

# Gold Cup 2020

Saturday, March 21, 2020  
Centre Pierre Charbonneau  
3000 rue Viau  
Montreal, Canada



Deadline for registration is March 13, 2020  
(Registrations will NOT be accepted after the deadline)

## Invitation

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Dear Dojo Director,

The Ohan Family Martial Arts dojo presents and cordially invites you to the Gold Cup 2020 on Saturday March 21 at the Centre Pierre Charbonneau in Montreal, Canada.

It is with great pleasure that the Ohan Family will hold the Gold Cup and we would like to thank you for your continued support.

The knockdown competition will be open to all styles for both the men and women divisions and the registrations for all knockdown fighters will be free of charge.

During the tournament we will hold kata, group kata and semi-contact kumite competition and this will immediately be followed by our knockdown competition.

The day competition is open to people of all ages; juniors and adults. Please refer to our website [www.ohanfamily.com](http://www.ohanfamily.com) for all registrations and tournament information.

We look forward to seeing everyone at this year's Gold Cup and, once again, thank you for your support.

Yours in Kyokushin,  
Shihan Dominic Ohan

For more information, you may contact us at (514) 253-6763 or by email [ohanfamily@gmail.com](mailto:ohanfamily@gmail.com) or via our Facebook page "Ohan Family Martial Arts". Our organizing committee will gladly respond to any requests.

Sensei Marc Pronovost  
Sempai Venus Di Genova  
Kohai Gioele Agostinelli

## Day Tournament

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The day tournament is from 10h00 am to 6h00 pm. We ask all competitors to be present at **8h30 am**. This event will start with the group kata competition, followed by the kata competition for juniors and adults. The categories will be as follows:

Age	Belt	Male and Female Group
3 – 4	White	K0
4 – 6	White	K1
4 – 6	Orange & Blue	K2
7 – 8	White	K3
7 – 8	Orange	K4
7 – 8	Blue	K5
7 – 8	Yellow & Green	K6
9 – 11	White	K7
9 – 11	Orange	K8
9 – 11	Blue	K9
9 – 11	Yellow	K10
9 – 11	Green & Brown	K11
12 – 14	White	K12
12 – 14	Orange	K13
12 – 14	Blue	K14
12 – 14	Yellow	K15
12 – 14	Green	K16
12 – 14	Brown	K17
15 – 17	White & Orange	K18
15 – 17	Blue & Yellow	K19
15 – 17	Green & Brown	K20
4 - 17	Elite Junior	K21
18+	White	K22
18+	Orange	K23
18+	Blue	K24
18+	Yellow	K25
18+	Green	K26

18+	Brown	K27
18+	Elite Adult	K28
10 - 17	White to Blue	TK1 (Team Kata)
10 - 17	Yellow & Green	TK2 (Team Kata)
18+	White to Green	TK3 (Team Kata)
Open ( 10+ )	Elite Group Kata	TK4 (Team Kata)

The semi-contact kumite competition for juniors and adults will follow during the afternoon. The categories will be as follows:

Age	Belt	Male Group	Female Group
4 - 5	White & Orange	M1	F1
4 - 5	Blue & Yellow	M2	F2
6 - 7	White & Orange	M3	F3
6 - 7	Blue & Yellow	M4	F4
8 - 9	White & Orange	M5	F5
8 - 9	Blue & Yellow	M6	F6
8 - 9	Green, Brown & Black	M7	F7
10 - 11	White & Orange	M8	F8
10 - 11	Blue & Yellow	M9	F9
10 - 11	Green, Brown & Black	M10	F10
12 - 13	White & Orange	M11	F11
12 - 13	Blue & Yellow	M12	F12
12 - 13	Green, Brown & Black	M13	F13
14 - 15	White & Orange	M14	F14
14 - 15	Blue & Yellow	M15	F15
14 - 15	Green, Brown & Black	M16	F16
16 - 17	White & Orange	M17	F17
16 - 17	Blue & Yellow	M18	F18
16 - 17	Green, Brown & Black	M19	F19
18 - 35	All	Groups formed at the event	
36+	All	Groups formed at the event	

Please note that we reserve the right to re-organize categories depending on the number of contestants. The final group category will be provided for each competitor on the day of the event.

## Night Tournament (Grand Prix)

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The night tournament is a full contact knockdown event. The event starts at 6h00 pm. Light, middle and heavy weight divisions will be available for men and women. Only the mouth piece, breast and groin cup are permitted. The mandatory weigh-in will take place at Centre Pierre-Charbonneau from **7h00pm to 9h00pm on Friday, March 20, 2020.**

### **WEIGHT CATEGORIES MEN**

Lightweight: 0 lbs - 155 lbs

Middleweight: 156 lbs - 179 lbs

Heavyweight: 180 lbs +

### **WEIGHT CATEGORIES WOMEN**

Lightweight: 0 lbs - 121 lbs

Middleweight: 122 lbs - 138 lbs

Heavyweight: 139 lbs +

We reserve the right to merge or modify the groups if necessary.

## Location

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The tournament will be held at:

**Centre Pierre-Charbonneau**

3000 rue Viau

Montreal, Quebec

## Tournament Fees

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- Semi-contact Kumite : \$50
- Kata: \$50
- Kata & semi-contact Kumite : \$60
- Group Kata: \$65
- **Knockdown: Free**

## Tickets

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Tickets can be purchased in advance or at the door. One coach and one branch chief will have free admission. The admission fees for the day and night events are as follows:

11 years and up	10 years and younger
\$20	\$15

The Gold Cup committee welcomes the Sensei in charge of the delegation free of charge to our Gold Cup Tournament. All other coaches will be invited to pay the spectator fee. We will only be giving a pass to enter the competition premises according to a ratio of 1 coach for 10 enrolled participants.

## Equipment regulations

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- All competitors must wear their karate gi
- All semi contact fights are with mandatory shin pads with instep, fighting gloves and head gear
- Plastron is mandatory for juniors of 7 years old or less
- Mouth piece, breast and groin cup are optional but highly recommended
- No bandage of any kind
- No jewelry

## Fights Round

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*Less than 18 years old:*

- One round of one minute and thirty seconds (1:30)
- One minute extension if necessary, with a maximum of two extensions

*18 years old and over:*

- One round of two minutes (2:00)
- Two minutes extension if necessary, with a maximum of two extensions

## Legal and Illegal Techniques

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- No head kicks for kids of 11 years old or less
- All kicks, knees, open hand strikes, punches and elbows are permitted to the body and legs

- No open hand strikes, punches or elbows are permitted to the face, head or neck
- Kicks and knee kicks are permitted to the head
- No front straight kicks to the face are permitted for semi contact fighters
- No head-butt
- No grabbing
- No strikes to the groin, back or knees
- No strikes below the knees for juniors

## Accommodation

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Special accommodations will be furnished by:

### **Hotel Universel Montréal**

Website: <http://hoteluniverselmontreal.com/>

Special pricing of \$134 per night. Please mention Gold Cup during reservation.

## Registration

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To register for this championship:

1. Fill in the online registration form at <http://www.ohanfamily.com>
2. Read and sign the consent form provided on the last page of this document
3. Give full payment in cash and signed consent form to your dojo chief instructor

Deadline for registration is **March 13, 2020**. No registrations will be accepted after this date.

For all participating dojos, the chief instructor must collect payments and signed consent forms and return them to the Ohan Family Dojo between March 14 and March 20.

## Contact Information

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Feel free to contact us at (514) 253-6763 or at [ohanfamily@gmail.com](mailto:ohanfamily@gmail.com) for any additional information.

## Consent Form - Gold Cup 2020

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Please read the following and sign below. All minors under 18 years of age **MUST** have a parent or guardian's signature. This **MUST** be returned the day of the competition.

The participant agrees to comply with the rules and regulations of the GOLD CUP, CENTRE PIERRE-CHARBONNEAU or any of their officers, agents, employees or any individual connected with the organization or promotion of any of the EVENTS, and the participant expressly assumes all risks of whatsoever nature resulting from participating therein resulting from participating in the activity.

Additionally, I am fully aware of my personal medical conditions and hereby certify that I am mentally and physically fit to compete in the EVENTS.

Last, I hereby waive any compensation of whatever kind for use of pictures, videotapes or other likeness or reproductions for media coverage, press releases or interviews utilized by those producing or directing this event at any time.

Competitor name : \_\_\_\_\_

Competitor signature : \_\_\_\_\_

Parent signature (if under 18yrs) : \_\_\_\_\_

Date : \_\_\_\_\_