**Mini Karate Tournament Reminders**

**Location:** Our dojo;33 S. Main Street, Mullica Hill, NJ, 08062

**Dress Code**

* Full Uniform: jacket, pants, karate t-shirt (red, yellow or black) and belt. The uniform can be any color (white, black or leadership). The white uniform is preferred.

**Gear**

* If competing in a Weapon Kata division, you MUST bring your weapon.
* If competing in a Sparring division, you MUST bring your hand gear, foot gear, shin guards, chest protector, head gear with face shield and mouth guard.
* If competing in a Board Breaking division, you MUST bring your dominant hand & foot gear and 1 shin guard. **If you are not a Leadership student** - see Sensei Fran by the Thursday before the Tournament to get your loaner gear.

**Boards for Breaking Divisions**

* Always register EARLY if competing in a Board Breaking division. Boards are set aside on a *first come, first served* basis.
* If you intend to use boards left over from a previous event, they MUST be given to Sensei Fran by the Thursday before the Tournament (for inspection & to be blue taped).

**Arrival Time**

* Please arrive 10 -15 minutes prior to the announced start time for your/your child’s rank. This will allow time for warm up, practice and line up for formal bow in.
* **Little Dragon, Basic & Intermediate ranks arrive at 8:45 – 8:50 a.m.** Formal Bow In @ 9 a.m.
* **Advanced, Black Belt & All Adult students (regardless of rank): Arrival time will vary based on the number of students registered for the tournament. Please pay close attention to the announcements in class or speak to an instructor**.

**How to Bow In/Out when Competing in Kata or Combination Divisions**

1. Students will be called to sit at a ring. Students should sit crisscross apple sauce or mokuso (on knees). Hands to themselves little or no interaction with the other students.
2. After they are seated & their papers are collected, as soon as they hear their name called, they should pop up, say "Yes Sir/Ma'am," walk to the edge of the ring & bow, then walk to the middle of the ring & bow.
3. Next... stand in the fudo dache stance (feet shoulder with apart) and arms out - just like they do when they step out to the "focus" position.
4. Now it's time to present to the judges; say the following in a LOUD, Clear Voice... "Good Morning Judges.  My name is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Today I will perform \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. May I begin?"
5. The head judge will say yes. Encourage your child to say "thank you" to the head judge and bow again.
6. At this point, the student announces just the name of what he/she is going to perform (again in a LOUD, Clear Voice) and begins the performance.
7. When finished, the student should bow again; the head judge might make a comment & dismiss the student; the student should walk backwards to the edge of the ring, bow once more and then turn to sit back down.  Remind your child to look over his/her shoulder while walking backward.