

9th annual

# CANADA CUP



## TATAMI SPORTS CHAMPIONSHIP

W.A.K.O. DISCIPLINES: SEMI-CONTACT, LIGHT CONTACT, MUSICAL FORMS, MUSICAL WEAPON FORMS



## SATURDAY JUNE 20th

### Burlington Senior Center

2285 New Street (In Central Park)



### *WAKO Senior National Championships (Tatami Sports)*

The 2009 Canada Cup will also host the trials for the 2009 WAKO National Team. Top finishers in each of the senior divisions qualify for Team Canada. The National team will represent Canada at the two WAKO World Championships to be held in France (Semi/forms/weapons) and Austria (Light-contact).

More details will be provided at the Canada Cup.



Approved by CASK

Sanctioned by  
Kickboxing Ontario

A project of the  
Government of Ontario.  Ontario

Trained and Certified Referees! Priority given to safe and controlled competition! Focus on experience and enjoyment for all!

For more information contact (905) 681-9815, [nhq@kickboxingcanada.org](mailto:nhq@kickboxingcanada.org)



Dear competitor, coach, instructor,

I would like to welcome you to the 9<sup>th</sup> **Annual CANADA CUP**. This year's event will be held at Burlington Senior Center. Past participants have represented schools and clubs with backgrounds in Karate, Tae Kwon Do, Jui Jitsu, Kung Fu, and Kickboxing.

The Canada Cup will also be hosting the **2009 WAKO National Team Championships**. Winners of the Senior Semi-Contact, Light-Contact, Forms/Weapons divisions will qualify for the 2009 Canadian National Team that will participate at the WAKO World Championships. **More details will be provided at the event.**

The **CANADA CUP** is the only open Martial Arts event that specialized in **Light-Contact (*Continuous Point Sparring*)**. This is NOT a full contact kickboxing event. This is a light-contact event and this rule will be enforced closely. As continuous sparring continues to gain popularity across Canada, this event allows participants will all levels of experience the opportunity to compete and enjoy a safe event.

The Canada Cup is an excellent event for children and youth (ages 7-18) to gain competitive experience in a safe and friendly environment.

The head referees for the **2009 CANADA CUP** have been hand selected and trained to ensure fair competition. All referees will be uniformed so that they can be easily identified and approached for information or questions. First aid staff will also be on hand to ensure the highest level of safety for all competitors present.

Whether you are or you are trying out for the Canadian National team, interested in specializing in continuous sparring competitions, or are simply looking for safe, friendly competition, - make sure to attend the 2009 CANADA CUP.

**Registration opens at 9:00 am.      All divisions will begin at 10:30 am sharp!**

I look forward to seeing you on Saturday June 20th!

Muzammal Nawaz, CKA/CASK

# CANADA CUP – Saturday June 20<sup>th</sup>, 2009

9:00 am All Registration – 10:30 am All Divisions Begin

## REGISTRATION FORM

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Belt/Ranks: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ P/Code: \_\_\_\_\_  
 Phone: \_\_\_\_\_ School: \_\_\_\_\_ Instructor: \_\_\_\_\_

We the undersigned hereby voluntarily submit our application to compete in the 2009 Canada Cup do hereby release and waive any and all rights, claims or action that we our heirs, successors, or assigns may have against the Council of Amateur Sport Kickboxing, its agents, servants and employees, individually and as officers of the 2009 Canada Cup, Burlington Senior Center, or its agents, servants and employees or any other persons associated with this event, for damages or any form of recovery from liability resulting from injuries that we may incur as a result of our attendance and or participation at said event. We further agree to indemnify any and all of the above parties in any action based on our attendance and/or participation at said 2009 Canada Cup. We also allow any and all photography and video footage to be used by the Council of Amateur Sport Kickboxing for promotional reasons without any compensation or payment for usage.

Competitor Signature (or guardian if under 18): \_\_\_\_\_

Date: \_\_\_\_\_

Registration: 1 x division \$50 + (\_\_\_\_\_ divisions x \$10) TOTAL: \$ \_\_\_\_\_

Participants from CKA/CASK accredited clubs – **Registration is \$40**

### PLEASE CHECK THE DIVISIONS YOU ARE ENTERING

#### Light Contact Sparring Divisions (Continuous Divisions)- Junior/Intermediate Divisions only (Ages 6-18)

\_\_\_ Mixed under 8  
 \_\_\_ Mixed under 10  
 \_\_\_ Mixed under 12  
 \_\_\_ Junior Boys 13-15  
 \_\_\_ Junior Girls 13-18  
 \_\_\_ Junior Boys 16-18

Note – Divisions may be divided up into light-middle-heavy or small-short-tall to ensure size appropriate divisions

#### WAKO Senior National Team Divisions (kgs)

##### Semi Contact – Male

\_\_\_ 57  
 \_\_\_ 63  
 \_\_\_ 69  
 \_\_\_ 74

\_\_\_ 79  
 \_\_\_ 84  
 \_\_\_ 89  
 \_\_\_ 94  
 \_\_\_ 94+

##### Semi-Contact Female

\_\_\_ 50  
 \_\_\_ 55  
 \_\_\_ 60  
 \_\_\_ 65  
 \_\_\_ 70  
 \_\_\_ 70 +

#### WAKO Senior National Team Divisions (kgs)

##### Light Contact – Male

\_\_\_ 57  
 \_\_\_ 63  
 \_\_\_ 69  
 \_\_\_ 74  
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\_\_\_ 79  
 \_\_\_ 84  
 \_\_\_ 89  
 \_\_\_ 94  
 \_\_\_ 94+

##### Light Contact Female

\_\_\_ 50  
 \_\_\_ 55  
 \_\_\_ 60  
 \_\_\_ 65  
 \_\_\_ 70  
 \_\_\_ 70 +

#### WAKO Senior National Team Divisions

\_\_\_ Musical Forms (Soft Style)  
 \_\_\_ Musical Forms (Hard Style)

\_\_\_ Musical Weapons (Soft Style)  
 \_\_\_ Musical Weapons (Hard Style)

## **TOURNAMENT OVERVIEW**

The CANADA CUP is an annual tournament that specializes in **Light-contact sparring** (continuous point) for juniors and seniors. For the 2009 event we will also host divisions for **Semi-contact, Musical forms and weapons** for SENIOR men and women only (18 years and up). These divisions are the trials for the WAKO National Team.

The Canada Cup is known for its fair and equitable judging, its excellent organization, and its helpful and supportive volunteer staff. All judges and staff will be uniformed and will be easily recognizable in case you have any questions or concerns.

It is expected that all competitors, instructors and spectators will show the utmost respect to all other competitors, instructors and spectators, and especially the volunteer officials of the tournament. Any inappropriate behavior by any persons will result in the immediate disqualification of competitors, and/or removal of competitor/spectator by security staff.

The intent of the CANADA CUP is to provide a safe, competitive and enjoyable experience for all participants. In the past 8 years of this tournament, this goal has been met and even exceeded.

## **DIVISION RULES**

### **The rules will be explained prior to the beginning of the tournament at 10:30 am**

The CANADA CUP is also known for its reputation for safety for all participants. This is NOT A FULL CONTACT KICKBOXING tournament, but a LIGHT CONTACT OPEN MARTIAL ARTS tournament. Only light contact will be permitted with legal scoring techniques to the head and body in all divisions.

Light Contact (Continuous Point sparring) is exactly like Semi Contact (Point sparring) – however time is not stopped after each point is scored. The ringside judges use clickers to score points throughout the bout and provide the scoring at the end of each round.

All divisions will be run according to the following rounds:

**Junior/Intermediate Divisions (Light Contact)** - Each match is 2 x 2 minute rounds with no stoppage of time.  
**Adult Divisions (Semi and Light Contact)** - Each match is 3 x 2 minute rounds with no stoppage of time.

The tournament organizers reserve the right to change the length of rounds if required

## **EQUIPMENT RULES**

All divisions require feet and shin guards, mouth guards, and athletic protectors. Senior Semi Contact divisions require headgear, point sparring hand pads - Light contact division require boxing headgear, boxing gloves - not point sparring hand pads This applies to all divisions. Boxing Gloves will be provided for all Light Contact Divisions. Competitors that do not have the appropriate equipment will not be allowed to compete.

## **DIRECTIONS TO THE BURLINGTON SENIOR CENTER**

The Burlington Senior Center is located in south Burlington. Directions are below:

*Take the QEW towards Burlington – Burlington is east of Hamilton and west of Oakville  
Exit on Guelph Line and travel south. Turn right on New Street Turn right at the lights of Teen Tour Way Road  
The Senior Center is on your left hand side beside the Curling Club*

**The CANADA CUP information line is 905-681-9815. The Senior Center number is 905-335-7888**