

Mike & Sue Sonia present the 20th Annual

Central Mass Open

Karate Tournament

Saturday, March 13, 2010

All Styles Welcome
Kata - Sparring - Weapons

Trophies for 1st-4th place
Participant medals for all kids
IPPONE Team Fighting
Unique Grand Champion
Awards

IPPONE
Rated



DEMO TEAM COMPETITION

Gardner High School - Gardner, Massachusetts

Registration begins at 7:30am - Tournament begins at 9:00am

For more information contact Mike or Sue Sonia
at 978-365-2750 or suesonia@comcast.net
www.sterlingmartialarts.com



Greetings,

We are very excited to invite you to the 20th Annual Central Mass Open. We are honored to continue this great tradition in cooperation with its founder, Mr. Anthony Gould. We thank you in advance for your support and participation.

Yours in the Arts,
Mike and Sue Sonia

Date: Saturday, March 13, 2010

Time: Tournament will begin at 9:00 a.m.

Schedule: Ring assignments will be listed in the tournament program given to all competitors at check-in.

Location: Gardner High School – 200 Catherine St., Gardner, Massachusetts

Rating: I.P.P.O.N.E.

Pre-Registration: \$50 for all events (excluding demo team) if registered by March 9
Checks payable to: Sue Sonia – 267 Old Common Rd., Lancaster, MA 01523

Registration: Registration table opens at 7:30 a.m. **No checks at the door.**
\$60 for all events (excluding demo team) if registering on the day of the tournament

Demo Team: \$25 per team to be paid at the registration table on day of event
Teams of 3 or more, 5 minute time limit

Spectator Fee: \$8 – Ages 12 and up, \$5 – Ages 3 to 11, Ages 2 and under – free

Safety Equipment: Foam-dipped hands, feet, headgear and mouthpiece are mandatory in all fighting divisions.
Protective cup is mandatory for all male competitors. All competitors must provide their own equipment. Ringstar shoes are allowed.

Special Request: Out of respect for each competitor all Black Belts officiating are asked to wear a gi or school uniform.

Weapons: Blue Belt (intermediate rank) and up only!

Grands: Unique Black Belt Grand Champion Awards

Directions to Gardner High School

From Interstate 495

I-495 to Rt 2 West to Rt 140 North (Exit 24B)
Left at lights onto Rt 101 (Pearl St.)
Approx 1 mile to Gardner High School on Right

From Eastern Massachusetts

Rt 2 West to Rt 140 North (Exit 24B)
Left at lights onto Rt 101 (Pearl St.)
Approx 1 mile to Gardner High School on Right

From Rt 90/ Massachusetts Turnpike East (Western MASS)

Exit Rt 90 via Exit 10 – Rt 290E Worcester
Rt 290 E to Rt 190N, Merge onto Rt 2 W
Rt 2 West to Rt 140 North (Exit 24B)
Left at lights onto Rt 101 (Pearl St.)
Approx 1 mile to Gardner High School on Right

From Keene NH

Rt 12 South to Rt 140 South
Right at lights onto Rte 101 (Pearl St.)
Approx 1 mile to Gardner High School on Right

From Rt 91 – Vermont

Rt 91 S to Rt 2 East via Exit 27 (Left lane exit)
Rt 2 East to Rt 140 North (Exit 24A)
Left at lights onto Rt 101 (Pearl St.)
Approx 1 mile to Gardner High School on Right

Recommended Hotels:

Best Western Royal Plaza Hotel - Fitchburg, MA
WITH COCO KEY WATER RESORT! (cocokeywaterresort.com)
Make reservations early: 978-342-7100

Colonial Hotel – Gardner, MA
888-214-4991

CENTRAL MASS OPEN KARATE TOURNAMENT

Saturday, March 13, 2010 – Gardner High School – Gardner, MA

Divisions: Novice (white, yellow, orange), Intermediate (blue, green, purple), Advanced (red, brown)

Note: You may enter one fighting, one forms, and one weapons division.

Name _____

Address _____

City _____ State _____ Zip _____

Tel. _____ Age _____ Rank _____

E-mail _____

School Name _____

Instructor _____

- | | |
|---|---|
| MENS FORMS <input type="checkbox"/> | WOMENS FORMS <input type="checkbox"/> |
| MENS FIGHTING <input type="checkbox"/> | WOMENS FIGHTING <input type="checkbox"/> |
| <input type="checkbox"/> 18-29 Novice | <input type="checkbox"/> 18-29 Novice |
| <input type="checkbox"/> 18-29 Intermediate | <input type="checkbox"/> 18-29 Intermediate |
| <input type="checkbox"/> 18-29 Advanced | <input type="checkbox"/> 18-29 Advanced |
| <input type="checkbox"/> 30-39 Novice | <input type="checkbox"/> 30-39 Novice |
| <input type="checkbox"/> 30-39 Intermediate | <input type="checkbox"/> 30-39 Intermediate |
| <input type="checkbox"/> 30-39 Advanced | <input type="checkbox"/> 30-39 Advanced |
| <input type="checkbox"/> 40+ Novice | <input type="checkbox"/> 40+ Novice |
| <input type="checkbox"/> 40+ Intermediate | <input type="checkbox"/> 40+ Intermediate |
| <input type="checkbox"/> 40+ Advanced | <input type="checkbox"/> 40+ Advanced |

Physically Challenged

Demo Team Competition

Team Name _____

BOYS FORMS
BOYS FIGHTING

- 5 & under all ranks
- 6-7 Novice
- 6-7 Intermediate
- 6-7 Advanced
- 8-9 Novice
- 8-9 Intermediate
- 8-9 Advanced
- 10-11 Novice
- 10-11 Intermediate
- 10-11 Advanced
- 12-13 Novice
- 12-13 Intermediate
- 12-13 Advanced
- 14-15 Novice
- 14-15 Intermediate
- 14-15 Advanced
- 16-17 Novice
- 16-17 Intermediate
- 16-17 Advanced

GIRLS FORMS
GIRLS FIGHTING

- 5 & under all ranks
- 6-7 Novice
- 6-7 Intermediate
- 6-7 Advanced
- 8-9 Novice
- 8-9 Intermediate
- 8-9 Advanced
- 10-11 Novice
- 10-11 Intermediate
- 10-11 Advanced
- 12-13 Novice
- 12-13 Intermediate
- 12-13 Advanced
- 14-15 Novice
- 14-15 Intermediate
- 14-15 Advanced
- 16-17 Novice
- 16-17 Intermediate
- 16-17 Advanced

BLACK BELT FIGHTING

- 12 & under Boys
- 12 & under Girls
- 13-15 Boys
- 13-15 Girls
- 16-17 Boys
- 16-17 Girls
- 18-29 Women
- 18-29 Men
- 30-39 Women
- 30-39 Men
- 40+ Women
- 40-49 Men
- 50+ Men

BLACK BELT FORMS

- 12 & under Boys
- 12 & under Girls
- 13-15 Boys
- 13-15 Girls
- 16-17 Boys
- 16-17 Girls
- 18-29 Men
- 18-29 Women
- 30-39 Men
- 30-39 Women
- 40-49 Men
- 40+ Women
- 50+ Men

\$50 for all events if registered
by March 8
(Excluding Demo Team Competition)

\$60 for all events if registering
on the day of the event.
(Excluding Demo Team Competition)

WEAPONS BLUE BELT & UP

- 9 & under Boys
- 10-11 Boys
- 12-13 Boys
- 14-17 Boys
- 9 & under Girls
- 10-13 Girls
- 14-17 Girls
- Adult Male 18+
- Adult Female 18+

BLACK BELT WEAPONS

- 12 & under Boys
- 12 & under Girls
- 13-15 Boys
- 13-15 Girls
- 16-17 Boys & Girls
- 18-29 Men
- 18-29 Women
- 30-39 Men
- 30-39 Women
- 40+ Men
- 40+ Women

Make checks payable to:
Sue Sonia
267 Old Common Rd.
Lancaster, MA 01523
(No checks on day of event)

I, the undersigned, hereby release Michael Sonia, Susan Sonia, Anthony Gould, Sterling Martial Arts, Central Mass Open Karate Tournament, IPPONE, and all persons associated with this event in any capacity, from liability due to injuries, etc; that may incur as a result of my attendance and/or participation at the above specified event. Furthermore, I hereby waive any compensation whatsoever for the use of pictures, movies, media coverage, etc. utilized by those associated with this event at any time.

Signature

Signature of Parent/Guardian if under 18

Sue & Mike Sonia
267 Old Common Road
Lancaster, MA 01523