

**NORTH AMERICAN KARATE & FITNESS  
30TH ANNUAL CHAMPIONSHIPS  
SAT. NOVEMBER 7, 2020**

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Dear Masters, Instructors, and Competitors

It is once again, my great honor, to bring you this years championship "Battle on the Mountain" here at, beautiful 7 Springs mountain resort. Once again we come together to compete in a great celebration of our training, our instructors, the respect we have gained for each other and true traditional martial art. I wish every competitor the best. As always, win or lose, I think we are all fortunate in today's world, to be able to come together for this great experience. A celebration of competition through our study of traditional martial art. This is the 31st year for this event and with all of your help it will be even more successful then the 30 years past. Never stop in your pursuit of peace through strengthening of mind and body.

Yours in MA

Tang Soo!  
Master Peter G. Oien  
President/Founder  
North American Karate and Fitness  
Chief Instructor US HQG  
North American Tang Soo Do Association

**RULES & REGULATIONS**

**Forms Competition**

All competitors must have traditional Martial Arts Uniform with belt in order to compete.

All forms will be judged on a basis of rank and ability: i.e. stance, snap, concentration, attitude and ability, not on correctness of the form. One styles idea of correctness can vary from another. Forms will only be judged on the fore mentioned qualities.

**Sparring Competition**

**Color Belt**

Full gear must be worn: Head gear, Hand gear, Foot gear, Groin cup and Mouth piece must be worn during all free sparring matches. No open hand, lead hand or backfist techniques will score for a point, but may be used as faking techniques.

- Color belt sparring will be 5 points or 2 minutes, whichever comes first.
- Point areas will be chest and sides of the body with reverse punch. Well controlled kicking techniques will score to face mask area and sides of head. Well controlled kicking techniques will score to the sides of the body, abdomen, chest and solarplexus. Excessive contact will result in a warning followed by disqualification.
- Any competitor or instructor showing willful disrespect to judges or other competitors will be immediately disqualified.
- Any competitor arguing or challenging the center referee will be immediately disqualified.
- Any drawing of blood will result in immediate disqualification.

**Black Belt**

First to 5 points: 3 minute rounds

All rules for color belt apply, although face punch with control is a point. Judges must use discretion in deciding on excessive contact even with blood drawn. It must be an unanimous decision to disqualify a competitor. If competitor walks into an attack and is injured the match may continue if all judges and competitor agree.

**Breaking Competition**

All boards must be purchased at the tournament to insure fairness in the competition.

N.A.T.A Certified Tournament Breaking Boards: \$3 Per Board

Children (Recommended)

7 and under may use the 1/4 inch boards

8-12 may use, minimum, 1/2 inch boards or 2, 1/4 inch boards per station

13 and up must use, minimum, 1 inch boards or 2, 1/2 inch boards per station

Pre-registration by Friday, October 30, 2020:  
\$60 one event  
\$10 for each additional event  
At the door: \$70 one event  
\$10 for each additional event  
Spectator (at the door only):  
\$10 per person  
**CALL (724) 834-4033 FOR INFORMATION**

**SCHEDULED EVENTS**

8AM Registration•9AM Haidong Gumdo and Weapons•10AM Adult Black Belt Forms•11AM Opening Ceremonies

[Open to all legitimate schools of traditional Martial Art](#)

**Forms, Sparring and Breaking**

4 to 5 Boys and Girls	white	yellow	orange	green	red	
6 to 7 Boys and Girls	white	yellow	orange	green	red	black
8 to 9 Boys and Girls	white	yellow	orange	green	red	black
10 to 11 Boys	white	yellow	orange	green	red	black
10 to 11 Girls	white	yellow	orange	green	red	black
12 to 13 Boys	white	yellow	orange	green	red	black
12 to 13 Girls	white	yellow	orange	green	red	black
14 to 15 Boys	white	yellow	orange	green	red	black
14 to 15 Girls	white	yellow	orange	green	red	black
16 to 17 Boys	white	yellow	orange	green	red	black
16 to 17 Girls	white	yellow	orange	green	red	black
18 to 37 Adult Men	white	yellow	orange	green	red	
18 to 37 Adult Women	white	yellow	orange	green	red	
38 and up Adult Men	white	yellow	orange	green	red	
38 and up Adult Women	white	yellow	orange	green	red	

**Weapons/Haidong Gumdo**

5 to 8	Beginner	Intermediate	Advanced
9 to 11	Beginner	Intermediate	Advanced
12 to 14	Beginner	Intermediate	Advanced
15 to 17	Beginner	Intermediate	Advanced
18 to 37	Beginner	Intermediate	Advanced
38 and up	Beginner	Intermediate	Advanced

**Blackbelt Forms, Sparring and Breaking**

18 to 37 Men	Grand Champion
18 to 37 Women	Men's Blackbelt Forms, Sparring
Senior	Women's Blackbelt Forms, Sparring
38 and up Men and Women	



All divisions subject to change depending on number of competitors and or other circumstances.



Tournament Sponsors

Activities available for the **WHOLE FAMILY** to ENJOY!



N.A.K.F. Championships Saturday, November 7, 2020

Mention N.A.K.F. Championship for special rates



Casual & Fine Dining



Hiking Trails



Golf Packages



Mountain Top Campfires



Horseback Riding



Sporting Clays



Swimming (Indoor)



Trillium Spa

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