



AMERICAN
BLACK BELT ACADEMY

The Worldwide Kenpo Karate Association
presents the
AMERICAN KARATE CHAMPIONSHIPS
2020



APRIL 5th 2020

MASSAPEQUA HIGH SCHOOL

4925 MERRICK ROAD | MASSAPEQUA

SPARRING | FORMS | SELF DEFENSE | WEAPONS | BOARD BREAKING
BLACK BELT DIVISION FOR MUSICAL & TRADITIONAL KENPO FORMS
DEMO TEAM COMPETITION | POINT MMA SPARRING |
SPECIAL NEEDS DIVISION

AMERICAN KARATE CHAMPIONSHIPS 2020
APRIL 5, 2020 . MASSAPEQUA HIGH SCHOOL
4925 MERRICK ROAD . MASSAPEQUA . NEW YORK . 11758

Tournament Information - American Black Belt Academy

4875 Merrick Road . Massapequa Park . NY . 11762

516.795.8531 | fax 516.795.8749

EMAIL TO – TomLoVarco@aol.com

AMERICANKARATECHAMPIONSHIPS.COM



AMERICAN KARATE CHAMPIONSHIPS 2020

Why Should I Sign Up?

Our annual karate tournament will be held Sunday April 5, 2020 at Massapequa High School. This event is part of the Worldwide Kenpo Karate League's tournament circuit. This year we will be giving out the Championship Awards on Sunday at 9:00am. American Black Belt Academy is very excited to host the largest tournament of the season. Last year's event was awesome and we look forward to seeing everyone again this year. As always, one of the goals of this tournament is to build on the character values of Martial Arts. We strive to make this more than just a competition. We hope to make it an event that encourages personal development and self confidence.

Yours Truly,
Tom and Lorraine LoVarco

DIVISIONS FOR COMPETITORS

At the American Karate Championships 2020, we have divisions for ages 3 years old and up. The age groups are then split by belt rank into beginner, intermediate and advanced levels. We are offering divisions in Forms, Kenpo Forms, Musical Forms (Black Belt Only), Weapons, Sparring, Self-Defense, Board Breaking, Demo Teams, MMA point sparring, and a Special Needs Division. This year we have added a division for Kenpo forms for underbelts. Judges will award medals for 1st 4th place in each division. All tournament competitors 6 years old and under that do not place will receive a participation medal

FOOD DRIVE

Once again, we will be holding a food drive for the St. Rose Outreach Program in Massapequa. We ask each family attending bring a donation of a non-perishable food that will be collected at the entrance door of the tournament.

YOU CAN REGISTER ON LINE

Go to AMERICANKARATECHAMPIONSHIPS.COM

PRO SHOP - MARTIAL ARTS EQUIPMENT

Our entire retail selection will be set up in the lobby, offering a variety of Martial Arts gear, including the American Karate Championships 2020 limited-edition t-shirt (pre-ordering is recommended). We will have sparring gear, custom weapons, novelty items, a variety of patches, and much more. This is where you pick up your tournament tickets, spectators tickets, late registration forms and breaking boards.

Event Information

SUNDAY , APRIL 5, 2020

8:30AM DOORS OPEN @ Massapequa High School

9:00AM **Championship Awards**
Demo Team Competition

10:00AM All rings begin in this order-

Forms, Sparring, Weapons, Self Defense, Special Needs
Black Belts - Kenpo Forms, Open Forms, Musical Forms,
Sparring, Weapons, MMA point sparring and Board Breaking

MASSAPEQUA HIGH SCHOOL
4925 MERRICK ROAD MASSAPEQUA, NEW YORK. 11758

HOTEL ACCOMMODATION

Best Western. 5080 Sunrise Highway. Massapequa Park, NY 11762. 516.541.2000

Courtyard By Marriot. 2 Marriot Plaza. Farmingdale, NY 11735. 631.847.0010

Holiday Inn. 215 Sunnyside Boulevard. Plainview, NY 11803. 516.349.7400

Huntington Hilton. 598 Broadhollow Road. Melville, NY 11747. 631.845.100

From New England - Take I-95 South to the Throgg's Neck Bridge to Cross Island Parkway going South into the Southern State Parkway (Southern Parkway-Eastern Long Island). Continue East to Exit 28A South - Seaford Oyster Bay Expressway (Route 135). Continue South to the last exit, Merrick Road East. Go approximately 2 miles east, Massapequa High School will be on your left side at 4925 Merrick Road.

From New Jersey & Southern Pennsylvania - Take I-95 North to 440 North to the Verrazano Bridge to Belt Parkway into the Southern State Parkway (Southern Parkway-Eastern Long Island). Continue East to Exit 28A South - Seaford Oyster Bay Expressway (Route 135). Continue South to the last exit, Merrick Road East. Go approximately 2 miles east, Massapequa High School will be on your left side at 4925 Merrick Road.





Registration Form

April 5TH

MASSAPEQUA HIGH SCHOOL
4925 MERRICK ROAD
MASSAPEQUA . NEW YORK . 11758

Please neatly fill out application in entirety. You can also register on line at americankaratechampionships.com.**

COMPETITOR _____ DOB _____

ADDRESS _____

TOWN _____ STATE _____ ZIP _____

HOME PHONE _____ CELL PHONE _____

HEIGHT _____ WEIGHT _____ EMAIL _____

KARATE SCHOOL _____

SCHOOL ADDRESS _____

SCHOOL PHONE _____ INSTRUCTOR _____

WAIVER OF INJURY - **APPLICATIONS WILL NOT BE PROCESSED WITHOUT SIGNATURE**

I am the competitor or the parent and/or guardian of the child named above. The undersigned releases the Massapequa School District, Tom and Lorraine LoVarco, Fourfists Inc., the WORLDWIDE KENPO KARATE ASSOCIATION and other persons or sponsors associated with this event in any capacity from any liability due to injuries, death or anything affiliated with this tournament that the above child may incur as a result of his/her attendance and/or participation at this event. Furthermore, I hereby waive and release any compensation for the use of the above child in pictures, movies, media coverage, etc. utilized by those associated with this event, at any time. I clearly understand that the fighting aspect of this sport and competition involves bodily contact. I have read, understand and agree to abide by the rules of this tournament and assume all responsibility and any associated liability for infringement of such rules. Additionally, I am fully aware of the above named child's personal medical condition and hereby certify that the above named child is mentally and physically fit to compete at said tournament. I also understand that all the information given on this form is correct. I agree with the rules and regulations and understand that absolutely no refunds will be issued

General Rules - All competitors must present themselves in a respectful manner, following all tournament etiquette, must be dressed in a clean, neat and full gi with a properly tied belt. First to register - Last to compete: all competitors will be given a number when they register. The competitor with the lowest number will go last. In sparring the lowest numbers will get the byes according to the bye sheet. Ties will be awarded when there are 4 or less competitors in the division. In the event of tie with 4 or less competitors: the high scores will be dropped and scores totaled, if a tie still remains, lowest scores will be dropped and scores totaled. Beginner division will be scored between 7 and 8, intermediate between 8 and 9, advanced between 9 and 10. Medals will be awarded to those who place 1st through 4th. When you finish all your events and if you have not placed in any division, you will be awarded a participation medal. Traditional American Kenpo Forms and Musical Forms are for Black Belts only. No one is allowed on the floor except judges and competitors. No coaching will be permitted during the competition. All decisions will be made by arbitrators and are final. We reserve the right to combine any divisions. No refunds will be issued for missed divisions. Failure to comply will result in disqualification.

Forms and Weapons - Competitors will be judged on the following: stances, intensity, power, focus, balance, difficulty, and performance. No form should exceed 3 minutes.

Sparring - Safety gear is mandatory. All competitors need headgear, gloves, boots, shinpads, mouthguard and groin protector for boys. Chest protectors are optional. Matches have a 2 minute limit and 3 points will win the match. 1 point will be awarded for each hand or kicking technique, by a majority of 3 judges. Competitors must make contact to score, however, only light contact to legal target areas is permitted. Face or below the belt contact, sweeps, takedowns, or blind techniques will not be permitted. Competitors will be disqualified

for excessive contact or striking illegal target areas. First warning, competitor receives verbal warning. Second warning, the competitor's opponent receives 1 point. Third warning, the competitor is disqualified. Immediate disqualification for contact that draws blood.

Self-Defense - Under-belts perform 3 self-defense techniques. Black belts perform 5 self-defense techniques. Techniques are to be judged on form (stances, execution of strikes, speed, balance, and proper body alignment), intensity (focus, power and kiai), and effectiveness (based on realism). Competitors will need partners to perform their techniques on: competitors 5-8 years old, white through green belts, can use assistant instructors, instructors, and older black belt students as partners; competitors 9 and up years old, white through green belts, must use their peers as partners; all ages of brown and black belt competitors must use their peers as partners.

Board Breaking - All competitors must use boards provided by the WKKA and American Black Belt Academy. They are available for pre-order on the application, as well as available the day of the competition. Under-belts are limited to a total of 3 breaks and black belts are limited to 5 breaks. There is no limit to the number of boards in each break. Black belt competitors will have a 3 minute time limit to set

up their boards, bow in and complete their breaks. Brown and Black Belts will only have one chance at each break. Competitors will be judged on the difficulty of each break and the intensity, form, technique, stances, power, and performance.

Demo Teams - The performance shall not exceed 5 minutes and teams are limited to no more than 12 members. Teams are put into divisions based on experience and age, at the discretion of the school owners from each team. Teams will be scored on creativity, entertainment level, performance, choreography, form, stances, focus, intensity, power and difficulty.

Point MMA Sparring - Competitors must present him/herself in a clean rash guard and MMA shorts. Ask your instructor if you have the proper gloves, headgear, and shin/foot pads to fight. In the event a competitor is bloodied, the match will be stopped and depending on the circumstance the judge will determine the outcome of the fight. The match is broken into three parts: (1) point sparring, (2) throws/takedowns, and (3) wrestling/submission grappling. Once the fight has entered part 2 or 3, no striking will be allowed. AGES 12

and UNDER: Each match is two 1 minute rounds with a 30 second break in between rounds. In a clinch position, competitors have 5 seconds to execute a throw or takedown before being separated by a judge. When competitors go to the mat they will have 15 seconds to gain a full mount position and hold it for 5 seconds. If achieved, the competitor will be awarded 5 points, after full mount is achieved or not gained, both competitors are returned to standing position. No submissions allowed. AGES 13 and OLDER: Each match is two 2 minute rounds with a 1 minute break in between rounds. In a clinch position, competitors have 10 seconds to execute a throw or takedown before being separated by a judge. When competitors go to the mat they will have 30 seconds to submit their opponent. If achieved, the

competitor will be awarded the match. If no submission is gained within the 30 seconds both competitors will be stood back up to their feet. In the case of a draw, an additional round will be fought. At the end of the 3rd round, if there is still no winner the fight will be determined

by the judges. Points will be awarded for crisp and clean techniques to the body and controlled techniques to the headgear. Face contact will not be permitted. Excessive contact will result in one verbal warning and after that, immediate disqualification. 13 and older shoot fights will be judged using a 10 point must system. Scoring will be done by the judges: Striking, clinch control and ground control will determine the judges scores. Tap out submission is an automatic win in divisions 13 and older (submissions are

not allowed in 12 and under divisions). Competitors must wear sparring equipment: open hand MMA sparring gloves, shin/foot protection, mouthpiece, groin cup, and headgear.

Tiny Tiger Information - The highlight of the tournament is our non-competitive tiny tiger division. One of the assistant instructors will accompany students into the ring and they will have the chance to do their form and have a sparring match. All students will receive a perfect score of 10 and get an awesome medal for competing in the forms and sparring division.

DATE _____

SIGNATURE OF PARENT OR GUARDIAN WHO ASSUMES RESPONSIBILITY FOR ABOVE NAMED COMPETITOR

RANK (CIRCLE ONE) -

BEGINNER TINY TIGER WHITE BELT YELLOW BELT ORANGE BELT	INTERMEDIATE PURPLE BELT BLUE BELT GREEN BELT	ADVANCED BROWN BELT RED BELT	BLACK BELT JUNIOR BLACK BELT STRIPE <hr/> 1st DEGREE BLACK & UP
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DIVISIONS -

TINY TIGERS - 5 YEARS AND UNDER (NON-COMPETITIVE DIVISION)

FORMS	SPARRING						
BOARBBREAKING							
FORMS (OPEN)	5-6 YRS	7-8 YRS	9-10 YRS	11-12 YRS	13-15 YRS	16-18 YRS	19+YRS
SPARRING	5-6 YRS	7-8 YRS	9-10 YRS	11-12 YRS	13-15 YRS	16-18 YRS	19+ YRS
WEAPONS	5-6 YRS	7-8 YRS	9-10 YRS	11-12 YRS	13-15 YRS	16-18 YRS	19+ YRS
SELF DEFENSE	5-6 YRS	7-8 YRS	9-10 YRS	11-12 YRS	13-15 YRS	16-18 YRS	19+ YRS
BOARD BREAKING	5-6 YRS	7-8 YRS	9-10 YRS	11-12 YRS	13-15 YRS	16-18 YRS	19+YRS

KENPO FORMS *CHOOSE AGE AND FORM*

5-6 YRS	7-8 YRS	9-10 YRS	11-12 YRS	13-15 YRS	16-18 YRS	19+YRS
BEGINNER - SHORT FORM 1 or LONG FORM 1 INTERMEDIATE - SHORT FORM 2 or LONG FORM 2 ADVANCED - SHORT FORM 3 or LONG FORM 3 MASTERS - FORM 4, FORM 5, or FORM 6						

MUSICAL FORMS (BLACK BELTS ONLY)

5-6 YRS	7-8 YRS	9-10 YRS	11-12 YRS	13-15 YRS	16-18 YRS	19+YRS
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DEMO TEAM COMPETITION (5 MIN.TIME LIMIT)- *APPLICATIONS WILL NOT BE PROCESSED WITHOUT TEAM NAME & MEMBERS

BEGINNER INTERMEDIATE ADVANCED

TEAM NAME _____
 TEAMMEMBERS _____

POINT MMA SPARRING *COMPETITORS CURRENT WEIGHT _____ LBS

7-9 YRS 10-12 YRS 13-15 YRS (BOYS) 13-15 YRS (GIRLS) 16-18 YRS (BOYS) 16-18 YRS (GIRLS)

SPECIAL NEEDS DIVISION – (NON-COMPETITIVE DIVISION FOR STUDENTS WITH SPECIAL NEEDS) FORMS



Payment Information

First to Register - Last to Compete

All competitors who register will be given a registration number. The lowest number is charted last on the scoring sheet.

The lowest registration number in the division will compete last. Sparring competitors with the lowest number will be first to receive a bye into round two. Those who register late or on the day of the tournament, risk having to compete first.

REGISTER BY March 27th, 2020 TO AVOID A \$10.00 LATE FEE | ABSOLUTELY NO REFUNDS

1 ST EVENT (DIVISION)	\$ 60.00
1 ST EVENT (DIVISION) AFTER March 27th (Add \$10.00)	\$ _____
ADDITIONAL EVENTS	\$15.00 x _____ = \$ _____
SPECTATORS TICKETS (BLEACHER SEATING)	
ADULTS (12 & UP)	\$10.00 x _____ = _____
CHILDREN (6-11)	\$ 5.00 x _____ = _____
CHILDREN UNDER 5 FREE	\$ _____
WOOD BOARDS - (1/2 inch)	\$ 2.50 x _____ = \$ _____
TOURNAMENT T-SHIRT	
CHILD - MED LG	
ADULT - SM MD LG XLG XXLG	\$ 20.00 x _____ = \$ _____
Application processing fee	\$ 7.00
TOTAL COST	\$ _____

Please mail or fax this completed form SIGNED along with your FEE to:

AMERICAN BLACK BELT ACADEMY | 4875 MERRICK ROAD | MASSAPEQUA PARK, NY 11762
For additional information: (516) 795.8531 | Fax (516) 795.8749 | tomlovarco@aol.com

*****Make checks payable to "AMERICAN BLACK BELT ACADEMY" or pay by Cash or Credit Card*****

VISA MasterCard Discover AMEX
 Card Number _____
 Expiration Date ____/____ C.V.V. _____ Billing Address is the same as competitors
 Authorized Signature _____