



*Junsui Shotokan Karate Do*

## *Championships 2019*

Our Annual Championships will take place on the 9<sup>th</sup> November 2019, entries must be made by 26<sup>th</sup> October 2019. Start time is 11am and finish approx. 4pm.

Name of Competitor - \_\_\_\_\_

Age - \_\_\_\_\_ Grade: \_\_\_\_\_

Kata  £4

Kumite  £4

Team Kata  £3

Club - \_\_\_\_\_

Team Kata Name - \_\_\_\_\_

Team Kata Competitors - \_\_\_\_\_

For Kumite protective equipment is required, karate mitts, gum shield and optional shinpads, groin guard, chest protection for ladies.

There are limited club mitts available so if any are required please let your instructor know so they can be ordered in time for the competition at a cost of £8 with the choice of Blue or Red. Gum shields are £1.50 each and again available via your instructor.