

North American Karate and Fitness Championships at Greensburg Salem High School Greensburg Pa

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. 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.