

# ▲ POWER OF WON KARATE

The Martial Arts Where Every Student Is A Winner

Greensborough College, Nepean St, Greensborough. Ph Michael 9432 9905 or 0413 539 506

(Mail to be forwarded to the following address: 45 Brentwick Drv. Greensborough, 3088)

[www.martial-arts-karate.com.au](http://www.martial-arts-karate.com.au)

April 2009

Dear Students,

Welcome back to what promises to be a big and exciting term.

Coming up next month is the **HUGE** 2009 Power of Won Intra-Club Tournament.

Entry forms can be downloaded from the website at [www.martial-arts-karate.com.au](http://www.martial-arts-karate.com.au)



Once again I hope and encourage **ALL** students to make a big effort to compete in the tournament. It is a Big event and expectation that **ALL** students give it a go. Remember a real winner is a person who is **in it**, not only to win it.

Like in previous years, I will organise the events to be as fair as I possible and will split large student number events to better the chances of winning a trophy or 4<sup>th</sup> place medal. Please note, I will need to combine various events if numbers are not as predicted. Remember, all students will receive a personally engraved Competitor award for competing.

## COMPULSORY EQUIPMENT

Please remember ALL students MUST have purchased and ready on the day:

1. A personally moulded/fitted mouthguard.
2. Males MUST wear a groin protector to participate in Sumo or Kumite.
3. Gloves/Sparring mitts (these may be borrowed from the club)
4. Shin / Instep leg guards are optional.

***THESES ITEMS CAN BE ORGANISED WITH MICHELLE AT THE DESK***

## ENTRY FORM & PAYMENT

This **MUST** be handed in **NO LATER** than **Friday 15<sup>th</sup> May 2009.**

(Please try to help out here, as timetabling is a huge task)



# POWER OF WON 2009 TOURNAMENT

Sunday 24<sup>th</sup> May

Below is a timetable which is based on all current students competing in all events possible. Senior students will be competing to begin the day. All students are welcome to watch the Senior events, however the Junior students and families should arrive between 11 and 11:20 because their Tournament starts at 11:30a.m. sharp.

**ALL juniors should be ready to begin 11:30a.m.**

Please note the following timetable is a guide and may vary depending on various factors, so appreciate that **it is a guide.**

TIME	RING 1 (Hall) (Kumite or Sumo)	RING 2 (Hall) (Kumite or Sumo)	RING 3 (Hall) (Sumo only)	KATA (Canteen)
9-9:30				Senior Kata
9:30-10				Senior Kata
10-10:30	Senior Kumite	Senior Kumite	Senior Kumite	
10:30-11	Senior Kumite	Senior Kumite	Senior Kumite	
11-11:30	<i>ALL Junior Students and families arrive and students are ready to start or watch at 11:30 sharp</i>			
11:30-12	11&12y.o. Sumo (A)	11y.o. Sumo (B)	12y.o. Sumo (C)	7&8y.o. Kata No Belt & White Belts
12-12:30	9y.o. Sumo (A)	9y.o. Sumo (B)	9y.o. Sumo (B)	7&8y.o. Kata Yellow Belts
12:30-1	10y.o. Sumo	7&8y.o. Kata Orange & Green Belts	13y.o. Sumo	5&6y.o. Kata No Belt & White Belts
1-1:30	5&6y.o. Sumo (A)	5&6y.o. Sumo (B)	5&6y.o. Sumo (C)	9-11y.o. Kata No Belt - Yellow Belts
1:30-2	8y.o. Sumo (A)	8y.o. Sumo (B)	7y.o. Sumo (B)	9-11y.o. Kata Orange & Green Belts
2-2:30	Junior & Senior Black Belt Candidates Perform their own Kata			
2:30-3	7y.o. Sumo (A)	11-13y.o. Kumite Blacks		9-12y.o. Kata Blue Belts
3-3:30	7&8y.o. Kumite No Belt & White Belts	7&8y.o. Kumite No Belt & White Belts	7&8y.o. Kumite No Belt & White Belts	11-13y.o. Kata Brown Belts
3:30-4	7&8y.o. Kumite Yellow Belts	7&8y.o. Kumite Yellow Belts	7&8y.o. Kumite Yellow Belts	11-13y.o. Kata Blacks
4-4:30	7&8y.o. Kumite Orange & Green Belts	7&8y.o. Kumite Orange & Green Belts	9&10y.o. No Belt – Yellow Belts	
4:30-5	9&10y.o. Kumite Orange & Green Belts	9-11y.o. Kumite Blue & Brown Belts	12-14y.o. Blue & Brown Belts	
<b>Pack Up and Clean Up</b>				

