

**Don't Miss This Year's  
Just For Champions  
Grand Champion Spectacular**

**Youth Black Belt Self Defense  
Adult Black Belt Self Defense  
Youth Black Belt Open Form  
Adult Black Belt Open Form  
Youth Black Belt Open Weapons  
Adult Black Belt Open Weapons**

**Youth Black Belt Traditional Forms  
Adult Black Belt Traditional Forms  
Youth Black Belt Traditional Weapons  
Adult Black Belt Traditional Weapons  
Black Belt Women's Fighting  
Black Belt Mens Fighting**



*Trophies for  
1st-4th places  
Medals for all Finalists  
5th & on!*

**2011  
Awards &  
Prizes**

**Demo Team Winner - \$200 Cash  
Tricking Winner - \$200 Cash**

**All demo team members  
must be registered competitors  
in the tournament.**

\*trophy images are for illustration only and do not represent actual awards.

**All Grand Champion Fighters Receive an Award  
1st - 4th Place Trophies! Medals for all Finalists  
Spectacular Opening Demo Team Competition!**

**See You At This Year's Grands!**

**Sunday, November 13th, 2011  
Academy of St. Joseph**

**1725 Brentwood Rd # 2, Brentwood, NY**

Shihan Chris  
Lohwasser  
Proudly  
Presents...

**JUST  
FOR**



**Extreme Demos  
& Spectacular  
Performances By  
International  
Champions!**

**NEW!  
Tricking  
Division!**

**Champions  
Martial Arts - Tournament**

Registration Begins at 7:00 AM Sharp!

Demo Team Competition 8:30 AM

Beginners Start 9:00 AM

Intermediates Start 10:30 AM

Advanced Start 12:00 PM

Black Belts Start 1:30 PM

Tricking Division 2:30 PM

Grand Champions 3:00 PM

**(631) 603-9805 or ShihanCL@aol.com  
www.JustForChampions.com**

**A Local Tournament with an International Reputation**

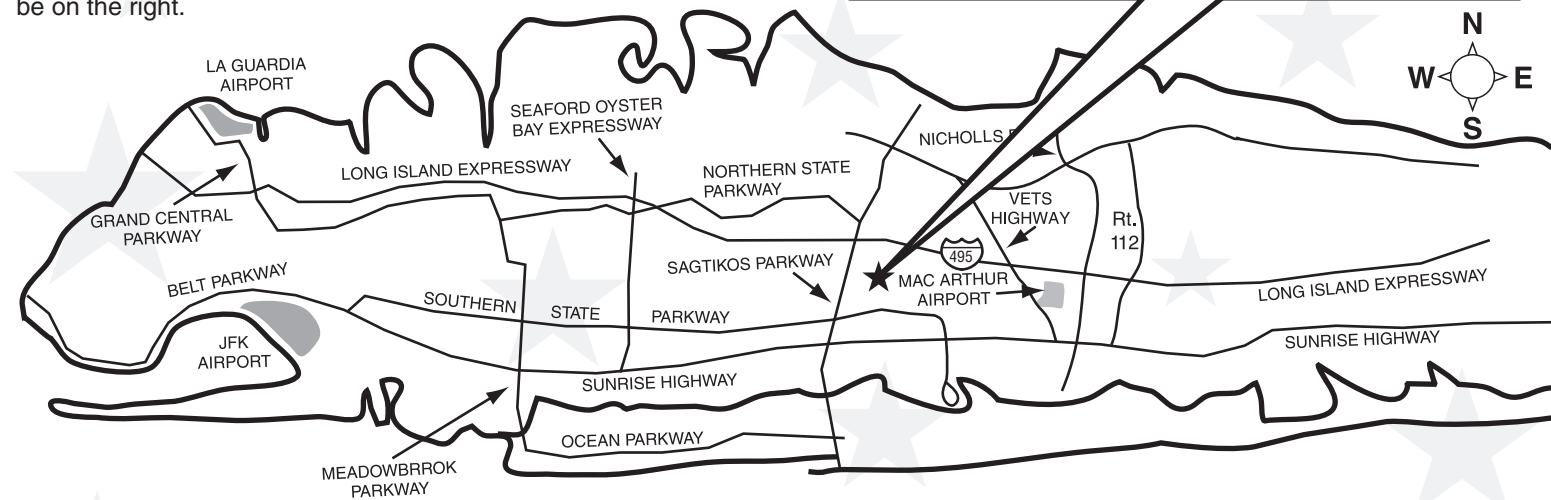
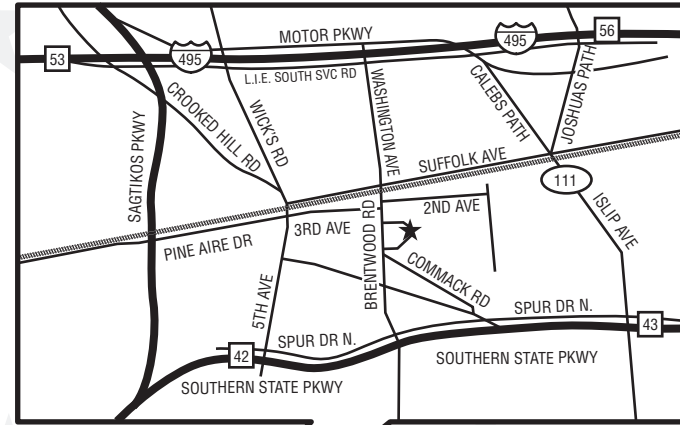
# Directions

## Academy of St Joseph • 1725 Brentwood Rd # 2, Brentwood, NY

**From the West via LIE** - Take exit 53 off the Long Island Expressway. Stay on the service road to the first light and turn right onto Wicks Rd. Cross over RR tracks and turn left onto 3rd Ave. Continue east approx 1/2 mile and turn right on Brentwood Rd. Proceed South on Brentwood Rd to school entrance on left.

**From the East via LIE** - Take exit 56 off the Long Island Expressway. Turn left at the first light onto Joshua's Path (Rt. 111.) Go south on Rt 111 to Suffolk Ave. Turn left on to Suffolk Ave and head west approximately 1 mile to Brentwood Rd. Turn left onto Brentwood Rd and proceed south to school entrance on right.

**From the S.S. Pkwy** - Exit at either 42 or 43 off the Southern State Parkway and turn North onto Brentwood Rd. Entrance to school will be on the right.



# Tournament Information

There are separate fees for more than three events. All Beginner divisions will start at the beginning of the tournament in their assigned rings indicated in the application section. Black belt divisions will be announced. Demo Team Competition will be held at 8:45 am, before the tournament begins. Grand Championships will be held after the last black belt division. All paid spectators may attend the Grands at no additional charge.

## Just For Champions Headquarters

108 Frowein Rd. • Suite #4, Center Moriches, NY 11934  
(631) 603-9805 / email: ShihanCL@aol.com www.JustForChampions.com

## 2011 Tournament Fees

Pre-registration - (by Nov.1st) \$65.00 for 3 events - \$10 each additional event  
Registration - (after Nov. 1st & at door) \$75.00 for 3 events - \$10 each additional event  
Spectators - \$10.00 Under 5 yrs FREE

DAY OF EVENT - CASH ONLY

## Judging & Scorekeeping

All persons who enter the event will be required to pay the spectator fee, however if you judge, you will receive a ticket which may be redeemed at the end of the day for a refund of your entry fee. All judges & scorekeepers/timekeepers will also receive a free "officials" t-shirt, complimentary lunch, and complimentary snacks/water throughout the day. We thank you for your help in advance.

## To All...

We ask that everyone please abide by the above rules and observe proper martial arts protocol. The decisions of the center referees & arbitrators are final. Failure to comply will result in ejection from the event.

## Spectators...

Please remain in the bleachers during competition. Parents are not allowed on the floor during competition without a floor pass. Coaching is not allowed.

## 2011 Tournament Schedule

7:00 A.M. Doors Open - Registration Begins  
8:00 A.M. Black Belt Meeting  
8:30 A.M. Demo Team Competition  
9:00 A.M. National Anthem - Tournament Begins  
9:00 A.M. Beginner Divisions Start  
10:30 A.M. Intermediate Divisions Start  
12:00 P.M. Advanced Divisions Start  
1:30 P.M. Black Belt Divisions Start  
2:30 P.M. Tricking Division Starts  
3:00 P.M. Grand Championships

## 2011 Officials

**Tournament Promoter**  
Shihan Chris Lohwasser & World Karate Academy  
*Nominated for Promoter of the Year 2003, 2004, 2005 by Action Martial Arts Magazine*  
**Tournament Organizers** - WKA Staff

# Rules & Regulations

**General** At the beginning of the event, ring announcements will be made and posted at the front of the gym. The ring you start in will be your ring for all events - self defense, forms, weapons and sparring, unless a division is split, in which case instructions will be given by the center official. Any divisions with 25 or more competitors will be split. Black belt divisions will start in the first available ring at 2:30 PM. Announcements will be made at that time.

## Self Defense

Judging for self defense will be based on presentation, realism, energy and quality of technique. No sharp weapons allowed.

Beginners & intermediate - 3 moves.  
Advanced - 5 moves.  
Black belts - 1 minute unlimited.

## Demo Team Competition

Minimum of 5 members per team. **Team members must be pre-registered as tournament competitors.** Demo teams must supply their own music. 4 minute time limit max.

## Grand Championships

Competitors must supply their own music & sound system

## Tricking Competitors

Must be registered in the tournament or there is a \$55.00 fee.

**If you are only competing in Sport Ju Jitsu the fee is \$55.00**

## Weapons & Forms

If additional room is needed, we will accommodate. Music will be allowed in black belt and grand championship divisions only. Music & music source must be supplied by competitor. Black belt divisions will feature traditional and open kata events.

### Weapons

Judging will be based on presentation, stances, energy, weapon control and quality of movements.

### Forms

Judging will be based on presentation, stances, energy, accuracy and quality of movements.

## Sparring

All competitors must have a mouthpiece, hand, foot and face gear. Males must have groin protection as well. No one will be allowed to compete without this safety gear. There are no sweeps, take-downs, aerial attacks, blind or spinning techniques of any kind allowed in any division.

### Beginner divisions.

2 minute round - 3 points wins.  
No face contact allowed. Focus to head area only.

### Intermediate divisions.

2 minute round - 3 points wins.  
Intermediates allowed light contact to padded area of headgear only.

### Advanced and black belt divisions.

2 minute round - accumulated points.  
Black belts allowed light contact to padded area of headgear only.

### Adult black belt grand championship.

Two, 2 minute rounds - accumulated points.  
Light contact to padded area of headgear only.

### Team fighting divisions.

5 Team minimum. Black belts only.  
3 person per National team - no weight division.  
5 person per International team - no weight division.  
Three 2 minute rounds - accumulated points.  
1 Fighter per round.  
Light face contact allowed.

## Sport Ju Jitsu Rules

The rules have been designed for the spectator as well as the competitor and intended to be fair for all regardless of style (boxers, kickboxers, karate, judo, jujitsu, kung fu, tae kwon do, wrestlers, etc.) Each player must present him/herself suitably attired in a clean, traditional martial arts gi with sleeves no more than one fist distance up the arm from the wrist (a jujitsu or judo top is recommended). If a player's uniform becomes bloodied or torn in a manner that may affect the outcome of the match, he/she will be asked to replace it immediately or forfeit the match. (Players will have 3 minutes to replace the gi.)

Each match will consist of two 1-minute (continuous action) rounds with a 30 second break between rounds. Black Belt and Advanced Adult Divisions will go two 2 minute rounds. Score will be kept with the use of tally counters by three corner judges. When fighters are in a grappling (standing) position they have 5-seconds to execute a throw or takedown before they are separated by the referee. Once fighters go to the mat they have 15 seconds (Black Belt divisions have 30 seconds mat time) to execute a submission before they are separated and returned to their feet to resume fighting.

In case of a draw at the end of two rounds, an additional round will be fought. If it is still a draw, most accumulated points will determine the winner. Points will be awarded for crisp clean techniques to the body and controlled techniques to the head. Three infractions of any nature will be cause for disqualification. Fighters will be warned only once for excessive contact (with malicious intent). Second offense will be cause for immediate disqualification.

Points are awarded as follows:

- 1 Point for a strike to the body... (Hand or foot)
- 2 Points for a controlled kick to the head
- 2 Points for a half throw (one foot leaves the mat)
- 3 Points for a full throw (both feet leave the mat)
- 4 Points for submission by referee intervention

Tap-out submission is an automatic win in all divisions above 12 years old. Under 12 a tap out will be awarded 4 points and players will be allowed to continue. Joint locks only in all divisions under 12 - (No Chokes will be permitted under 12 years old) 2 points will be awarded for the top mount position held for 5-seconds in all divisions under 7 years old. No submissions under the age of 7 (The objective is to teach position rather than submission in these divisions)

### ILLEGAL TACTICS

Fouls must be determined by a minimum of 3 judges. Controlled (light) contact only to the head will be permitted in all advanced divisions above 16 years old. No head contact in any division below 16-17 year old Advanced. Absolutely no head butts, hair pulling, scratching, elbow strikes, knee strikes, biting, attacking nerve points with fingers, any sweep higher than mid-calf level, kicking a downed player, any blind technique, neck cranks, no respiratory chokes or small joint locks (finger). Illegal striking areas; Eyes, nose, neck, throat, spine, kidneys, groin, and all joints are all illegal striking areas.

1 coach from each school is allowed in the competition area. All other must be on the outside of the barrier.

Competitors must wear ISJA approved sparring gear.

Hands: Sport Jujitsu gloves covering all the striking areas of the hand.  
Feet: Safety kicks that cover all striking areas of the foot (with the exception of the sole)  
Head: Head gear is mandatory for all youth team members and optional for adult team members.  
Mouth guards are mandatory for all competitors and groin protectors are mandatory for all male competitors.