

WTKO 1st Novice competition

Sunday May 11th 2014



The Sanchin Karate Academy is pleased to host its first Novice competition



Compete with little or no experience!



Commentaries to help parents understand the rules for the future



A chance to compete away from advanced or established students



Events that are designed to enhance learning and provide a fun first

competition experience



Competitors get several attempts at each event to build confidence

Time: 10pm—2pm

Venue: Keyworth Leisure Centre, Nottingham

Cost: £10 for all competitors (before May 4th and £12 after)

A voluntary donation of £2 for spectators with money going directly to the squad

Entry form hand or email the following to your instructor

Name _____ Age _____ Grade _____

Kata level Do not know a complete kata
Can complete a basic kata with help
Can perform one complete kata only
Can perform around 2 basic kata
Can perform 2 or more intermediate kata
Can perform 2 or more advanced kata

Kumite Level

Little or no experience of kumite
Understand the basics of kumite
Have tried Kumite with a partner
Infrequent or limited kumite practice, but understand kumite
Practice kumite as part of regular training

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