



SCOTTISH KARATE ALLIANCE GRAND PRIX 2010

dates - February 27th , August 21st & November 13th

venue - Castlepark Community Centre , Irvine , Ayrshire

time - 1 .00 - 5 .00 pm

entry fee - competitors £ 5 (per person ,per event)

prizes - there will be a medal for the first 3 in kata & kumite at every event as well as a trophy for the player who wins the most points in each section over the 3 stages .Points will be awarded as follows 5 points for 1st , 3 points for 2nd 1point for 3rd in both kata and kumite
kata & kumite points will then be added together at each stage

note – as children will move up sections over the year points earned are carried forward. Only points earned in advanced sections count in kumite ,novices can enter advanced kumite sections if they want . There are sections for novices ,with medals ,to help novices gain experience .

rules - kata points system ,contestants chose there own kata . There will be a minimum of 2 rounds and scores from the final 2 rounds will be added
kumite - shobu –ippon

equipment permitted - everybody , white and /or red PU karate hand pads and except for children aged 10 years and under gum shields. Red and white belts
Female age 15 + chest guards Male aged 15+ groin guards (both of these are also advised for competitors 11 years +)
Optional shin pads

Judges & referees must wear a navy blazer ,grey trousers ,white shirt and suitable tie.
They should bring a whistle

Coaches must wear a tracksuit ,with trousers to the ankles .The top should have a club name badge or logo on it . A polo shirt or t-shirt with the club name etc will be permitted . Competitors can not coach at an event were they have competed.

Entry forms – must be returned by –email (if possible) by Thursday before the event
Fees can be paid on the day

Spectators are welcome ,there will be canteen facilities available .

Photographs – Photographs or videos are not permitted . There will be a photographer there and all pictures will be sent to all competing clubs .

One photographer will be permitted from each club but they must have an enhanced Disclosure Scotland Clearance form which is no longer than one year old. This form must be shown to the organiser .