



SEIDO KARATE CHILDRENS' TOURNAMENT

Sunday Jan. 26th, 2020 at 11 a.m.

Central Florida Seido Karate will be hosting a Children's Karate Tournament on Sunday Jan. 26th. The tournament will be held at the Goldenrod recreation center on Sunday 01/26/20 at 11am in the morning - **4863 N. Goldenrod Rd. Blvd. Winter Park, FL 32792. Applications are available from Sei Shihan Gil or online at: cflseido.com/news tab.**

The purpose of our tournament is to have children compete in a positive setting that rewards their efforts and gives them the confidence to face new challenges.

1) Kata (Formal exercise) - For **White belts* and above.** Kata is made up of stances, blocks, and strikes performed in a specific pattern. Contestants are judged and scored on their focus, spirit, balance, power, and form.

2) Kumite – For **Green belts and above only.** Contestants will point fight. Points are awarded for controlled techniques thrown to legal target areas with contact being made. All participants must wear safety equipment. (Hand & foot guards, head gear, mouth piece, and groin cup.)

*Please check off the events your child will compete in on the accompanying application.

Please return applications ASAP to Sei Shihan Gil or the Front desk at the JCC. **Deadline for applications is Wednesday Jan. 15th. Participant Entry Fees: \$30 for one event / \$40 for two events**

Audience Admission/Ticket prices: Adults- \$5/ Children under 10-FREE. Participants do not need to purchase an admission ticket.

*Please **include the participant entry fees and the ticket admission fees** with your child's **application form**. Only cash and checks made out to [C.F.S.K. Inc.](http://C.F.S.K. Inc) will be accepted.

Questions: Call Sei Shihan Gil Alstein: 407-921-6775

E-mail: FloridaSeido@yahoo.com