



# Eastern Ontario SHINTANI **KARATE** Championships

新谷 空手道



**Presented By**



**Saturday, March 22, 2025**  
 Location: I.E. Weldon Secondary School - 24 Weldon Rd, Lindsay, ON  
 Register Online: [https://docs.google.com/forms/d/e/1FAIpQLSeq9bQ9PVY8c0Auc4-Ti3z8BugwWEhr6c7DKns15FQI7N8Leug/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeq9bQ9PVY8c0Auc4-Ti3z8BugwWEhr6c7DKns15FQI7N8Leug/viewform?usp=sf_link)

**Fee Schedule**

Kata and / or Kumite (Pre-Registration) .....	\$ 50.00
Kata and / or Kumite (Not Pre-Registered) .....	\$ 60.00
Family Rate (Pre-Registered) .....	\$120.00

*NOTE: Pre Registration Must be received by March 14, 2025*

**Registration Opens at 8:00 am.**

**Opening Ceremonies 9:00 am.**



**To all participants & competitors,**

Karate Kawartha Lakes is pleased to announce the 13<sup>th</sup> annual Eastern Ontario Shintani Karate Championships. The tournament will be hosted by Karate Kawartha Lakes on Saturday, **March 22, 2025** at I.E. Weldon Secondary School starting registration at 8:30 a.m.

### **Pre- registration Deadline – March 14, 2025**

The pre-registration - **\$50.00** for kata and /or kumite, and **\$60.00** at the door  
Family rate pre-registration only: **\$120.00**

Please e-transfer pre-registration fees to [info@karatekawarthalakes.ca](mailto:info@karatekawarthalakes.ca). Make the security question answer - **karate1**

Please register online at:

[https://docs.google.com/forms/d/e/1FAIpQLSeq9bQ9PVY8c0Auc4Ti3z8BugwWEhr6c7DKns15FQI7N8Leug/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeq9bQ9PVY8c0Auc4Ti3z8BugwWEhr6c7DKns15FQI7N8Leug/viewform?usp=sf_link)

### **Competitors must sign in at the tournament: 8:00 to 8:45 am**

The opening Ceremony will begin at 9:00am with the Black-belt meeting to follow.

In Harmony,

**Kris Reynolds**  
Karate Kawartha Lakes

## KATA DIVISION (KYU BELT):



**\*Kata Requirements: Competitors must perform kata at their rank or below.**

### WHITE BELT

Power Kata  
Pinan Shodan

### YELLOW BELT

Chonan  
Pinan Nidan

### ORANGE BELT

Pinan Sandan  
Chonan Shodan

### GREEN BELT

Pinan Yodan  
Tekki Shodan  
Shopai

### BLUE BELT

Pinan Godan  
Seisho  
Sankyo  
Taisei

### BROWN BELT

Kushanku  
Teisho  
Chocodo

*\* If the competitor is an invited guest they may perform an equivalent kata for their rank from their style or art.*

## KATA DIVISION (MIXED BLACK BELTS):

### Mandatory Kata Division :

You must compete in mandatory Pinan Kata in order to compete in open kata and/or kumite. The Pinan Kata will be determined by rolling a die.

1 = Pinan Shodan, 2 = Pinan Nidan, 3 = Pinan Sandan, 4 = Pinan Yodan, 5 = Pinan Godan,  
6 = Choice of (Chonan Shodan, Shopai, Seisho, Tekki Shodan, Teisho or Sankio)

*\* If the competitor is an invited guest they may perform an equivalent kata for their rank from their style or art.*

### Open Kata Division :

Kata's that, are within the Shintani Wado Kai Karate Federation guidelines.

*\* If the competitor is an invited guest they may perform an equivalent kata for their rank from their style or art.*

See [www.shintani.ca](http://www.shintani.ca) for complete tournament rules.

*\*The tournament Coordinator reserves the right to divide / combine divisions at his sole and absolute discretion.*