

The 30th Annual

Central Mass Open Karate Tournament



Kata
Sparring
Weapons

IPPONE
Rated

All
Styles Welcome

Demo Team
Competition

Saturday, March 14, 2020

Gardner High School – Gardner, Massachusetts

Registration begins at 7:30am – Tournament begins at 8:30am

Trophies for 1st-4th place
Unique Awards for Black Belt Grand Champions

For more information, contact Mike or Sue Sonia.

suesonia@comcast.net or 978-973-2484

www.sterlingmartialarts.com

Greetings,

Welcome to the 30th annual Central Mass Open. We are back once again at Gardner High School. Every year has brought in new people and great competition. This year will not be an exception! We thank you for your support, and good luck to all!

Yours in the Arts,

Mike and Sue Sonia

Date:	Saturday, March 14, 2020
Time:	Tournament will begin at 8:30am with demo team competition.
Ring assignments:	A ring assignment sheet will be provided at check-in as well as through email and Facebook.
Location:	Gardner High School – 200 Catherine St., Gardner, Massachusetts
Rating:	I.P.P.O.N.E.
Pre-Registration:	\$55 for all events if registered postmarked by March 7. <u>Absolutely no refunds.</u> Checks payable to: Sue Sonia – 267 Old Common Rd., Lancaster, MA 01523
Registration:	Registration table opens at 7:30 a.m. <u>No refunds. CASH ONLY.</u> \$65 for all events if registering on the day of the tournament
Demo Team:	Team members must be registered competitors, no additional charge for demo. Teams of 5 or more, 5-minute time limit. Demo teams: Be ready to go at <u>8:15</u> . Demos will start at 8:30 sharp!
Grands:	Unique awards for all Black Belt Grands: Men's Sparring, Women's Sparring, Open Hand Kata, Weapons Kata and Jr Black Belt Kata (Weapons and Open Hand combined).
Spectator Fee:	\$10 – Ages 13 and up, \$5 – Ages 3 to 12, Ages 2 and under – free (<u>Pay at door – cash only.</u>)
Safety Equipment:	Soft-padded (non-cloth) hands (fingers and thumb covered), feet (all toes covered), headgear and mouthpiece are mandatory in all SPARRING divisions. Protective cup is mandatory for all male competitors.
Special Request:	All Black Belts officiating are asked to wear a gi or school uniform.
Weapons:	<u>Blue Belt (intermediate rank) and up only!</u>
Coaching:	Coaching during sparring matches is <u>NOT</u> allowed.

FOR ADDITIONAL DETAILS ON REQUIRED EQUIPMENT & RULES, GO TO:

<http://ippone.com/guidelines.html>

Directions to Gardner High School

From Interstate 495

I-495 to Rt 2 West to Rt 140 North (Exit 24B)
Left at lights onto Rt 101 (Pearl St.)
Approx 1 mile to Gardner High School on Right

From Rt 90/ Massachusetts Turnpike East (Western MASS)

Exit Rt 90 via Exit 10 – Rt 290E Worcester
Rt 290 E to Rt 190N, Merge onto Rt 2 W
Rt 2 West to Rt 140 North (Exit 24B)
Left at lights onto Rt 101 (Pearl St.)
Approx 1 mile to Gardner High School on Right

From Keene NH

Rt 12 South to Rt 140 South
Right at lights onto Rt 101 (Pearl St.)
Approx 1 mile to Gardner High School on Right

From Eastern Massachusetts

Rt 2 West to Rt 140 North (Exit 24B)
Left at lights onto Rt 101 (Pearl St.)
Approx 1 mile to Gardner High School on Right

From Rt 91 – Vermont

Rt 91 S to Rt 2 East via Exit 27 (Left lane exit)
Rt 2 East to Rt 140 North (Exit 24A)
Left at lights onto Rt 101 (Pearl St.)
Approx 1 mile to Gardner High School on Right

Recommended Hotels:

Great Wolf Lodge Resort - Fitchburg, MA - 866-678-9653
Colonial Hotel – Gardner, MA - 978-630-2500

CENTRAL MASS OPEN KARATE TOURNAMENT

Saturday, March 14, 2020- Gardner High School - Gardner, MA

Divisions: Novice (white, yellow, orange), Intermediate (blue, green, purple), Advanced (red, brown)

All styles are different and some variations are expected. See promoter if you have questions.

Note: You may enter one sparring, one forms, and one weapons division.

Name _____
Address _____
City _____ State _____ Zip _____
Tel. _____ Age _____ Belt _____
E-mail _____
Dojo _____
Instructor _____
IPPONE Member? Yes No

- MENS FORMS**
MENS SPARRING
 18-29 Novice
 18-29 Intermediate
 18-29 Advanced
 30-39 Novice
 30-39 Intermediate
 30-39 Advanced
 40+ Novice
 40+ Intermediate
 40+ Advanced

- WOMENS FORMS**
WOMENS SPARRING
 18-34 Novice
 18-34 Intermediate
 18-34 Advanced
 35+ Novice
 35+ Intermediate
 35+ Advanced

Special Needs Divisions

- FORMS SPARRING WEAPONS

Demo Team Competition

Team Name _____

- BOYS FORMS**
BOYS SPARRING

- 6 & under all ranks
 7-8 Novice
 7-8 Intermediate
 7-8 Advanced
 9-10 Novice
 9-10 Intermediate
 9-10 Advanced
 11-12 Novice
 11-12 Intermediate
 11-12 Advanced
 13-14 Novice
 13-14 Intermediate
 13-14 Advanced
 15-17 Novice
 15-17 Intermediate
 15-17 Advanced

- GIRLS FORMS**
GIRLS SPARRING

- 6 & under all ranks
 7-8 Novice
 7-8 Intermediate
 7-8 Advanced
 9-10 Novice
 9-10 Intermediate
 9-10 Advanced
 11-12 Novice
 11-12 Intermediate
 11-12 Advanced
 13-14 Novice
 13-14 Intermediate
 13-14 Advanced
 15-17 Novice
 15-17 Intermediate
 15-17 Advanced

BLACK BELT SPARRING

- 12 & under Boys
 12 & under Girls
 13-14 Boys
 13-14 Girls
 15-17 Boys
 15-17 Girls
 18-34 Women
 35+ Women
 18-29 Men
 30-39 Men
 40-49 Men
 50+ Men

BLACK BELT FORMS

- 12 & under Boys
 12 & under Girls
 13-14 Boys
 13-14 Girls
 15-17 Boys
 15-17 Girls
 18-34 Women
 35+ Women
 18-29 Men
 30-39 Men
 40-49 Men
 50+ Men

The tournament promoters reserve the right to combine divisions of less than 2 people with others in order to give all participants the opportunity to compete.

\$55 for all events if pre-registered postmarked by **March 7**

\$65 for all events if registering on the day of the event

Make checks payable to:
Sue Sonia
267 Old Common Rd.
Lancaster, MA 01523
(Cash only on day of event)

BLUE BELT & UP WEAPONS

- 8 & under Boys
 9-10 Boys
 11-12 Boys
 13-14 Boys
 15-17 Boys
 8 & under Girls
 9-10 Girls
 11-12 Girls
 13-14 Girls
 15-17 Girls
 Adult Male 18+
 Adult Female 18+

BLACK BELT WEAPONS

- 12 & under Boys
 12 & under Girls
 13-14 Boys
 13-14 Girls
 15-17 Boys
 15-17 Girls
 18-29 Men
 18-34 Women
 30-39 Men
 35+ Women
 40+ Men

I, the undersigned, hereby release Michael Sonia, Susan Sonia, Sterling Martial Arts, Central Mass Open Karate Tournament, IPPONE, and all persons associated with this event in any capacity, from liability due to injuries, etc.; that may incur as a result of my attendance and/or participation at the above specified event. Furthermore, I hereby waive any compensation whatsoever for the use of pictures, movies, media coverage, etc. utilized by those associated with this event at any time.

Signature

Signature of Parent/Guardian if under 18