

**CENTRAL WASHINGTON KARATE CHAMPIONSHIPS
YAKIMA VALLEY COMMUNITY COLLEGE
SOUTH 16TH AVE. & NOB HILL BLVD.
YAKIMA, WA 98902 PHONE: 1-509-457-5462**

DEAR MARTIAL ARTIST,

You and your school are cordially invited to participate in the *35th Annual Central Washington Karate Championships*, which will be held on Saturday, March 10th, 2012, at Yakima Valley College, Sherar Gym, beginning at 10:00 AM.

THIS IS A NON-CONTACT TOURNAMENT

The printed rules clearly state: "Each contestant is responsible for the control of his/her techniques. A contestant causing injury to their opponent must be disqualified." Competitors are urged to wear safety equipment, padding and other protective equipment that will not present the possibility of injury to others. Mouth guards for all fighters and cups for all males are required. The wearing of this equipment is encouraged for the protection of the participants, **NOT TO PROMOTE CONTACT**. Contact is not a requirement to score any point in this tournament. Contestants are warned in advance that all judges have been instructed to immediately disqualify each and every contestant who causes injury to their opponent.

TROPHIES

The Central Washington Karate Championships will feature beautiful, professionally crafted trophies for all 1st, 2nd, and 3rd place winners in sparring and forms. Medals will be awarded for 4th place in all divisions, and 5th, and 6th places in youth divisions, 17 years and under. Awards will also be presented to the "*Most Inspirational Competitor*" and the "*Most Winning School*", as well as Grand Champion Kata, Sparring, & Jr. Kata and Sparring.

SEMINARS

This year we are extremely proud to offer three exciting seminars at YVCC, Sherar Gym on Friday evening, March 9th, and Saturday morning, March 10th.

The first seminar will be from 6:00 - 7:30 PM, with Shihan Akio Minikami, Shito-Ryu 8th Dan,

5 time National Gold medal winner, and International instructor, who will teach the Internationally accepted form of the kata "Anan". This is a very strong and dynamic tournament kata, and there is no one better qualified to teach it.

The second seminar will be from 7:30 to 9:00 PM, with Sensei Terou Chinen, who grew up in Okinawa training under Miyagi Chojun Sensei, the founder of Goju Ryu Karate, and Miyazato Eichi Sensei. He later moved to Tokyo where he studied judo and karate before moving to Spokane, WA in 1969. Sensei still travels the world teaching traditional Goju Ryu karate, and will teach the kata "Seipai", with emphasis on the strong Goju basics and fighting applications of the kata's movements.

The 3rd seminar will be a Self-defense seminar held Saturday morning from 8:00 to 9:30, with Sensei James Penor. Sensei Penor, 5th Dan student of Soke Takayuki Kubota, will teach the street legal weapon his sensei developed, the Kubatan. This weapon, a 5" long plastic key chain has been used by millions throughout the world, and with proper use, is both effective and practical for all. No Martial Arts experience is necessary for this seminar.

The cost of each seminar is \$30. or you may take all three seminars for \$75.

Seminars are open to all ages, all ranks, and all styles.

Registration will be taken at the door or you may pre-register for the tournament or the seminars by mail with a check made out to the "Yakima School of Karate" and sent to – 13 N. 7th Ave., Yakima, WA 98902, no later than March 5th.

Sincerely yours in the Martial Arts,

Shihan Morris L. Mack

Yakima School of Karate (509) 457-5462

