

CENTRAL WASHINGTON KARATE CHAMPIONSHIPS
YAKIMA VALLEY COMMUNITY COLLEGE
SOUTH 16TH AVE. & NOB HILL BLVD.
YAKIMA, WA 98902 PHONE: 1-509-457-5462

DEAR MARTIAL ARTIST,

You and your school are cordially invited to participate in the **30th Annual Central Washington Karate Championships**, which will be held on Saturday, **March 10th, 2007**, at Yakima Valley College, Sherar Gym. Tournament eliminations will start at 10:00 AM. Tournament finals and demonstrations will begin at 7:00 PM.

THIS IS A NON-CONTACT TOURNAMENT

The printed rules clearly state: "Each contestant is responsible for the control of his/her techniques. A contestant causing injury to their opponent must be disqualified." Competitors are urged to wear safety equipment, padding and other protective equipment that will not present the possibility of injury to others. (Mouth guards for all fighters and cups for males.) The wearing of this equipment is encouraged for the protection of the participants, **NOT TO PROMOTE CONTACT**. Contact is not a requirement to score any point in this tournament. Contestants are warned in advance that all judges have been instructed to immediately disqualify each and every contestant who causes injury to their opponent.

TROPHIES

The Central Washington Karate Championships will feature beautiful, professionally crafted trophies for all 1st, 2nd, and 3rd place winners in sparring and forms. Medals will be awarded for 4th place in all divisions, and 5th, and 6th places in youth divisions. Awards will also be presented to the "*Most Inspirational Competitor*" and the "*Most Winning School*". This year's *Grand Champion Kata and Kumite Awards* were once again purchased in Japan and are large gold framed shadow boxes!

SEMINARS

This year we are extremely proud to offer three exciting seminars at YVC Sherar Gym on Friday evening (Mar. 9th) and Saturday morning (Mar. 10th).

First, on Friday, from 6:00 - 7:30 PM, Shihan Jerry Gould, from Seattle, Wa., Chief Instructor for Shorin Ryu Karate in America, and one of the countries leading weapons experts will teach the Oar kata, Itoman gawa no eiku. This is an excellent kata for understanding the basics and power of the oar's attacks and blocks in combat or competition.

Second, from 7:30 – 9:00PM, Sensei Tim Tolliver, also from Seattle, a highly respected Northwest Champion in both kata and sparring, will offer a tournament sparring seminar teaching effective speed drills with emphasis on distancing and timing.

Saturday, from 8:00 to 9:30 AM, Canadian forms champion, **Sifu Jon Funk**, from Vancouver, BC, an internationally known Kung Fu instructor, lecturer, and columnist for Black Belt magazine, will offer a Self- Defense seminar. Sifu Funk will teach newly developed trapping techniques and escapes for self defense .

These seminars are open to **all ages**, **all ranks**, and **all styles**. The cost is \$30.00 for one seminar, or \$45.00 for all seminars.

Registration will be taken at the door at no additional charge, or you may pre-registration for either the tournament or the seminars by mail with check made to the "Yakima School of Karate" and sent to - 13 N. 7th Ave., Yakima, WA 98902, no later than March 3rd.

Sincerely yours in the Martial Arts,

*Shihan Morris L. Mack
Yakima School of Karate*