



## WESTERN CANADA OPEN KATA CHAMPIONSHIP

**SANCTIONED by:** Judo Canada and Judo Saskatchewan

**CLINIC: DATE:** Judo Saskatchewan will host a kata clinic on Friday January 20, 2023 at the Regina Y Judo Club, **1256 Cornwall Street, Regina SK**

**TOURNAMENT DATE:** Saturday January 21, 2023

**VENUE:** **Regina Sportsplex** (Fieldhouse)  
1717 Elphinstone Street  
Regina, Saskatchewan

### KATA TECHNICAL

**DIRECTOR :** Gerald Poirier- [geraldpoirier2311@gmail.com](mailto:geraldpoirier2311@gmail.com)

**KATA CHIEF JUDGE:** Mohamad Hussani- [mohdia@sympatico.ca](mailto:mohdia@sympatico.ca)

**ELIGIBILITY:** Members in good standing with Judo Saskatchewan / Judo Canada or an organisation recognised by the IJF.

### KATA & DIVISIONS

#### Senior (2008 & earlier)

Nage-no-kata (3 sets)  
Nage-no-kata (5 sets)  
Katame-no-kata  
Kodokan Goshin-Jutsu  
Ju-no-kata  
Kime-no-kata

#### U23 (2001 –2008)

Nage-no-kata (3 sets)  
Nage-no-kata (5 sets)  
Katame-no-kata  
Kodokan Goshin-Jutsu  
Ju-no-kata  
Kime-no-kata

#### U16 (2008-2009)

Nage-no-kata (3 sets)  
Nage-no-kata (5 sets)  
Kodokan Goshin-Jutsu  
Ju-no-kata

**Tori:** Senior: Brown belt (Ikkyu) minimum  
U23: Green belt (Sankyu) minimum  
U16: Orange belt (Yonkyu) minimum

**Uke:** Senior: Brown belt (Ikkyu) minimum  
U23: Green belt (Sankyu) minimum  
U16: Orange belt (Yonkyu) minimum

**NOTE:** The age division will be determined by the oldest partner.

A maximum of two (2) katas per age division as Tori and/or Uke.

**COST:** For the tournament:

- 50 \$ CDN per participant for one (1) or two (2) katas.
- 90 \$ CDN per participant for three (3) or four (4) katas.
- There will be no reimbursement unless the tournament is cancelled.

**REGISTRATION:** All participants must register on line at:  
TRACKIE: <http://www.trackiereg.com/2023WesternCanKataOpen>

Registration ends on: Friday, January 13, 2023

**TOURNAMENT:** Saturday Morning: (warm up at 7:00) Competition **starts 8:00 sharp.**  
**Note:** the order of kata presentations will be announced at 7:00 AM.

**RULES AND REGULATIONS:** The tournament will follow Judo Canada and the 2023 IJF rules and regulations.

Judo Canada judogis rules must be followed.

Female participants must wear under their judogi a white T-Shirt with short sleeves with a round collar (no V necks) and long enough to tuck into the judogi pants.

The judogi must be white. No judogi of any other colour will be accepted.

No musical katas are accepted.

There are no gender divisions in the tournament. The female, male and mixed couples are accepted.

**SURFACES:** There are two (2) surfaces of competition of eight (8) meters by eight (8) meters with a four (4) meter security between them.

A white strip of tape, 50 cm long, will be fixed at six (6) meters at the center of the competition area to indicate the starting positions for Tori and Uke. There will also be a tape indicating the center of the competition area.

**INJURIES:** If Tori and Uke are not able to pursue for reasons of an injury, sickness, or an accident in the during the execution of the kata, the pair will be eliminated from the tournament.

In case of Minor injury like bloody wound, broken nail or a problem with contact lenses, according to the decision of the judges, the Kata execution will be stopped, and the athlete will be assisted by a Sport

Therapist out of the competition area. The competition will continue, and the pair will repeat entirely the Kata soon after the last called pair.

In case a new Minor injury happens to the same athlete during the second execution of Kata, the pair will be considered out of competition.

In the case that Minor injury happens after a forgotten technique, the pair will be considered out of competition.

**ACCOMODATION:**

**Four Points by Sheraton Regina**

2415 Dewdney Ave Regina, SK, S4R 8R2

Phone: 306-789-8008

Fax: 306-789-8009

Email: [sales@fourpointsregina.com](mailto:sales@fourpointsregina.com)

Rate: \$109/night plus taxes (double queen)

Rates will be available **Jan 19, 20 & 21 2023**

**Block Code: JU1850**

Block of 30 rooms reserved for Fri January 20 & Saturday January 21, 2023

Block of 10 rooms reserved for Thursday January 19, 2023

Deadline: **19 Dec 2022**

**The Atlas Hotel**

4177 Albert Street, Regina SK S4S 3R6

Phone: **1-306-586-3443**

Email: [guestambassador@atlashotel.com](mailto:guestambassador@atlashotel.com)

Rate: \$139.95/night plus taxes (2 adults + 3 kids)

Rates will be available **Jan 19, 20 & 21 2023**

**Block Code: 011923JST**

Block of 50 rooms reserved for Fri January 20 & Saturday January 21, 2023

Block of 10 rooms reserved for Thursday January 19, 2023

Deadline: **23<sup>rd</sup> of December, 2022,**