



Year **2020**

Zone _____

KARATE SPORT FORM

Created November 2019

Registrations must comply with sport specific rules and the General Rules Book.

Please complete one form per participant.

Age Categories

Men and Women

55-62

63-69

70+

Divisions

Novice (under 2 years of training)

Advanced (3-7 years of training)

Elite (over 8 years of training)

Please print

Fill in the preferred first name and the last name of each participant as printed on their registration form.

Name _____ Male Female

Events –

Individual Kata

Individual Kumite

(please indicate weight class below for Individual Kumite)

70kg (<154 lbs) 80kg (<176 lbs) 90kg (<198 lbs) +90kg (>198 lbs)

Team Kata Team Name _____

Team Kumite Team Name _____
(please indicate weight class below for Team Kumite)

70kg (<154 lbs) 80kg (<176 lbs) 90kg (<198 lbs) +90kg (>198 lbs)

NOTE TO REGISTRAR: Each zone may send an unlimited number of participants in each age category and event. Men's Kumite teams are comprised of seven members with five competing in a round. Women's Kumite teams are comprised of four members with three competing in a round.