

Shoshin Ryu Region 1 Kata Contest



**Downey YMCA
11531 Downey Ave.
Downey, CA 90241**

**Hosted by Prof. Jon Jacques
July 24, 2005
Registration 12:00 to 12:30 am
Contest 12:30 - 3:00**

**Contest Fee: \$15 per team
\$10 per single entrant**

**Shoshin Ryu membership required
Membership \$25**

Sample Waiver:

Waiver and Release of Liability

My participation in the Kata Contest on 7/24/2005 is strictly voluntary. I certify that I am physically and medically able to participate in this activity and in consideration of my application being accepted, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, waive, release, and discharge Shoshin Ryu Yudanshakai, its instructors and anyone acting on behalf, from any and all claims or liability for personal injury or death arising out of this activity. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen, known or unknown.

Signature: _____

Parental Consent (if under 18 yrs. of age): _____

Date: _____

Kata Contest
Division Requirements
Region 1

<p>Youth 6-8 years: 2 Strength/Coordination Techniques 2 Rolling/Falling Techniques 2 Hand Techniques 1 Throwing Technique 1 Constriction Technique 2 Open Techniques</p>	<p>Youth 9-10 years: 2 Rolling/Falling Techniques 2 Hand Techniques 2 Throwing Techniques 2 Constriction Techniques 2 Open Techniques</p>
<p>Youth 11-12 years: 2 Hand Techniques 2 Throwing Techniques 2 Constriction Techniques 2 Open Techniques Combat Scene</p>	<p>Youth 13-15 years: 2 Hand Techniques 2 Throwing Techniques 2 Constriction Techniques 2 Open Techniques Combat Scene</p>
<p>Youth 16-17 years: 2 Hand Techniques 2 Throwing Techniques 2 Constriction Techniques 2 Open Techniques Combat Scene</p>	
<p>Adult Hachikyu through Rokkyu (8th – 6th Kyu): 2 Rolling/Falling Techniques 2 Hand Techniques 2 Throwing Techniques 2 Constriction Techniques 2 Open Techniques</p>	<p>Adult Gokyu/Yonkyu (5th and 4th Kyu): 1 Hand Technique 2 Throwing Techniques 2 Constriction Techniques 1 Combination technique 2 Open Techniques Combat Scene</p>
<p>Adult Sankyu/Nikyu/Ikkyu (3rd, 2nd, 1st Kyu): 1 Hand Technique 1 Throwing Technique 1 Constriction Technique 2 Combination Techniques 1 Reverse Technique 2 Open Techniques Combat Scene</p>	<p>All Black Belt Divisions: 1 Hand Technique 1 Throwing Technique 1 Constriction Technique 1 Combination Technique 1 Reverse Technique 1 Weapon Technique 1 Advanced Technique 1 Multiple Attack Technique 2 Open Techniques Combat Scene</p>

Techniques List

Division: _____

Name: _____

Name: _____

Dojo: _____

Instructor: _____

Technique Name:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Total _____

Judge Signature _____

Judge Signature _____