

**NORTH AMERICAN KARATE & FITNESS  
36th ANNUAL CHAMPIONSHIPS  
SAT. NOVEMBER 8, 2025**

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Welcome Master, Instructors and Black Belts,  
Once again, we meet for the North American Karate and Fitness Championships. This year the event will be held at Greensburg Salem High School Gymnasium in Greensburg Pa. There is plenty of parking. Bring yourself or the entire family to enjoy this great event! The North American Karate and Fitness students and staff are looking forward to seeing all of you at this year's event to celebrate the Martial Arts. Enjoy our great demos from students, Black Belts and other schools. Check out the food and drink, located in the lobby area. Hotel information is listed at the bottom of this page. We thank you for your continued support at our event. If we can be any assistance or help in any way please contact us at 724-542-7470, or visit our Facebook page at [www.facebook.com/nakfkarate](http://www.facebook.com/nakfkarate) or our website at [www.nakarateandfitness.com](http://www.nakarateandfitness.com).

Tang Soo  
Master Ron Robb  
North American Karate and Fitness



**ONLINE REGISTRATION IS NOW OPEN** ends Sunday November 2nd  
Register for 4 events and get the 5th event Free  
[www.nakarateandfitness.com](http://www.nakarateandfitness.com)



*All mail registrations must be received no later then Saturday November 1st.  
To guarantee the discount rate.*

Pre registration by mail to: **NAKF**  
Ends Saturday October 25 372 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!  
137 Blair Street  
Greensburg, Pennsylvania, 15601  
724-837-1400



**SCHEDULE OF EVENTS**

8:00 AM – Doors open.  
9:00 AM - Weapons/Haidong Gumdo both Children and Adults of all ages and ranks. White – Black Belt  
10:00 AM – Adult (18+) Black Belt Men/Women Forms. 1st Place winners from each division will be eligible to compete for Grand Champion forms at the conclusion of Adult Black Belt forms division.  
11:15 AM – Opening ceremonies and Demonstrations.  
12:30 PM- Main event begins, forms, breaking, sparring competition for all belts ranks white to black. Children, 4 years old and up will start first, all other ranks and age groups to follow.  
Adult Black Belt sparring/breaking will begin at the conclusion of Adult color belt competition  
Times and all divisions are subject to change depending on the number of competitors and other circumstances. Competitors must show up on time for your event, if late, you will forfeit your spot.  
All divisions will be announced over the loudspeaker.

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

Grand Champion Forms/Sparring	Jr. Grand Champion Forms	1st place winners in each
Adult Men 18+ years old	Boys under 18 years old	Black Belt divisions
Adult Women 18+years old	Girls under 18 years old	

**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 8, 2025:  
\$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

38 and up Men and Women  
Senior

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