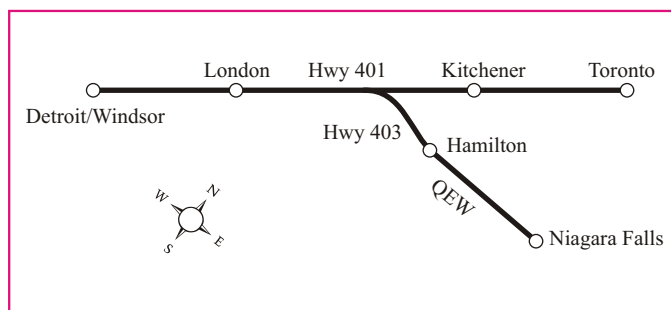


SAME LOCATION AS LAST YEAR
Clarke Road Secondary School - 300 Clarke Rd. London



FROM HAMILTON: Take Hwy 403 toward Brantford. Keep going until Hwy 403 ends and you merge with Hwy 401. Continue west on Hwy 401 toward London. Turn off on **Veteran's Memorial Parkway**, continue to **Trafalgar St.** and turn left on **Trafalgar St.** Continue on **Trafalgar St.** and turn right on **Clarke Rd.** Look for the school on the right hand side.

FROM TORONTO: Take Hwy 401 west, toward London. Turn off on **Veteran's Memorial Parkway**, continue to **Trafalgar St.** And turn left on **Trafalgar St.** Continue on **Trafalgar St.** and turn right on **Clarke Rd.** Look for the school on the right hand side.

FROM NIAGARA FALLS: Take the QEW toward Hamilton. Then merge onto Hwy 403 toward Brantford. Keep going until Hwy 403 ends and you merge with Hwy 401. Continue west on Hwy 401 toward London. Turn off on **Veteran's Memorial Parkway**, continue to **Trafalgar St.** and turn left on **Trafalgar St.** Continue on **Trafalgar St.** and turn right on **Clarke Rd.** Look for the school on the right hand side.

FROM DETROIT: After crossing the border, go straight through Windsor and continue east on Hwy 401 toward London. Turn off on **Veteran's Memorial Parkway**, continue to **Trafalgar St.** and turn left on **Trafalgar St.** Continue on **Trafalgar St.** and turn right on **Clarke Rd.** Look for the school on the right hand side.

FROM KITCHENER: Take Hwy 401 west, toward London. Turn off on **Veteran's Memorial Parkway**, continue to **Trafalgar St.** and turn left on **Trafalgar St.** Continue on **Trafalgar St.** and turn right on **Clarke Rd.** Look for the school on the right hand side.

RULES AT A GLANCE

***Important Notes:** COMPETITORS COMPETE AT THE AGE THEY WERE AS OF JANUARY 1.
 COMPETITORS MUST COMPETE AT THE HIGHEST RANK THEY'VE ACHIEVED IN ANY STYLE.

GENERAL:

- Judges will score based on spirit, performance, technique and basics not according to their personal version of the form.
- The following are **ONLY allowed in creative/musical divisions:** flips, aerials, glitter, acrobatics.
- In "TRADITIONAL", bo's must be no less than 1 inch diameter. You will be scored on **TRADITIONAL stances and techniques.**

KATA & WEAPONS:

- TIES:** ties for 1st place must redo their form; 2nd place and on; use the highest low score to break the tie. If still tied use the highest middle score.
- Order of competition: Ring coordinators or Centre Referee will collect the competitor cards shuffle them and have either the competitors or the scorekeepers randomly draw the first 3 competitors in front of everyone. The entire order should be announced in the ring. Late entries are allowed, provided the first 3 competitors have not received their scores. The late entry competitor must compete right away.
- A KYU BELT competitor who forgets his/her form or drops a weapon may ask for a restart with no penalty or deduction (once).
- NO restarts for Black Belts.**

SPARRING:

- NO WARNINGS FOR ANY PENALTY** (Judges call for Majority Rule).
- SAFETY EQUIPMENT IS MANDATORY IN ALL DIVISIONS!!** (Soft Foam Head, Hand, & Foot Gear)
- NO COACHING, PERIOD.** Coaching should be done in the dojo.
- 5 points or 2 minutes All techniques are 1 point, no mercy rule.
- If score is tied after 2 minutes first person to score a point is declared the winner.

FACE MASK AREA: No Contact in KYU Belt divisions. Black Belt Light Touch

- "NO CONTACT"** Contact to Facial area will result in an automatic Penalty Point being awarded to the other player.
- Heavy Contact results in an Automatic disqualification.

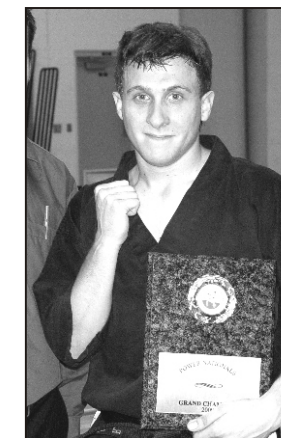
- OUT OF BOUNDS:** A Player is out of bounds when both feet are outside the ring area. Running out of bounds is a penalty point awarded to opponent. Fighting out of bounds requires a restart.
- Two competitors from the same school shall not fight each other until the final round or until unavoidable.

SKIL "A" Rated!

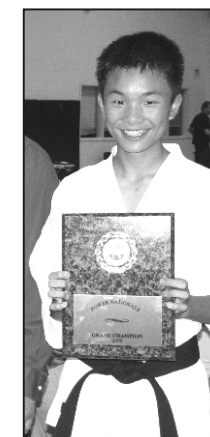
Pete Daypuck presents the 14th Annual

POWER NATIONALS

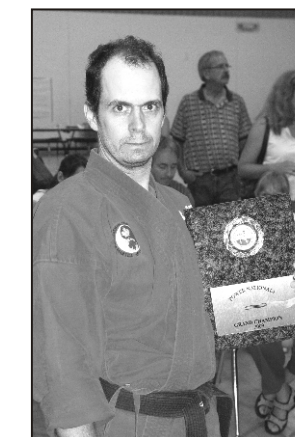
Martial Arts Challenge



Richard Steckham
 2009 Men's Black Belt
 Sparring Grand Champion



Ryan Young
 2009 Junior Black Belt
 Forms Grand Champion



Steve Rushmere
 2009 Adult Black Belt
 Forms Grand Champion



Rules:



www.pmaonline.net

Rated:



"A"

www.nbskil.com

Saturday July 17th, 2010
London Ontario, Canada

SAME LOCATION AS LAST YEAR
Clarke Road Secondary School - 300 Clarke Rd. London

2010 POWER NATIONALS MARTIAL ARTS CHALLENGE

PRE-REGISTER: \$45 for 1-3 events. \$5 each additional
AT THE DOOR: \$45 for 1 event. \$10 for each additional event
SPECTATORS: Adult (13+) \$7. Children (6-12) & Seniors (65+) \$4. 5 & under FREE!
SPECTATORS PRE-REGISTRATION: # of Adults _____ # of Seniors & Children _____ Total \$ _____
PRE-REGISTRATION MUST BE POST-MARKED BY JULY 2, 2010 TO RECEIVE DISCOUNTS! (NO EXCEPTIONS - PLEASE DO NOT ASK) SEND MONEY ORDERS TO: PETE DAYPUCK, 26 FARMHOUSE RD. LONDON ON. N5Y 5M4

Name:	Tel:	
Belt Colour:	Weight (Male Black Belts only):	Birthday(d/m/y):
Address:		Age (Jan 1):
City:	Prov/State:	PC/Zip:
Club Name:	Tel:	Write your Division #
Club Address:		Weapons:
City:	Prov/State:	PC/Zip:
Instructor's Name:		Forms:
NOV = WHT/YEL _____ INT = ORG/GRN/PUR _____ ADV = BLUE/BRN/RED _____ BLK _____		Sparring:
		Musical:

Liability Waiver: I, the undersigned, hereby release Pete Daypuck, Reg Daypuck, Daypuck Karate Inc, the Clarke Road Secondary School, City of London, and all persons associated with the 2010 Power Nationals in any capacity, from any and all liability due to personal loss, injury or death, etc. that may be sustained as a result of attending or participating in the 2010 Power Nationals. Furthermore, I hereby waive any compensation whatsoever for the use of pictures, advertising, media coverage, etc. Utilized by those associated with this event at any time. I am fully aware of my personal medical condition and I hereby certify that I am physically and mentally fit and able to compete at the 2010 Power Nationals.

Signature Parent/Guardian (if under 18) date

DATE: SATURDAY JULY 17, 2010	LOCATION: CLARKE ROAD SECONDARY SCHOOL
TIMES: 9:00 AM DOORS OPEN	300 CLARKE ROAD
10:00 AM CREATIVE/MUSICAL DIVISIONS,	LONDON, ONTARIO
ALL BLACK BELT WEAPONS AND FORMS DIVISIONS.	CANADA
10:30 AM ALL KYU BELT DIVISIONS (KIDS FIRST).	

IMPORTANT INFORMATION:

- SAFETY EQUIPMENT IS MANDATORY IN ALL SPARRING DIVISIONS. HEADGEAR, HAND GEAR, FOOT GEAR, GROIN PROTECTION, & MOUTHGUARD. **NO EXCEPTIONS.**
- PROOF OF AGE IS REQUIRED FOR JUNIOR AND 35+ COMPETITORS.
- COMPETITORS WILL NOT SPAR PLAYERS FROM THEIR OWN SCHOOL UNTIL IT IS UNAVOIDABLE. ERRORS MUST BE CORRECTED BEFORE THE MATCH BEGINS.
- COMPETITORS MUST COMPETE AT THE AGE THEY WERE ON JANUARY 1, 2010.

4 GRAND CHAMPIONSHIPS \$100 EACH

(BLACK BELT GRAND CHAMPIONS GET THEIR PICTURE ON NEXT YEAR'S FLYER!)

FOR MORE INFO CONTACT: PETE DAYPUCK (519) 457-2923
E-MAIL: pdaypuck@hotmail.com

TRADITIONAL WEAPONS RULE:

For any division marked "TRADITIONAL only", Bo must be minimum 1" diameter.

No sparkle, paint, or metallic tape of any kind on any weapon.

KYU BELT WEAPONS

AGE	DIV#
8 & Under Creative / Musical Weapon	1
9 - 12 Creative / Musical Weapon	2
13 - 17 Creative / Musical Weapon	3
18 & Over Creative / Musical Weapon	4
6 & Under All Belts (open to all styles)	5
7 - 8 Novice (open to all styles)	6
7 - 8 Advanced (open to all styles)	7
9 - 10 Novice (TRADITIONAL only)	8
9 - 10 Advanced (TRADITIONAL only)	9
11 - 12 Novice (TRADITIONAL only)	10
11 - 12 Advanced (TRADITIONAL only)	11
13 - 14 Novice (TRADITIONAL only)	12
13 - 14 Advanced (TRADITIONAL only)	13
15 - 17 All Belts (TRADITIONAL only)	14
18 - 34 All Belts (TRADITIONAL only)	15
35 & Over All Belts (TRADITIONAL only)	16

BLACK BELT WEAPONS

AGE	DIV#
17 & Under Creative / Musical Weapons	17
18 & Over Creative / Musical Weapons	18
17 & Under (TRADITIONAL only)	19
18 - 34 (m/f) (TRADITIONAL only)	20
35 & Over (m/f) (TRADITIONAL only)	21

KYU BELT FORMS

AGE	DIV#
12 Under Creative / Musical Forms	22
13 - 17 Creative / Musical Forms	23
18 & Over Creative / Musical Forms	24
6 & Under Novice	25
6 & Under Advanced	26
7 - 8 Novice	27
7 - 8 Intermediate	28
7 - 8 Advanced	29
9 - 10 Novice	30
9 - 10 Intermediate	31
9 - 10 Advanced	32
11 - 12 Novice	33
11 - 12 Intermediate	34
11 - 12 Advanced	35
13 - 14 Novice	36
13 - 14 Advanced	37
15 - 17 Novice	38
15 - 17 Advanced	39
18 - 34 (m/f) Novice	40
18 - 34 (m/f) Advanced	41
35 - 41 (m/f) All Belts	42
42 & Over (m/f) All Belts	43

BLACK BELT FORMS

AGE	DIV#
17 & Under Creative / Musical	44
18 & Over Creative / Musical	45
12 & Under (Traditional only)	46
13 - 17 (Traditional only)	47
18 - 34 (Traditional only)	48
35 & Over (Traditional only)	49

BLACK BELT SPARRING

AGE	DIV#
12 & Under (m/f)	50
13 - 14 Boys	51
15 - 17 Boys	52
13 - 17 Girls	53
18 & Over Light Weight (164 & Under)	54
18 & Over Heavy Weight (165 & Over)	55
18 & Over Women	56
35 & Over	57

ONLY ONE SPARRING DIVISION ALLOWED

AGE	DIV#
6 & Under Novice	58
6 & Under Advanced	59
7 - 8 Novice	60
7 - 8 Intermediate	61
7 - 8 Advanced	62
9 - 10 Novice	63
9 - 10 Intermediate	64
9 - 10 Advanced	65
11 - 12 Novice	66
11 - 12 Intermediate	67
11 - 12 Advanced	68
13 - 14 All Belts Boys	69
13 - 14 All Belts Girls	70
15 - 17 All Belts Boys	71
15 - 17 All Belts Girls	72
18 - 34 Men Novice	73
18 - 34 Men Advanced	74
18 - 34 Women All Belts	75
35 - 41 Men All Belts	76
35 & Over Women All Belts	77
42 & Over Men All Belts	78

Competitors must compete at the highest ranked belt they have achieved in any style.
Musical competitors must bring their own sound box or share with someone in the same division
(2 minutes maximum to arrange)