USKF
連合松濤館空手連盟

USKF Shotokan Cup 2006

Blanchardstown Institute of Technology – On Sunday the 15th of October 2006 – Eliminations start 9.30am

Competitors Entry Form

FULL NAME & GRADE PLEASE PRINT CLEARLY IN BLOCK CAPITALS (Tick *categories* required Details on the information sheet)	**Kata** Under 16yrs orange belt-Red belt (Mixed)	**Kata** Under 16yrs Yellow-Purple belt (Mixed)	**Kata** Under 16yrs Brown-Black belt (Mixed)	**Kata** Senior 16yrs and over White-Purple (Mixed)	**Kata** Mens Senior Kata 16yrs and over Brown-Black	**Kata** Ladies Senior Kata 16yrs and over Brown-Black	**Basic Kihon Event White belts only** Under 11yrs White belts only	**Basic Kihon Event White belts only** Under 16yrs White belts only	**Sambon Kumite** 6-8yrs Mixed Orange – Purple belt (Mixed)	**Sambon Kumite** 9-11yrs Mixed Orange – Yellow belt (Mixed)	**Ippon Kumite (1 step with 4 attacks from the right side only)** Under 11yrs Green belt and above (Mixed)	**Boy's Kumite** 12 – 15yrs under 5' all grades	**Boy's Kumite** 12 – 15yrs over 5' under 5'5'' all grades	**Boy's Kumite** 12 – 15yrs over 5'5'' all grades	**Male Kumite (Cadet)** 16 – 17yrs all grades	**Girl's Kumite** 12 – 15yrs under 5' all grades	**Girl's Kumite** 12 – 15yrs over 5' under 5'5'' all grades	**Girl's Kumite** 12 – 15yrs over 5'5'' all grades	**Female Kumite (Cadet)** 16 – 17yrs all grades	**Senior male Kumite** 16yrs & over Brown-Black belt	**Senior female Kumite** 16yrs & over Brown-Black belt	**Team Kata**	**Team Kumite** 16yrs and over

Individual Entries (single event) ___x €7=____ Team Entries ___x €12 = _____Total Amount Enclosed €_____

All participating squads must have insurance cover, and present a certificate of insurance before competing. All competitors must wear gum shields and hand-mits if participating in Kumite

NAME OF CLUB_____Signature of Club Instructor/Secretary_____ Date_____