

43rd Annual

# SHIDOKAN USA

## TRADITIONAL INVITATIONAL KARATE TOURNAMENT



Directed By:

**HANSHI RICHIE BERNARD**

**Date:** Sunday, May 18, 2025

**Place:** Londonderry High School Gym  
Route 128, Mammoth Road  
Londonderry, New Hampshire

**Time:** Doors Open 7:30 am – Black Belt Meeting 8:45 am  
Competition to start promptly after 9:00 am opening ceremonies

**Email:** Hanshi@ShidokanUSA.com

**Admission:** \$10.00 Ages 13-59; \$8.00 Ages 6-12; \$6.00 Seniors 60+  
Children 5 and under – FREE  
Please pay admission fee at the gate

**Awards:** Customized ShidokanUSA Medals – 4 places  
All competitors in every division will receive customized courage medals

**Note:** **Pre-Registration deadline is May 11, 2025.**  
**Registration applications postmarked after the deadline will not be accepted.**

**Send your completed entry forms with your entry fee to:**

Hanshi Richie Bernard  
P.O. Box 1381  
Londonderry, NH 03053

**Make checks payable to: ShidokanUSA**

### 9 BLACK BELT GRAND CHAMPIONSHIPS

- Jr Black Belt Kata
- Jr Black Belt Weapons
- Adult Black Belt Kata
- Adult Black Belt Weapons
- Women Black Belt Fighting
- Men Black Belt Fighting
- Adult Under Belt Kata/Weapons
- Boys Under Belt Kata/Weapons
- Girls Under Belt Kata/Weapons

\*\*\* THIS IS A PRE-REGISTRATION ONLY TOURNAMENT. Please note deadline above. \*\*\*

# SHIDOKAN USA

## TRADITIONAL INVITATIONAL KARATE TOURNAMENT

### SUMMARY OF RULES

1. Each competitor, referee, and judge must wear a complete, clean gi.
2. Safety equipment for hands and feet, headgear, mouthpieces, and groin protectors (for men) are mandatory in ALL KUMITE DIVISIONS. NO EXCEPTIONS! Shin guards and chest protectors are strongly recommended.
3. Shoes, sneakers, slippers, etc. may not be worn by any competitor in the kumite divisions.
4. Competitors cannot wear any protective equipment made of metal, plastic, wood, or any other hard materials.
5. Fingernails and toenails must be clipped short or taped.
6. Kumite competitors must not wear any jewelry.
7. A competitor may not talk at any time during a match, unless a time out has been called. Only then will they raise their hand and ask their question.
8. If a competitor fails to appear in their ring on time, that competitor will be disqualified and all fees forfeited.
9. All byes are awarded in the first round.
10. Legal targets include the chest, stomach, face, head, sides of neck, kidneys, and back. The groin, eyes, throat, and spine are not target areas.
11. Sweeps are not allowed.
12. Any contact to the competitor's head, face, throat, neck, spine, or groin, regardless of how slight, constitutes either a warning, foul, or disqualification – referees' discretion.
  - a. **Exception:** Light, controlled contact is allowed to the helmet/face shield in all Black Belt divisions.
  - b. **No Face Shield** means **No Face Contact**
13. Excessive or malicious contact, any display of poor sportsmanship or disrespect, failure to wear proper uniform, or safety equipment, falsifying your age, rank, or any other registration information, any throws, takedowns, or dangerous sweeps are grounds for immediate disqualification.
14. Harassment from the sideline by classmates or instructors will not be tolerated. The offending individuals will be asked to leave the tournament.
15. Kumite matches will be 3 points. Black belt matches will be 5 points.
16. There is no coaching allowed for kumite matches.
17. Winners will receive their awards as their respective divisions finish.
18. **The tournament director reserves the right to eject any individual that he considers to be detrimental to the image of martial arts.**

### DIRECTIONS

#### From the North

- Take Rt 93 and get off at exit 4 (Rt. 102 Derry/Londonderry). Take a right off the exit ramp. Go 2 miles to the intersection of Rt. 102 & Rt. 128 (Mammoth Rd.) Take a right at the light & head north on Rt. 128. Go 1.6 miles. Take a left at the lights. The gym is at the end of the access road on the left.

#### From the SOUTH

- Take Rt. 93 and get off at exit 4 (Rt. 102 Derry/Londonderry). Take a left off the exit ramp. Go 2 miles to the intersection of Rt. 102 & Rt. 128 (Mammoth Rd.) Take a right at the light & head north on Rt. 128. Go 1.6 miles. Take a left at the lights. The gym is at the end of the access road on the left.

#### From the EAST or WEST

- Take Rt. 102 to Rt. 128. Head North on Rt. 128. Go 1.6 miles. Take a left at the lights. The gym is at the end of the access road on the left.



# SHIDOKAN USA



## TRADITIONAL INVITATIONAL KARATE TOURNAMENT

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Age as of 5/18/25 \_\_\_\_\_

Your Current Rank \_\_\_\_\_

Name of Dojo (School) \_\_\_\_\_

Instructors Name \_\_\_\_\_

**Rank Classifications:**

Novice 7th Kyu & Under  
 Intermediate 4th - 6th Kyu  
 Advanced 1st - 3rd Kyu  
 Black Belt Division

**Make checks payable to:**

ShidokanUSA  
 P.O. Box 1381  
 Londonderry, NH 03053

**Pre-Registration  
Deadline**

May 11, 2025

**Entry Fee**

\$75 (Fee allows competitors  
 to enter any or all divisions.)

Doors Open 7:30 am

Black Belt Meeting 8:45 am

Competition Begins 9:00 am

**Boys:**  Forms  Fighting

- Boys 6 & Under  
 Boys 7 & 8 Nov  
 Boys 7 & 8 Int  
 Boys 7 & 8 Adv  
 Boys 9 & 10 Nov  
 Boys 9 & 10 Int  
 Boys 9 & 10 Adv  
 Boys 11 & 12 Nov  
 Boys 11 & 12 Int  
 Boys 11 & 12 Adv  
 Boys 13 & 14 Nov  
 Boys 13 & 14 Int  
 Boys 13 & 14 Adv  
 Boys 15-17 Nov  
 Boys 15-17 Int  
 Boys 15-17 Adv

**Girls:**  Forms  Fighting

- Girls 6 & Under  
 Girls 7 & 8 Nov  
 Girls 7 & 8 Int  
 Girls 7 & 8 Adv  
 Girls 9 & 10 Nov  
 Girls 9 & 10 Int  
 Girls 9 & 10 Adv  
 Girls 11 & 12 Nov  
 Girls 11 & 12 Int  
 Girls 11 & 12 Adv  
 Girls 13 & 14 Nov  
 Girls 13 & 14 Int  
 Girls 13 & 14 Adv  
 Girls 15-17 Nov  
 Girls 15-17 Int  
 Girls 15-17 Adv

**Adults:**  Forms  Fighting

- Men 18-34 Nov  
 Men 18-34 Int  
 Men 18-34 Adv  
 Men 35+ Nov  
 Men 35+ Int/Adv  
 Women 18-34 Nov  
 Women 18-34 Int  
 Women 18-34 Adv  
 Women 35+ Nov  
 Women 35+ Int/Adv

**Weapons**

(All ranks under Black Belt)

- 8 & Under Co-ed  
 9-11 Co-ed  
 12-14 Co-ed  
 15-17 Co-ed  
 Women 18+  
 Men 18+

**Black Belt Weapons**

- 12 & Under Co-ed  
 13-17 Co-ed  
 Men 18-29  
 Men 30-44  
 Men 45+  
 Women 18-29  
 Women 30-44  
 Women 45+

**Black Belt Forms**

- 12 & Under Girls  
 12 & Under Boys  
 13-14 Girls  
 13-14 Boys  
 15-17 Girls  
 15-17 Boys  
 18-29 Women  
 18-29 Men  
 30-39 Women  
 30-39 Men  
 40-49 Women  
 40-49 Men  
 50+ Women  
 50+ Men

**Black Belt Fighting**

- 12 & Under Girls  
 12 & Under Boys  
 13-14 Girls  
 13-14 Boys  
 15-17 Girls  
 15-17 Boys  
 18-29 Women  
 18-29 Men  
 30-39 Women  
 30-39 Men  
 40-49 Women  
 40-49 Men  
 50+ Women  
 50+ Men

**Special Needs**

- Forms  
 Weapons  
 Fighting

I, the undersigned, hereby release Richard Bernard, the Town of Londonderry, NH, ShidokanUSA, and all persons associated with this event in any capacity, from any liability due to injuries, etc. that I may incur as a result of my attendance and/or participation in the above specified event. Furthermore, I hereby waive any compensation whatsoever, for the use of pictures, movies, media coverage, etc. utilized by those associated with this event at any time.

IF LESS THAN 18 YEARS OF AGE, THIS RELEASE AND CONSENT FORM MUST ALSO BE SIGNED BY A PARENT, LEGAL GUARDIAN, OR PERSON ASSUMING LEGAL RESPONSIBILITY.

COMPETITOR'S SIGNATURE &amp; DATE \_\_\_\_\_

PARENT OR LEGAL GUARDIAN \_\_\_\_\_