

**NORTH AMERICAN KARATE & FITNESS
35th ANNUAL CHAMPIONSHIPS
SAT. NOVEMBER 2, 2024**

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Welcome Masters, Instructors, and Competitors,
Once again, we meet for North American Karate and Fitness Championships at Live! Casino in Westmoreland Mall, Greensburg, PA. The tournament is held in the Venue Room located on the upper level. There is plenty of parking and any ages can use the many entrances to enter Live! Casino. Bring yourself or the entire family to enjoy this great event. The North American Karate and Fitness staff and students are looking forward to seeing all of you at this year's event to celebrate the Martial Arts. There are great room discounts at the Holiday Inn Express Hotel in Greensburg, PA. Hotel information is listed at the bottom of this page. We thank you for your continued support at our event. If we can be of any assistance or help in any way, please contact us at 724-542-7470, visit our Facebook page www.facebook.com/nakfkarate or www.nakarateandfitness.com.

Tang Soo!
Master Ron Robb
North American Karate and Fitness



WESTMORELAND MALL
5260 US-30
Greensburg, PA 15601

Hosted By

Live Casino has something for the entire family, shopping in the Westmoreland Mall, bowling, a golf simulator, ping pong and a wide variety of social games in the Sports and Social Steel City. So come compete and enjoy all the other activities for the family!

Online registration ends Saturday October 26th
Register for 4 events and get the 5th event Free
www.northamericankarateandfitness.com



Preregistration by mail to:
Ends Saturday October 19

NAKF
372 Countryside Plaza
MT. Pleasant, PA 15666
Make Checks Payable to Master Ron Robb



Purchase your tournament shirt day of event
Shirts \$20.00 ea

Reserve your room now! Mention event at Live Casino for special room rates
137 Blair Street
Greensburg, Pennsylvania, 15601
724-837-1400



SCHEDULE OF EVENTS

- 8:00 AM - All weapons/Haidong Gumdo boys/girls all ages, White Belt-Black Belt
Adult (18+) Black Belt Men/Women Forms Registration
10:15 AM - Adult (18+) Black Belt Men/Women forms
11:30 AM - Registration Ages 4-11 boys/girls all ranks White Belt - Black Belt
12:15 PM - Ages 4-11 All ranks White to Black Belt forms/sparring/breaking
3:00 PM - Registration Ages 12-17 boys/girls all ranks White to Black Belt
3:30 PM - Ages 12-17 All ranks White to Black Belt forms/sparring/breaking
4:45 PM - Registration Ages 18 and Over men/women all ranks White to Red Belt
5:15 PM - Ages 18 and Over men/women all ranks White to Red Belt forms/sparring/breaking
Adult Black Belt sparring/breaking will begin at conclusion of Adult color belt competition

**GRAND CHAMPION WINNERS MEN/WOMEN
GRAND PRIZE
\$300.00**

**BLACK BELT WINNERS ARE ELIGIBLE TO COMPETE FOR GRAND CHAMPION.
IF 1ST PLACE BOWS OUT 2ND PLACE WINNER CAN COMPETE!**

**Competitors must show up on time for your event
if late you will forfeit your spot
Competitors must wait until event registration begins
to enter event for your age/rank**

Pre-registration begins August 2, 2024:
\$70 one event
\$10 for each additional event
At the door: \$80 one event
\$10 for each additional event
Spectator (at the door only):
\$10 per person
5 and under no charge

CALL (724) 542-7470 FOR INFORMATION

CHECK INSERT FOR EVENT RULES

WHITE	YELLOW	ORANGE	GREEN	RED	_____	4 to 5 Boys\Girls		
WHITE	YELLOW	ORANGE	GREEN	RED	BLACK	6 to 17 Boys\Girls		
WHITE	YELLOW	ORANGE	GREEN	RED	BLACK	18 to 37 Men\Girls		
				Weapons/Haidong Gumdo	Beginner 10-7 Gup	Intermediate 6-4 Gup	Advanced 3-1 Gup	Black
					_____	5 to 8 Boys\Girls	_____	
					_____	9 to 17 Boys\Girls	_____	
					_____	18 to 37 Men\Women	_____	

Blackbelt Forms, Sparring and Breaking
18 to 37 Men/Women
Senior
38 and up Men and Women

Grand Champion
Men/Women Blackbelt Forms, Sparring

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



Tournament Sponsors

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