Rickmansworth, Hertfordshire, WD3 7EH.

All cheques must be made payable to: SKC England.

We are hoping to provide another special course and tournament in September but this time for Kumite only.

#### **LOCATION OF HILLINGDON SPORTS AND LEISURE COMPLEX**



**Address:** Hillingdon Sports and Leisure Complex, Gatting Way, Uxbridge, Middlesex, UB8 1ES

**Contact:** Tel No: 0845 1307 324

#### **How to find us:**

**Bus:** U1, U2, U3, U4, 331, 202, 617 - Uxbridge bus station

**Tube:** Uxbridge Station

**Car:** Off the A40 Park Road onto Gatting Way (Please note: Parking meters will be operational soon).

