

Pete Daypuck presents the 24<sup>th</sup> Annual

# POWER NATIONALS

## Martial Arts Challenge

Junior and Youth  
Under Belt  
Cash  
\$100

Adult  
Black Belt  
Cash  
\$200

8 Places in All  
12 & under  
Divisions

Junior  
Black Belt  
Cash  
\$100

Saturday March 14<sup>th</sup>, 2020  
London Ontario, Canada

CARLING HEIGHTS COMMUNITY CENTRE  
656 ELIZABETH STREET, LONDON, ON CANADA

**KYU BELT WEAPONS**

AGE	DIV#
8 & Under Creative / Musical Weapons	1
9 - 12 Creative / Musical Weapons	2
13 - 17 Creative / Musical Weapons	3
18 & Over Creative / Musical Weapons	4
6 & Under All Belts	5
7 - 8 Novice	6
7 - 8 Advanced	7
9 - 10 Novice	8
9 - 10 Advanced	9
11 - 12 Novice	10
11 - 12 Advanced	11
13 - 14 Novice	12
13 - 14 Advanced	13
15 - 17 All Belts	14
18 - 34 All Belts	15
35 & Over All Belts	16

**BLACK BELT WEAPONS**

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

\*Junior Black Belt age brackets will be split if necessary

**KYU BELT FORMS**

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

\*Junior Black Belt age brackets will be split if necessary

**BLACK BELT SPARRING**

AGE	JIV#
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 Woman	56
35 & Over	57

\*Junior Black Belt age brackets will be split if necessary

**KYU BELT SPARRING**

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)

## 2020 POWER NATIONALS MARTIAL ARTS CHALLENGE

<b>PRE-REGISTER:</b> \$60 for 1-3 events. \$10 each additional event
<b>AT THE DOOR:</b> \$60 for 1 event. \$10 for each additional event
<b>SPECTATORS:</b> Adult (13+) \$10. Children (6-12) \$5. 5 & under No Charge
<b>SPECTATORS PRE-REGISTRATION:</b> # of Adults _____ # of Children _____ Total \$ _____
<b>PRE-REGISTRATION MUST BE POST-MARKED BY MARCH 1, 2020 TO RECEIVE DISCOUNTS!</b> <b>(NO EXCEPTIONS - PLEASE DO NOT ASK)</b> <b>SEND MONEY ORDERS TO: PETE DAYPUCK, 26 FARMHOUSE RD. LONDON ON, N5V 5M4</b> <b>E-TRANSFERS MAY BE SENT TO PDAYPUCK@HOTMAIL.COM BY MARCH 7<sup>th</sup></b>

Name:	Tel:	
Belt Colour:	Weight (Male Black Belts only):	Birthday(d/m/y):
Address:		Age (Jan 1):
City:	Prov/State:	PC/Zip:
		Write your Division # in the space below:
Club Name:	Tel:	
Club Address:		Weapons:
City:	Prov/State:	PC/Zip:
Instructor's Name:		Forms:
		Sparring:
NOV - WHT/YEL	INT - ORG/GRN/PUR	ADV - BLUE/BRN/RED
		BLK
If Intermediate is NOT offered: NOV - WHT/YEL/ORG		& ADV - GRN/PUR/BLU/BRN/RED

**Liability Waiver:** I, the undersigned, hereby release Pete Daypuck, Daypuck Karate Inc, the CarlingHeights Community Centre, City of London, Ontario Karate Federation (OKF), and all persons associated with the 2020 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 2020 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 2020 Power Nationals.

Signature \_\_\_\_\_ Parent/Guardian (if under 18) \_\_\_\_\_ date \_\_\_\_\_

<b>DATE:</b> SATURDAY MARCH 14, 2020	<b>LOCATION:</b> CARLING HEIGHTS COMMUNITY CENTRE
<b>TIMES:</b> 8:00 AM DOORS OPEN	656 ELIZABETH ST.
9:00 AM ALL KYU BELT CREATIVE MUSICAL	LONDON, ONTARIO
10:00 AM ALL BLACK BELT WEAPONS & FORMS DIVISIONS.	CANADA
10:30 AM ALL KYU BELT DIVISIONS (KIDS FIRST).	

### IMPORTANT INFORMATION:

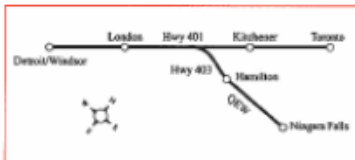
- SAFETY EQUIPMENT IS MANDATORY IN ALL SPARRING DIVISIONS. HEADGEAR, HAND GEAR, FOOT GEAR, GROIN PROTECTION, & MOUTHGUARD. NO EXCEPTIONS.
- PROOF OF AGE IS REQUIRED FOR JUNIOR AND 35+ COMPETITORS.
- COMPETITORS WILL NOT SPAR PLAYERS FROM THEIR OWN SCHOOL IN THE FIRST ROUND. ERRORS MUST BE CORRECTED BEFORE THE MATCH BEGINS.
- COMPETITORS MUST COMPETE AT THE AGE THEY WERE ON JANUARY 1, 2020.

## 5 GRAND CHAMPIONSHIPS \$700

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

# CARLING HEIGHTS COMMUNITY CENTRE

## 656 ELIZABETH STREET, LONDON, ON CANADA



**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 **HIGHBURY AVE.** Go north on Highbury Ave. When you come to **OXFORD ST.** turn left. Then turn left on **ELIZABETH ST.** immediately after the Army Barracks. Look for the karate signs.

**FROM TORONTO:** Take Hwy 401 west, toward London. Turn off on **HIGHBURY AVE.** Go north on Highbury Ave. When you come to **OXFORD ST.** turn left. Then turn left on **ELIZABETH ST.** immediately after the Army Barracks. Look for the karate signs.

**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 **HIGHBURY AVE.** Go north on Highbury Ave. When you come to **OXFORD ST.** turn left. Then turn left on **ELIZABETH ST.** immediately after the Army Barracks. Look for the karate signs.

**FROM DETROIT:** After crossing the border, go straight through Windsor and continue east on Hwy 401 toward London. Turn off on **HIGHBURY AVE.** Go north on Highbury Ave. When you come to **OXFORD ST.** turn left. Then turn left on **ELIZABETH ST.** immediately after the Army Barracks. Look for the karate signs.

**FROM KITCHENER:** Take Hwy 401 west, toward London. Turn off on **HIGHBURY AVE.** Go north on Highbury Ave. When you come to **OXFORD ST.** turn left. Then turn left on **ELIZABETH ST.** immediately after the Army Barracks. Look for the karate signs.

