

# Meadowbank Karate Group

**CHIEF INSTRUCTOR** HAMISH ADAM 8th Dan  
10 WATERLOO BANK  
PENICUIK EH26 8NS Tel. 01968 674781

## **MEADOWBANK OPEN JUNIOR INDIVIDUAL CHAMPIONSHIPS**

A Karate competition is being held on **Sunday 25<sup>th</sup> October 2009** in the **Meadowbank Sports Centre London Road Edinburgh**. The competition is open to all Karate Students that are in membership of the Scottish Karate Governing Body as per categories detailed below, regardless of grade. **There will be Trophies or medals awarded for 1st, 2nd and 3rd equal. Medals will be awarded to all competitors.**

Category	Height	Start Time	Category	Height	Start Time
1	All grades under 3ø7ö Boys/Girls	10.00 am	8	Kyu/Dan Boys under 5ø2ö	1 pm
2	All grades under 4ft Boys/Girls	10.00am	8A	Kyu/Dan Girls under 5ø2ö	1 pm
3	Kyu/Dan grades under 4ø5ö Boys/Girls	10.00 am	9	<b>Junior Boys under 5'7"</b>	<b>2.30 pm</b>
4	Junior grades under 4ø5ö Boys/Girls	10.00am	9A	<b>Junior Girls under 5'7"</b>	<b>2.30 pm</b>
5	Junior Boys Under 4ø10ö	12 noon	10	Kyu/Dan Boys under 5ø7ö	3.pm.
5A	Junior Girls Under 4ø10ö	12 noon	10A	Kyu/Dan Girls under 5ø7ö	3. pm
6	Kyu/Dan Boys under 4ø10ö	12.30 pm	11	Boys All Grades 5ø7ö and over	3.30 pm
6A	Kyu/Dan Girls under 4ø10ö	12.30 pm	11A	Girls All Grades 5ø7ö and over	3.30 pm
7	Junior Boys under 5ø2ö	1 pm	12	Cadet Boys 16/17 years Open weight	3.30pm
7A	Junior Girls under 5ø2ö	1 pm	13	Cadet Girls 16/17 years Open weight	3.30pm

### **Explanation of Junior Category**

In the Scottish Karate Federation we have a two tier grading system. Children start with an easier grading that takes inexperienced children through competition at a very low level of ability. This gives young children an opportunity to participate in competition without having to face other children at a much higher level of competition experience. Any Karate group out-with the SKF wishing to enter their students in this category must only enter children who are competing for the first time or are at a very low level of ability in competition.

The organiser reserves the right to remove any child we think should not be in the junior category and enter them in the Kyu and Dan grade group.

- NOTE:-**
1. Would all competitors please check in 30 minutes before start time, start times are approximate.
  2. Hand pads and gum shields are compulsory.
  3. In this competition, boys and girls in groups 1 to 4 will compete against each other.

### **Competition ENTRY FEE**

Competitors £10.00 Spectators £5.00 (ADULTS) £2.00 (CONCESSIONS)

In the first instance, please return this information sheet with the entry form below and entry fee to your Club Instructor. Your child will then be measured and you will be informed which category he or she has been entered in and their start time. Instructors will then enter this on a club entry form and send as required

**All entry forms must be returned by instructors to Hamish Adam on or before Friday 23<sup>RD</sup> October, all cheques payable to Hamish Adam.**

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### **ENTRY FORM**

Meadowbank Junior Open Individual Championship 2009 Meadowbank Sports Centre- Sunday 25<sup>th</sup> October 2009

FULL NAME.					Home Tel No.				
Club:					Association:				
Grade:					Height: (Please also tick approp box below)				
1	2	3	4	5	5A	6	6A	7	7A
8	8A	9	9A	10	10A	11	11A	12	13