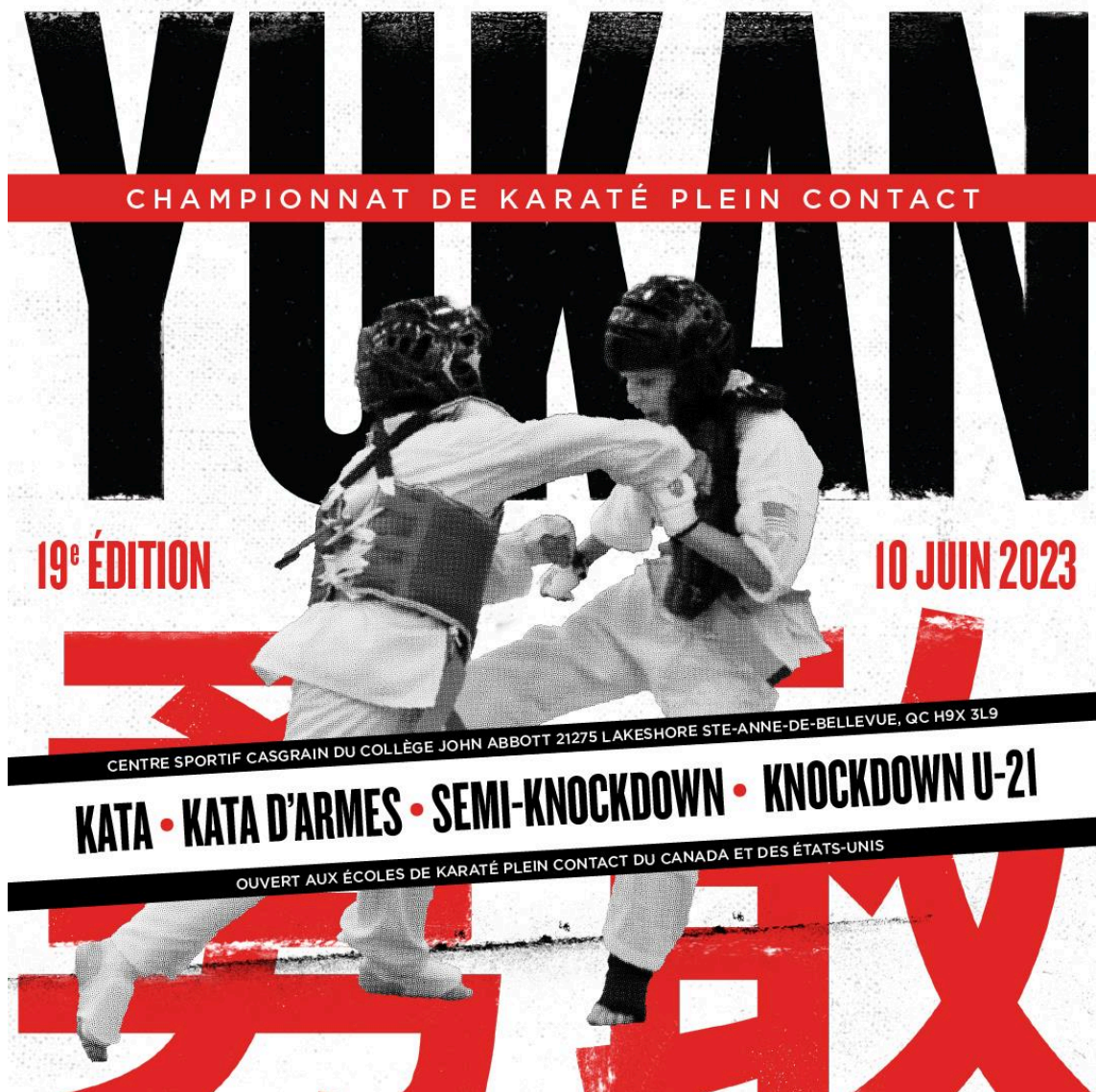


YUKAN 2023

Full Contact Karate Championship

A black and white photograph of two karate practitioners in full contact gear sparring. One is in a defensive stance while the other is attacking with a punch. The background features large, stylized Japanese characters in red and black.

YUKAN

CHAMPIONNAT DE KARATÉ PLEIN CONTACT

19^e ÉDITION

10 JUIN 2023

CENTRE SPORTIF CASGRAIN DU COLLÈGE JOHN ABBOTT 21275 LAKESHORE STE-ANNE-DE-BELLEVUE, QC H9X 3L9

KATA • KATA D'ARMES • SEMI-KNOCKDOWN • KNOCKDOWN U-21

OUVERT AUX ÉCOLES DE KARATÉ PLEIN CONTACT DU CANADA ET DES ÉTATS-UNIS

Presented by Montreal Kanreikai Karate

INVITATION

Osu!

It is with great pleasure that we invite you to take part in the [Yukan Full Contact Karate Championship 2023](#):

On Saturday, June 10
At the Casgrain Sport Center of John Abbott College
Sainte-Anne-de-Bellevue, QC, Canada.

The **19th Yukan Championship** is an occasion for **Full Contact Karate** practitioners from Canada and the United States to meet and compete in a safe and stimulating environment.

This Karate Championship will present the **following events**:

- **Kata** – 4 years old and up – 10th Kyu (White Belt) to Black Belt – in the morning
- **Weapon Kata** – 6 years old and up – 6th Kyu to Black Belt – in the morning
- **Semi-knockdown Fighting (with protection gear)** – 4 years old and up – 10th Kyu to Black Belt – in the afternoon
- **Knockdown Fighting (no protection gear)** – in late afternoon
 - 18 - 21 years old – 4th Kyu to Black Belt – Weight divisions
 - 22 years old and up – 4th Kyu to Black Belt – Upon invitation – Pre-established single matches

First, the Knockdown Fighting competition will allow young adults (aged 18-21) to gain fighting experience within a fair and stimulating environment. Then, single matches between experienced fighters (aged 22 and up) – pre-established with their coaches' approval – will be presented.

Share the news! We want to bring together many competitors, coaches, judges and spectators for this great karate event.

It is therefore with great enthusiasm that we prepare the **Yukan 2023**. We look forward to welcoming you at the Casgrain Sport Center of the John Abbott College, on June 10.

Osu!

Sensei Anthony Cordeiro

Montreal Kanreikai Karate

"The use of the masculine to designate persons has no other purpose than to lighten the text of this document."

MESSAGE TO HEADS OF SCHOOLS

Osu! Hanshi, Shihan, Sensei, Senpai,

It will be our pleasure to welcome you free of charge at the Yukan 2023. We invite you to **register your school as soon as May 8, 2023** to entitle your students to register as competitors afterward.

Coaches

- Every coach accompanying your students will be invited to pay the spectator entry fee to access the premises (gymnasium).
- Every coach – according to a ratio of 1 coach for 10 enrolled participants - will receive an ID badge allowing him (in addition to his spectator bracelet) to enter the competition area.
- Coaches and competitors will have to remain outside the competition area when not in action.

Payment of competition fees for all your competitors

- As the Head of your school, you will have to pay the competition fees for all your students registered as competitors in cash (\$CAD) at the "Sensei Table" in the Casgrain Sport Center, on **June 10, from 8h00 to 9h30**.

Competition rules

- Please make sure that you, your coaches and competitors are acquainted with the rules in effect at the Yukan Championship 2023 and that you are willing to comply with these rules.

Meetings

- A meeting with all heads of schools will be held in the gymnasium around 9h15, before the Kata and Weapon Kata Competition and around 13h15, before the Semi-knockdown Fighting Competition.

Divisions and sub-divisions

- Enrolled participants are grouped into pre-established divisions according to the type of event (Kata, Weapon kata, Semi-knockdown Fighting, Knockdown Fighting), their age, belt level, gender and weight (for fighting).
- A minimum of two participants per division is required; if only one candidate is enrolled, he will be notified and reclassified, if possible. If too many participants are enrolled into the same division, the division will be divided into two or more sub-divisions.
- Each registered competitor will receive an ID number as well as the number of the division (or sub-division) for each event in which he will participate.

- During the competition, divisions (and sub-divisions) will be called in increasing numerical order (1, 2, 3, 4-1, 4-2, 5, 6, etc.). Each division (sub-division) being called will be paired with a letter (A, B, C, D, E, F) identifying one of the 6 courts where the event will take place. The number of the division (sub-division) will also be displayed in front of the corresponding court.

Trophies and Podium – Kata, Weapon Kata and Semi-knockdown Fighting

- Trophies presentation for each division (sub-division) will take place on the court as soon as the competition will end. The winners will then go to the podium for a photograph.

Knockdown Fighting – Women and Men

- 18-21 years old: Fighters will be grouped into pre-established weight divisions and will compete within these divisions.
- 22 years old and up: Interested fighters will need to contact Team Yukan 2023 before registering online. Team Yukan 2023 will then try to establish a single match with an appropriate opponent – with the approval of both coaches.

GENERAL INFORMATION

COMPETITION EVENTS – JUNE 10, 2023

- **Kata** – 4 years old and up – 10th Kyu to Black Belt
- **Weapons kata** – 6 years old and up – 6th Kyu to Black Belt
- **Semi-knockdown Fighting (with protection gear)** – 4 years old and up – 10th Kyu to Black Belt
- **Knockdown Fighting (no protection gear)**
 - 18 to 21 years old – 4th Kyu to Black Belt – Weight Divisions
 - 22 years old and up – 4th Kyu to Black belt – Upon invitation – Pre-established single matches

NB: Please note that a competitor cannot be registered in both Semi-knockdown Fighting and Knockdown Fighting.

ONLINE REGISTRATION FROM MAY 8 TO JUNE 5, 2023

All participating schools and competitors must register online. No school or competitor registration will be accepted after June 5.

Competitors registered in Knockdown Fighting: A duly filled Medical Form must be submitted to ensure participation.

COMPETITION FEES

<u>EVENTS</u>	<u>FEE PER PARTICIPANT</u>
1 event	50\$ CAD
2 events	60\$ CAD
3 events	70\$ CAD

PAYMENT OF COMPETITION FEES

The Head of a registered school must pay the competition fees for all his registered students in cash (\$CAD) at the "Sensei Table" in the Casgrain Sport Center, **on June 10, from 8h00 to 9h30.**

ENTRY FEES FOR SPECTATORS – IN SUPPORT OF “MAISON DES JEUNES DE PIERREFONDS”

<u>SPECTATOR</u>	<u>FEE</u>
5 years & under	Free
6-12 years	5\$ CAD
13 years & up	10\$ CAD

NB: Revenue from spectator entry fees will be donated to **“Maison des Jeunes de Pierrefonds”**.

PARKING

Free in John Abbott College parking areas and in surrounding streets.

SNACK BAR – MAISON DES JEUNES DE PIERREFONDS

Drinks and snacks will be on sale on site. It will be allowed to eat in the bleachers.

The snack bar will be operated by **“Maison des Jeunes de Pierrefonds”** which will keep all proceeds from sales.

SCHEDULE OF COMPETITION ACTIVITIES

Saturday, June 10, 2023 – Casgrain Sport Center	
7h30 - 9h00	On-site Registration of competitors enrolled in Kata, Weapon Kata and/or Semi-knockdown Fighting
<ul style="list-style-type: none"> • ID card: Competitors must be able to show an ID card – with birthdate – to confirm their age, if required. 	
7h30 - 9h00	Mandatory weigh-in for competitors in Semi-knockdown Fighting
<ul style="list-style-type: none"> • All fighters must complete their registration by going to the Weigh-in table (inside the gym). • In fairness for our competitors and to for their safety, each participant enrolled in Contact Fighting (with protection) must make sure that his weight registered online is as exact as possible. A too large discrepancy between a participant’s actual weight on the morning of the Championship and the weight registered online could lead to the <u>disqualification of the competitor</u>. • Fighters must provide <u>their own mandatory protection gear</u> in accordance with the Fighting Rules in effect at the Championship. • Chest protectors will be available on site for competitors who do not have their own. 	
7h30 - 12h00	On-site Registration and Weigh-in for Knockdown Fighters
9h30 - 12h30	Kata and Weapon Kata Competition
13h00 - 16h00	Semi-knockdown Fighting Competition (with protection gear)
16h00 - 18h00	Knockdown Fighting Competition – 18 years old and up
18h00 - 18h30	Trophy presentation for Knockdown Fighting

SITE OF COMPETITION

Casgrain Sport Center of John Abbott College
21275, Lakeshore Rd,
Sainte-Anne-de-Bellevue, QC H9X 3V9

LODGING ACCOMMODATIONS

Team Yukan 2023 has an agreement with a hotel located near the competition site.

- A block of 15 rooms has been reserved for the Championship.
- Those interested must make their reservation directly with the hotel.
- Deadline for reservation: May 10 2023
- Group: Yukan Championship or Kanreikai Karate
-

Holiday Inn Express – Vaudreuil-Dorion

33, boul. de la Cité-des-Jeunes Est,
Vaudreuil, QC, J7V 0N3
Tel: 1-877-660-8550

CONTACT US

Feel free to contact Team Yukan 2023, led by Sensei Anthony Cordeiro, for any additional information.

DIVISIONS

KATA AND WEAPON KATA

Team Yukan 2023 reserves the right to adjust Kata and Weapon Kata divisions according to the number of enrolled participants.

All competitors **aged 13 years old & under** will receive a medal to emphasize their participation, effort and sportsmanship.

NO.	AGE	KYU	EVENT
1	18 & up	Black Belt	Elite Kata
2	6 to 13	6 to Black	Weapon Kata
3	14 to 17	6 to Black	Weapon Kata
4	18 & up	6 to Black	Weapon Kata
5	4 & 5	10 to 1	Kata
6	6 & 7	10 to 5	Kata
7	6 & 7	4 to Black	Kata
8	8 & 9	10 to 5	Kata
9	8 & 9	4 to Black	Kata
10	10 & 11	10 to 5	Kata
11	10 & 11	4 to Black	Kata
12	12 & 13	10 to 5	Kata
13	12 & 13	4 to Black	Kata
14	14 & 15	10 to 5	Kata
15	14 & 15	4 to Black	Kata
16	16 & 17	10 to 5	Kata
17	16 & 17	4 to Black	Kata
18	18 & up	10 to 5	Kata
19	18 & up	4 to Black	Kata

SEMI-KNOCKDOWN FIGHTING - WITH PROTECTION GEAR

Team Yukon 2023 reserves the right to adjust Semi-knockdown Fighting (with protection gear) divisions according to the number and/or weight of enrolled participants.

All competitors **aged 13 years old & under** will receive a medal to emphasize their participation, effort and sportsmanship.

NO.	AGE	KYU	PLASTRON	WEIGHT (lbs)	DURATION (minutes)	GENDER
20	4 & 5	10 to 1	Mandatory	---	1.5	Girls-Boys
21	6 & 7	10 to 5	Mandatory	---	1.5	Girls
22	6 & 7	10 to 5	Mandatory	---	1.5	Boys
23	6 & 7	4 to Black	Mandatory	---	1.5	Girls
24	6 & 7	4 to Black	Mandatory	---	1.5	Boys
25	8 & 9	10 to 5	Mandatory	---	1.5	Girls
26	8 & 9	10 to 5	Mandatory	---	1.5	Boys
27	8 & 9	4 to Black	Mandatory	---	1.5	Girls
28	8 & 9	4 to Black	Mandatory	---	1.5	Boys
29	10 & 11	10 to 5	Mandatory	---	1.5	Girls
30	10 & 11	10 to 5	Mandatory	---	1.5	Boys
31	10 & 11	4 to Black	Mandatory	---	1.5	Girls
32	10 & 11	4 to Black	Mandatory	---	1.5	Boys
33	12 & 13	10 to 5	Mandatory	---	1.5	Girls
34	12 & 13	10 to 5	Mandatory	---	1.5	Boys
35	12 & 13	4 to Black	Mandatory	---	1.5	Filles
36	12 & 13	4 to Black	Mandatory	---	1.5	Boys
37	14 & 15	10 to 5	Not allowed	---	2	Girls
38	14 & 15	10 to 5	Not allowed	---	2	Boys
39	14 & 15	4 to Black	Not allowed	---	2	Girls
40	14 & 15	4 to Black	Not allowed	---	2	Boys
41	16 & 17	10 to 5	Not allowed	---	2	Girls
42	16 & 17	10 to 5	Not allowed	---	2	Boys
43	16 & 17	4 to Black	Not allowed	---	2	Filles
44	16 & 17	4 to Black	Not allowed	---	2	Boys
45	18 & +	10 to 5	Not allowed	---	2	Women
46	18 & +	4 to Black	Not allowed	---	2	Women
47	18 à 34	10 to 5	Not allowed	Up to 159	2	Men
48	18 à 34	10 to 5	Not allowed	160 to 179	2	Men
49	18 à 34	10 to 5	Not allowed	180 & over	2	Men
50	18 à 34	4 to Black	Not allowed	Up to 159	2	Men
51	18 à 34	4 to Black	Not allowed	160 to 179	2	Men
52	18 à 34	4 to Black	Not allowed	180 & over	2	Men
53	35 & +	10 to 5	Not allowed	---	2	Men
54	35 & +	4 to Black	Not allowed	---	2	Men

KNOCKDOWN FIGHTING - NO PROTECTION GEAR

Medical Form

It is the responsibility of competitors registered in Knockdown Fighting to submit their **Medical Form** duly completed to ensure their participation in the Championship.

Fighters aged 18 to 21 – 4th Kyu to Black Belt

The Yukan 2023 team reserves the right to adjust or withdraw one or more weight divisions according to the number and/or weight of the enrolled fighters, in order to ensure their safety during this Knockdown Fighting Competition.

DIVISION	LIGHTWEIGHT	MIDDLEWEIGHT	HEAVYWEIGHT
# Women 18-21 years old	55 Up to 129 lbs Up to 58.5 kg	56 130 to 149 lbs 59 to 67.5 kg	57 150 lbs & over 68 kg & over
# Men 18-21 years old	58 Up to 159 lbs Up to 72 kg	59 160 to 179 lbs 72.5 to 81 kg	60 180 lbs & over 81.5 kg & over

Fighters aged 22 and up – 4th Kyu to Black Belt

- Sur invitation

Single matches will be pre-arranged by Team Yukan 2023 with the approval of the coaches of the fighters concerned. These matches will be based on experience, age and weight. The safety of the fighters will also be taken into consideration.

COMPETITION RULES

EVALUATION IN KATA AND WEAPON KATA

1. A competitor can be enrolled in both Kata and Weapon Kata.
2. All participants must perform a **traditional kata**. A traditional kata is a sequence of traditional karate techniques that is learned and performed by all members of an organization; it is a required element at belt promotion tests and not a "custom made" kata for one or few members of the organization.
3. Each participant introduces himself to the judges and announces the kata he will perform. Note that it is not required to identify the selected kata before that moment.
4. Each participant is given a mark - between 5 and 10 - by each judge; the total of the allocated marks is used to rank the participant within the division (or round).
5. Should a participant choose to perform a "nontraditional" kata, he would be disqualified, receiving the **minimum mark of 5** from each judge.
6. Since **traditional kata** forms vary among karate styles , each participant is judged according to the following criteria:
 - Flagrant mistake, loss of balance, hesitation
 - Basic stances
 - Kicking techniques
 - Punching, blocking, shuto techniques
 - Consistency in the execution of techniques
 - Balance and fluidity
 - Spirit and intensity
 - Speed and control
 - Level of difficulty of kata

RULES – KATA ET KATA D'ARMES

1. The **Kata competition** is open to participants **aged 4 and up** and ranked from **10th kyu to Black Belt**.
2. The **Weapon Kata competition** is open to participants **aged 6 and up** and ranked from **6th kyu to Black Belt**.
3. A judging team consists of **3 to 5 judges**, including the **head judge** who takes charge of the competition at the court.
4. The performance of each participant is evaluated with respect to that of the others within the division.
5. To help judges establish an **evaluation basis**, the 3 first participants of a division perform their kata in turn, without being given marks. Each one then comes back

before the judges to receive his marks. The remaining participants perform their kata and get their marks right after their performance.

6. In the eventuality of a draw for the 1st, 2nd or 3rd place within a division, the head judge asks the tied competitors to perform a kata again to establish the winner for the position.
7. **Participants ranked 4th kyu to Black Belt** must prepare to perform **two distinct traditional kata**: a first participation kata and a second one in case of a draw for one of the 3 first places. If a participant chooses to perform the same kata twice, he will be given a **1/2 point penalty** by each judge.

CONTACT KARATE FIGHTING

HOW TO WIN A FIGHT

- With one Ippon, two Wazaari, or the disqualification of the opponent (Shikakku) – End of fight and immediate win.
- By **unanimous decision** at the end of regulation time based on the allocation of a Wazaari.
- By a **favorable decision of most judges and referee** (at least 2/3 or 3/5) at the end of regulation time based on:
 1. Damage inflicted on the opponent: The effects of one or many strikes that are not worth of a Wazaari but are close to it.
 2. Techniques and tactics: The superiority of techniques and tactics displayed with the intention to dominate the opponent.
 3. Number of strikes: Attack activity illustrated by many strikes delivered with both arms and legs in most of the actions initiated by the fighter. Just moving forward not delivering strikes is not considered as an attack activity.
 4. Attitude and fighting spirit: The preference is given to the fighter who initiated more attacks.

NB: The allocation of a Genten Ichi or 3 Chui prevents a fighter from winning the fight; the fighter can at best get a verdict of equality.

Ippon and Wazaari – Winning Strikes

- **Ippon**: Immediate win following a legal technique having caused the interruption of the fight for 3 seconds or more - End of the fight.
- **Wazaari**: Legal technique having incapacitated the opponent (guard down, lack of alertness, physical instability) for less than 3 seconds – Resumption of the fight.
- **Second Wazaari**: Wazaari leading to an immediate win by Ippon – End of the fight.
- An Ippon or a Wazaari must be seen and called by most judges and referee (at least 2/3 or 3/5).
- The fight is interrupted by the referee who makes the official announcement of the Ippon or Wazaari.

Chui and Genten – Official Warnings and Penalties

- All official warnings and penalties are allocated by most judges and referee (2/3 or 3/5).
- The fight is interrupted by the referee who announces the official warning or penalty.
 - **Chui:** Official warning following an infraction.
 - **Genten Ichi:** 1st penalty following 2 official warnings.
 - **Genten Ni - Shikakku:** 2nd penalty following 2 other official warnings – Disqualification of the fighter – Immediate win of the opponent.

RULES - SEMI-KNOCKDOWN FIGHTING

A Semi-knockdown karate fight (with protection gear) involves two opponents who may hit each other “with force” as far as they respect the rules in effect at the Yukan 2023 - as described below.

1. ELIGIBILITY

- Male and female fighters aged 4 and up, from 10th kyu (white belt) to black belt, assigned to divisions based on age, gender, kyu and weight.
- A fighter cannot be enrolled in both Semi-knockdown Fighting (with protection gear) and Knockdown Fighting.

2. PROTECTION GEAR – Provided by each fighter

- Mandatory protection gear: shin pads with instep, gloves, helmet
- Visor: highly recommended to all fighters
- Mouthpiece: highly recommended for all fighters
- Mouthpiece or head gear with grid: mandatory for fighters with orthodontic braces
- Groin cup: mandatory for male fighters
- Chest protector: mandatory for fighters aged 13 & under
- Chest protector: not allowed for fighters aged 14 & up
- Breast protector (inside uniform): mandatory for female fighters aged 14 & up
- Wrist and ankle wraps: not allowed for all fighters
- Spectacles and jewels: not allowed for all fighters

3. REFEREEING TEAM

- A refereeing team consists of one center referee who supervises the fight, 2 or 4 corner judges who evaluate the fighters, one timekeeper and one scorekeeper.
- The referee can consult with corner judges, the timekeeper and the scorekeeper before announcing his decision.

4. FIGHT REGULATION TIME

- 1 ½ minute for fighters aged 13 years old and under
- 2 minutes for fighters aged 14 years old and over
- 1 minute for the first and unique extension round in case of a tie

5. LEGAL TECHNIQUES

- To the legs (above the knees): circular kicks and knee kicks
- To the body: open hand, punches, elbow strikes, knee kicks and kicks (straight and circular techniques)
- To the head: circular kicks – **only 14 years old & up**

6. ILLEGAL TECHNIQUES

- Kicks to the knee joints and under the knees
- Open hand strikes, punches, elbow strikes and head-butt to the face, head or neck
- All strikes – using hand, fist, elbow, knee, foot - to the groin or back
- Knee kicks and straight kicks to the face
- **13 years old & under:** circular kicks to the head
- Grabbing and sweeping
- Repeated shoves of the opponent
- Refusal to fight

7. COACHES

- Only one coach can sit near the fighting area, on the side of his fighter.
- The coach is not allowed to access the fighting area at any time.
- Only the coach may bring grievances to an organizer of the Championship in case of conflict.

KNOCKDOWN FIGHTING – NO PROTECTION GEAR

A Knockdown Karate Fight (no protection gear) involves 2 experienced adult opponents (18 years old and up) who may hit each other “with force” as far as they respect the rules in effect at the Yukan 2023 - as described below.

1. ELIGIBILITY

- Men and women karate fighters, 4th kyu to Black Belt
 - 18-21 years old – Weight Divisions
 - 22 years old and up – Single matches – upon invitation
- A fighter cannot be enrolled in both Knockdown Fighting and Semi-knockdown Fighting.
- A white uniform (dogi) is mandatory.

2. PROTECTION GEAR – Provided by each fighter

- Mouthpiece: highly recommended for all fighters
- Groin cup: mandatory for male fighters
- Breast protector (“bustier” worn inside the uniform): mandatory for female fighters
- **Prohibited items:**
 - Head gear, gloves, shin pads, chest protector
 - Wrist and ankle wraps (except in case of injury inflicted during a fight at the Championship)
 - Spectacles and jewels

3. REFEREEING TEAM

- A refereeing team consists of 1 center referee who supervises the fight, 4 corner judges who evaluate the fighters, 2 timekeepers and 1 scorekeeper (fight sequence).
- The center referee receives the coach’s grievances, if any.
- The center referee can consult with the corner judges, the timekeepers and the scorekeeper before announcing a decision.

4. FIGHT REGULATION TIME

- First round : **3 minutes**
- In case of a first tie: a **2-minute** extension round
- In case of a second tie: a second and last **2-minute** extension round
- Decision

5. LEGAL TECHNIQUES

- To the legs (above the knees): circular kicks and knee kicks
- To the body: open hand strikes, punches, elbow strikes, knee kicks and kicks (straight and circular techniques)
- To the head: kicks and knee kicks (straight and circular techniques)

6. ILLEGAL TECHNIQUES

- Kicks to the knee joints and below the knees
- Open hand strikes, punches, elbow strikes and head-butt to the face, head or neck
- All strikes – using hand, fist, elbow, knee, foot - to the groin or back.
- Grabbing
- Repeated thrusts to the opponent
- Refusal to fight

7. COACHES

- One or two coaches can sit near the fighting area, on the side of their fighter.
- No coach has access to the fighting area at any time.
- Only one coach may bring grievances to the center referee in case of conflict.