

2009

NEW YORK

REGIONAL QUALIFIER



**April 26, 2009
Kennedy Memorial Park
335 Greenwich St.
Hempstead, New York 11550**



**Qualifier for the National Championships
Fort Lauderdale, FL. July 11 - 19 2009**



LONG ISLAND QUALIFIER FOR USA-NKF NATIONALS

April 26th, 2009

Kennedy Memorial Park/Gymnasium
335 Greenwich St., Hempstead NY 11551

Male Female Age as of 4/21/2009 Beginner Novice Intermediate Advanced

Division # Entered In: Fees Owed:

Make checks payable:
National Sports Training Foundation
P.O. Box 292
Roslyn, NY. 11576
(516) 625-9695 Fax (516) 625-1023

Kata 2009 USA-NKF Membership \$50.00
Kumite One Division \$50.
Weapons Two Divisions \$60.
Three Divisions \$65.
Late Registration Fee \$10.

Late Fee \$ 10.00 (Postmarked after 4/21/09) \$ Total Fees Paid

HEALTH INSURANCE COVERAGE IS REQUIRED OF ALL ATHLETES AS A CONDITION OF PARTICIPATION

I have medical insurance I would like to apply for secondary medical insurance \$50.00

Name: Birth date: 2009 USA-NKF #

Address: Phone:

City: State: Zip: Years of Training

Karate Rank: Instructor's Name: Style:

School: Address:

Adult & Minor Amateur Athletic Waiver and Release of Liability

In consideration of being allowed to participate in any way in the USA National Karate - do Federation athletics/sports, and related events and activities, the undersigned:

- 1. Agrees that prior to participating, they (if under 18) Parent or Guardian, will inspect the facilities and equipment to be used...
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury...
3. Release, waive, discharge and covenant not to sue The USA National Karate-do Federation, Tokey Hill Martial Arts, USA-NKF of Long Island...
4. All entries are final, no refunds will be given. I fully understand that any medical treatment given will be of first aid treatment type only...
Please Note: All Contestants must be USA-NKF 2009 Registered Athletes.

5. Please Note: All athletes must be covered by health or medical insurance in order to compete. Participant Secondary Medical Insurance is included as a benefit of USA-NKF membership.

6. Statement of Health. By my and / or Parent / Guardian's signature below I confirm that I am in sound health and there is no reason why I cannot participate in this championship and / or event.

The undersigned has read the above waiver and release, understand that they have given up substantial rights by signing it and sign it voluntarily.

Signature of Contestant

Signature of Parent / Guardian

Date

Mail Pre-Registration to: National Sports Training Foundation, P.O. Box 292, Roslyn, NY. 11576-0292. NO FAXES accepted. All information must be completed prior to processing. All contestants must be 2009 USA-NKF registered athletes. Parents, Guardians and those of legal age should apprise themselves of the USA-NKF rules and regulations at www.usankf.org prior to registration.

2009 New York USA-NKF Regional Qualifier

KATA, KUMITE & KUBUDO DIVISIONS

Beginner = 1 year & under / Novice = 1 - 2 years / Intermediate = 2 - 3 years / Advanced = +3 years

DIV#	KATA DIVISIONS	DIV#	KUMITE DIVISIONS	DIV#	KUBUDO DIVISIONS
K-1	5 YEAR OLD BOYS & GIRLS BEG / NOV	S-1	5 YEAR OLD BOYS & GIRLS BEG / NOV	W-1	AGES 6-9 YRS OLD BOYS & GIRLS BEG / NOV WEAPONS
K-2	5 YRS OLD BOYS & GIRLS INT / ADV	S-2	5 YRS OLD BOYS & GIRLS INT / ADV	W-2	AGES 6-9 YRS OLD BOYS & GIRLS INT / ADV WEAPONS
K-3	6-7 YRS OLD BOYS & GIRLS BEG / NOV	S-3	6-7 YRS OLD BOYS & GIRLS BEG / NOV	W-3	AGES 10-13 YRS OLD BOYS & GIRLS BEG / NOV WEAPONS
K-4	6-7 YRS OLD BOYS & GIRLS INT / ADV	S-4	6-7 YRS OLD BOYS & GIRLS INT / ADV	W-4	AGES 10-13 YRS OLD BOYS & GIRLS INT / ADV WEAPONS
K-5	8-9 YRS OLD GIRLS BEG / NOV	S-5	8-9 YRS OLD GIRLS BEG / NOV	W-5	AGES 14-17 YRS OLD BOYS & GIRLS BEG / NOV WEAPONS
K-6	8-9 YRS OLD GIRLS INT / ADV	S-6	8-9 YRS OLD GIRLS INT / ADV	W-6	AGES 14-17 YRS OLD BOYS & GIRLS INT / ADV WEAPONS
K-7	8-9 YRS OLD BOYS BEG / NOV	S-7	8-9 YRS OLD BOYS BEG / NOV	W-7	AGES 18 - 34 YRS OLD MENS WEAPONS
K-8	8-9 YRS OLD BOYS INT / ADV	S-8	8-9 YRS OLD BOYS INT / ADV	W-8	AGES 18 - 34 YRS OLD WOMAN'S WEAPONS
K-9	10-11 YRS OLD BOYS BEG / NOV	S-9	10-11 YRS OLD BOYS BEG / NOV	W-9	AGES OVER 35 YRS OLD MEN WEAPONS
K-10	10-11 YRS OLD BOYS INT / ADV	S-10	10-11 YRS OLD BOYS INT / ADV	W-10	AGES OVER 35 YRS OLD WOMAN WEAPONS
K-11	10-11 YRS OLD GIRLS BEG / NOV	S-11	10-11 YRS OLD GIRLS BEG / NOV		
K-12	10-11 YRS OLD GIRLS INT / ADV	S-12	10-11 YRS OLD GIRLS INT / ADV		
K-13	12-13 YRS OLD BOYS BEG / NOV	S-13	12-13 YRS OLD BOYS BEG / NOV		
K-14	12-13 YRS OLD BOYS INT / ADV	S-14	12-13 YRS OLD BOYS INT / ADV		
K-15	12-13 YRS OLD GIRLS BEG / NOV	S-15	12-13 YRS OLD GIRLS BEG / NOV		
K-16	12-13 YRS OLD GIRLS INT / ADV	S-16	12-13 YRS OLD GIRLS INT / ADV		
K-17	14-15 YRS OLD BOYS BEG / NOV	S-17	14-15 YRS OLD BOYS BEG / NOV		
K-18	14-15 YRS OLD BOYS INT / ADV	S-18	14-15 YRS OLD BOYS INT / ADV		
K-19	14-15 YRS OLD GIRLS BEG / NOV	S-19	14-15 YRS OLD GIRLS BEG / NOV		
K-20	14-15 YRS OLD GIRLS INT / ADV	S-20	14-15 YRS OLD GIRLS INT / ADV		
K-21	16-17 YRS OLD BOYS BEG / NOV	S-21	16-17 YRS OLD BOYS BEG / NOV		
K-22	16-17 YRS OLD BOYS INT / ADV	S-22	16-17 YRS OLD BOYS INT / ADV		
K-23	16-17 YRS OLD GIRLS BEG / NOV	S-23	16-17 YRS OLD GIRLS BEG / NOV		
K-24	16-17 YRS OLD GIRLS INT / ADV	S-24	16-17 YRS OLD GIRLS INT / ADV		
K-25	18-34 YRS OLD WOMAN'S BEG / NOV	S-25	18-34 YRS OLD WOMAN'S BEG / NOV		
K-26	18-34 YRS OLD WOMAN'S INT / ADV	S-26	18-34 YRS OLD WOMAN'S INT / ADV		
K-27	18-34 YRS OLD MENS BEG / NOV	S-27	18-34 YRS OLD MENS BEG / NOV		
K-28	18-34 YRS OLD MENS INT / ADV	S-28	18-34 YRS OLD MENS INT / ADV		
K-29	35 & OVER WOMAN'S BEG / NOV	S-29	35 & OVER WOMAN'S BEG / NOV		
K-30	35 & OVER WOMAN'S INT / ADV	S-30	35 & OVER WOMAN'S INT / ADV		
K-31	35 & OVER MENS BEG / NOV	S-31	35 & OVER MENS BEG / NOV		
K-32	35 & MENS INT / ADV	S-32	35 & OVER MENS INT / ADV		
K-33	45 & OVER WOMAN'S BEG / NOV	S-33	45 & OVER WOMAN'S BEG / NOV		
K-34	45 & OVER WOMAN'S INT / ADV	S-34	45 & OVER WOMAN'S INT / ADV		
K-35	45 & OVER MENS BEG / NOV	S-35	45 & OVER MENS BEG / NOV		
K-36	45 & OVER MENS INT / ADV	S-36	45 & OVER MENS INT / ADV		
K-37	WKF WOMAN'S KATA	S-37	WKF DIVISIONS MENS LIGHT (-65KG)		
K-38	WKF MENS KATA	S-38	WKF DIVISIONS MENS MIDDLE (+75KG)		
		S-39	WKF DIVISIONS MENS HEAVY (80KG)		
		S-40	WKF DIVISIONS WOMAN'S LIGHT (-60KG)		
		S-41	WKF DIVISIONS WOMAN'S HEAVY(+60KG)		



Mandatory Equipment Kumite
Mouthguard, Groin cup, Head Gear,
Regulation Hand Gear

* Reserve the right to combine divisions

2009 NY USA-NKF Regional Qualifier

Awards

Beautiful 1st, 2nd, 3rd, and 4th place medals in all divisions!

Ages 5-17:

Novice = 7th kyu and under
Intermediate = 6th kyu - 3rd kyu
Advanced = 2nd kyu and up

Adult Divisions:

Beginner = 1 year of training and under
Novice = 1 - 2 years
Intermediate = 2 - 3 years
Advanced = 3 years and up

Kata and Kumite Divisions

5yrs & under Boys Beg/Nov	5yrs & under Girls Beg/Nov
6-7 yr olds Boys Novice	6-7 yr olds Girls Novice
6-7 yr olds Boys Intermediate	6-7 yr olds Girls Intermediate
6-7 yr olds Boys Advanced	6-7 yr olds Girls Advanced
8-9 yr olds Boys Novice	8-9 yr olds Girls Novice
8-9 yr olds Boys Intermediate	8-9 yr olds Girls Intermediate
8-9 yr olds Boys Advanced	8-9 yr olds Girls Advanced
10-11 yr olds Boys Novice	10-11 yr olds Girls Novice
10-11 yr olds Boys Intermediate	10-11 yr olds Girls Intermediate
10-11 yr olds Boys Advanced	10-11 yr olds Girls Advanced
12-13 yr olds Boys Novice	12-13 yr olds Girls Novice
12-13 yr olds Boys Intermediate	12-13 yr olds Girls Intermediate
12-13 yr olds Boys Advanced	12-13 yr olds Girls Advanced
14-15 yr olds Boys Novice	14-15 yr olds Girls Novice
14-15 yr olds Boys Intermediate	14-15 yr olds Girls Intermediate
14-15 yr olds Boys Advanced	14-15 yr olds Girls Advanced
16-17 yr olds Boys Novice	16-17 yr olds Girls Novice
16-17 yr olds Boys Intermediate	16-17 yr olds Girls Intermediate
16-17 yr olds Boys Advanced	16-17 yr olds Girls Advanced
Men's Beginners	Women's Beginners
Men's Novice	Women's Novice
Men's Intermediate	Women's Intermediate
35+ Men's Beginner/Novice	35+ Women's Beginner/Novice
35+ Men's Intermediate/Adv	35+ Women's Intermediate/Adv
Men's Advanced Kata	Women's Advanced Kata
Men's Adv Lightweight -150 lbs	Women's Adv Lightweight - 125 lbs
Men's Adv Middleweight 151-180 lbs	Women's Adv Heavyweight+126 lbs
Men's Adv Heavyweight +180 lbs	

Weapon's Divisions

9 yrs & under Beg/Nov	9 yrs & under Intermediate/Adv
10-13 yr olds Beg/Nov	10-13 yr olds Intermediate/Adv
14-17 yr olds Beg/Nov	14-17 yr olds Intermediate/Adv
Men's Beginner/Nov	Women's Beginner/Nov
Men's Intermediate/Adv	Women's Intermediate/Adv
35+ Men's	35+ Women's

Team Kata

(3 competitors)

Beginner/Novice (all ages) Intermediate/Advanced (all ages)
(A \$10.00 per team additional charge is required for this event)

Time Schedule

Doors open.....8:30 AM

Competition Begins:.....9:00 AM sharp

(Beginning with Team Kata and Weapons, than children's divisions running straight through)

Make checks payable to:

National Sports Training Foundation

P.O. Box 292

Roslyn, NY. 11576

Office (516) 625-9695

Fax (516) 625-1023

Not for profit 501 (C)3

Entry Fees

One Division.....	\$50.00
Two Divisions.....	\$50.00
Three Division.....	\$50.00
Late Registration after 4/21.....	\$10.00

Spectator Fees

Adults.....	\$5.00
Children (under 5).....	Free

Directions

Northern PKWY to Exit 31A toward Jones Beach

Merge onto MEADOWBROOK PKWY S via EXIT 31A toward JONES BEACH. 5.7 miles

Merge onto SOUTHERN STATE PKWY West via EXIT M6 W toward NEW YORK. 1.0 miles

Take the NASSAU RD. exit- EXIT 21- toward HEMPSTEAD / FREEPORT. 0.1 miles

Turn RIGHT onto NASSAU RD / NASSAU BLVD. 0.7 miles

NASSAU RD / NASSAU BLVD becomes GREENWICH ST. 0.4 miles

End at 335 Greenwich St. Hempstead, NY 11550