

Mike & Sue Sonia present the 21st Annual

Central Mass Open Karate Tournament

IPPONE
Rated



All Styles Welcome
Kata – Sparring - Weapons

Saturday, March 5, 2011

Gardner High School – Gardner, Massachusetts

Registration begins at 7:30am – Tournament begins at 9:00am

Trophies for 1st-4th place - Participant medals for all kids
Demo Team Competition - Unique Grand Champion Awards
This year- 10 rings!

For more information contact Mike or Sue Sonia

suesonia@comcast.net or 978-365-2750

www.sterlingmartialarts.com

Greetings,

Welcome to the 21st Annual Central Mass Open. We are honored to continue this great tradition, and we thank you in advance for your support and participation.

Yours in the Arts,

Mike and Sue Sonia

Date: Saturday, March 5, 2011

Time: Tournament will begin at 9:00 a.m.

Schedule: Ring assignments will be listed in the tournament program given to competitors at check-in.

Location: Gardner High School – 200 Catherine St., Gardner, Massachusetts

Rating: I.P.P.O.N.E.

Pre-Registration: \$50 for all events if registered by February 28
Checks payable to: Sue Sonia – 267 Old Common Rd., Lancaster, MA 01523

Registration: Registration table opens at 7:30 a.m. **No checks at the door.**
\$60 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 3 or more, 5 minute time limit
Demo teams: Be ready to go at 8:45. Demos will start at 9:00 sharp!

Spectator Fee: \$8 – Ages 12 and up, \$5 – Ages 3 to 11, Ages 2 and under – free

Safety Equipment: Foam-dipped hands, feet, headgear and mouthpiece are mandatory in all fighting divisions.
Protective cup is mandatory for all male competitors. All competitors must provide their own equipment. Ringstar shoes are allowed in adult black belt divisions only.

Special Request: Out of respect for each competitor all Black Belts officiating are asked to wear a gi or school uniform.

Weapons: Blue Belt (intermediate rank) and up only!

Grands: Unique Black Belt Grand Champion Awards

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 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 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 Rte 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:

Best Western Royal Plaza Hotel - Fitchburg, MA
WITH COCO KEY WATER RESORT! (cocokeywaterresort.com)
Make reservations early: 978-342-7100

Colonial Hotel – Gardner, MA
888-214-4991

CENTRAL MASS OPEN KARATE TOURNAMENT

Saturday, March 5, 2011 – Gardner High School – Gardner, MA

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

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

Name
Address
City State Zip
Tel. Age Rank
E-mail
Dojo
Instructor

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

Physically Challenged
Demo Team Competition
Team Name

BOYS FORMS
BOYS FIGHTING

- 5 & under all ranks
6-7 Novice
6-7 Intermediate
6-7 Advanced
8-9 Novice
8-9 Intermediate
8-9 Advanced
10-11 Novice
10-11 Intermediate
10-11 Advanced
12-13 Novice
12-13 Intermediate
12-13 Advanced
14-15 Novice
14-15 Intermediate
14-15 Advanced
16-17 Novice
16-17 Intermediate
16-17 Advanced

GIRLS FORMS
GIRLS FIGHTING

- 5 & under all ranks
6-7 Novice
6-7 Intermediate
6-7 Advanced
8-9 Novice
8-9 Intermediate
8-9 Advanced
10-11 Novice
10-11 Intermediate
10-11 Advanced
12-13 Novice
12-13 Intermediate
12-13 Advanced
14-15 Novice
14-15 Intermediate
14-15 Advanced
16-17 Novice
16-17 Intermediate
16-17 Advanced

WEAPONS BLUE BELT & UP

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

BLACK BELT WEAPONS

- 12 & under Boys
12 & under Girls
13-15 Boys
13-15 Girls
16-17 Boys & Girls
18-29 Men
18-29 Women
30-39 Men
30-39 Women
40+ Men
40+ Women

BLACK BELT FIGHTING

- 12 & under Boys
12 & under Girls
13-15 Boys
13-15 Girls
16-17 Boys
16-17 Girls
18-29 Women
18-29 Men
30-39 Women
30-39 Men
40+ Women
40-49 Men
50+ Men

BLACK BELT FORMS

- 12 & under Boys
12 & under Girls
13-15 Boys
13-15 Girls
16-17 Boys
16-17 Girls
18-29 Men
18-29 Women
30-39 Men
30-39 Women
40-49 Men
40+ Women
50+ Men

\$50 for all events if registered by February 28

\$60 for all events if registering on the day of the event. (Excluding Demo Team Competition)

Make checks payable to: Sue Sonia, 267 Old Common Rd., Lancaster, MA 01523 (No checks on day of event)

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

Sue & Mike Sonia
267 Old Common Road
Lancaster, MA 01523