



2023 West Coast Open
International Martial Arts Championships
www.westcoast-open.com



July 29th, 2023

Dear Sensei, Coach, and Athlete,



We are pleased and honored to invite you to participate in the **2023 West Coast Open Martial Arts Championships** on Sunday, October 15, 2023. This year's event will once again be held at the beautiful Pierce College Gymnasium in Lakewood, WA. It is a perfect venue that will allow us to organize an enjoyable event for everyone!

This competition will also feature Sensei's and competitors from Canada and across the USA, including Hawaii, Alaska, Washington, Oregon, California, Colorado, Montana, and Idaho. The quality of the competition and officiating promises once again to be the finest in the USA.

We are proud to have the assistance and sponsorship of the Tacoma Pierce County Sports Commission and appreciate their hard work in making this a successful event. We are also grateful to our ring and medal sponsors, whose support helps greatly to enhance the experience of parents, spectators, and athletes.

Our referee corps are amongst the best in the USA and are committed to ensuring a fair and safe playing field for everyone.

All competitors, officials, and volunteers are welcome to participate in this goodwill event, so mark your calendars for **Sunday, October 15**, and join us at the **2023 West Coast Open International Martial Arts Championships!**

Modified WKF/USANKF rules will be used.

Online registration available at: www.karatetmaster.com

\$10 fee added to online registration after October 8th

For more information, visit our website at: www.westcoast-open.com

Sincerely,

A handwritten signature in blue ink that reads "Chuck Sweigart".

Chuck Sweigart

Tournament Director

USANKF Referee Commission

World Karate Federation Referee



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Fact Sheet

- Date:** Sunday, October 15, 2023
- Location:** Pierce College Health Education Center Gymnasium
9401 Farwest Drive SW
Lakewood, WA 98498
- Schedule:** Referee Meeting 8:00 a.m.
Competition begins at 8:30 a.m.
- Rules:** Karate: Modified USANKF rules will apply Download complete rules and information at www.westcoast-open.com
- Fees:** \$80 for 1 division
\$10 for each additional division
Online registration add \$10 after Sunday, October 8th
- Make checks payable to:
West Coast Open
- Mail payment and registration to:
West Coast Open
5610 75th Street W
Lakewood, WA 98499
- *Do not mail registration and fees after October 4th.**
- Registration Info:** **On-line registration available.** Visit www.karatetmaster.com
****Add \$10.00 after October 8th****
No on-site registration will be accepted.
- General Admission:** \$8 per person. Children 5 and under admitted free.
- Additional Info:** www.westcoast-open.com
- Tournament and general questions:
Chuck Sweigart 253-224-8772
E-mail: csweigart9@comcast.net



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Team Divisions

Team Name: _____

Instructor's Name: _____

Club/School Name: _____

Club/School Address: _____

City: _____ State: _____ Zip: _____

CATEGORIES

- | | | |
|--|--|--------------------------------|
| <input type="checkbox"/> Male | <input type="checkbox"/> Female | <input type="checkbox"/> Elite |
| <u>TEAM KATA</u> | <u>TEAM KUMITE</u> | <u>ELITE TEAM KUMITE</u> |
| <input type="checkbox"/> 9 and under | <input type="checkbox"/> 9 and under | 3 athletes per team 1 athlete |
| <input type="checkbox"/> 10-13 Team Kata | <input type="checkbox"/> 10-13 Team Kumite | from each age group |
| <input type="checkbox"/> 14-17 Team Kata | <input type="checkbox"/> 14-17 Team Kumite | One 8-9 Yr Old |
| <input type="checkbox"/> 18-34 Team Kata | <input type="checkbox"/> 18-34 Team Kumite | One 10-11 Yr Old |
| <input type="checkbox"/> 35+ Team Kata | <input type="checkbox"/> 35+ Team Kumite | One 12-13 Yr Old |

- 1 Team Division - \$75**
 2 Team Divisions - \$105

TEAM

- | | |
|-------------------------|-------------|
| 1) Name: _____ | Age: _____ |
| Parent Signature: _____ | Date: _____ |
| 2) Name: _____ | Age: _____ |
| Parent Signature: _____ | Date: _____ |
| 3) Name: _____ | Age: _____ |
| Parent Signature: _____ | Date: _____ |

All teams must be exclusively male or female. Kata teams must consist of three members. Kumite teams must consist of at least two members. See complete rules at: www.westcoast-open.com.

Age brackets may be further broken down. Non -Elite Kumite teams will fight in order of size-smallest to biggest

Make checks payable to **West Coast Open** and mail to West Coast Open, 5610 75th Street West, Lakewood, WA 98499. *****Do not mail registration and fees after October 4th, 2023.**

Pierce College Health Education Center Gymnasium, 9401 Farwest Drive SW, Lakewood, WA 98498
 Sunday, October 15, 2023 8:30 am



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Volunteer Form

Last Name: _____

First Name: _____

Email Address: _____

Telephone Number: (_____) _____

Are you 18 years or older?

Yes

No

What job(s) would you like to volunteer for?

Scorekeeper / Timer

Staging

Security

Set Up

Tear Down

Medical

Hospitality

Other

If other please list: _____

Do you have previous experience volunteering with a Marital Arts Competition?

Yes

No

If "Yes" please tell us about your experience. _____

What days are you available?

Saturday for setup

Sunday

Both

Please mail form to **West Coast Open**, 5610 75th Street West, Lakewood, WA 98499.

*****Please do not mail Volunteer Form after October 4th. 2023*****

Pierce College Health Education Center Gymnasium, 9401 Farwest Drive SW, Lakewood, WA 98498

Sunday, October 15, 2023 8:30 am



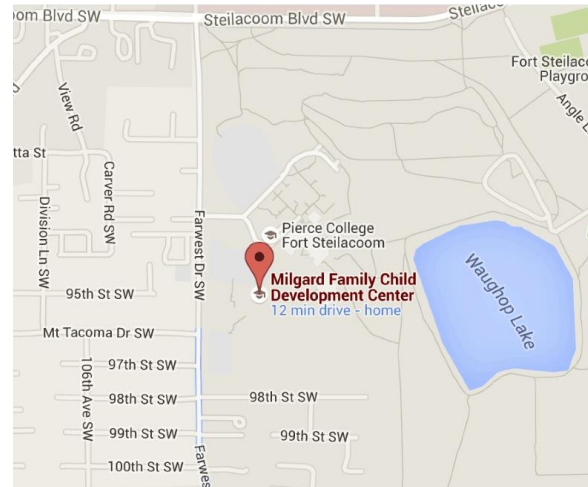
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Directions

Pierce College Health Education Center Gymnasium
9401 Farwest Drive SW
Lakewood, WA 98498

The West Coast Open takes place in Western Washington approximately 40 miles south of SeaTac International Airport. The Pierce College Health Education Center Gymnasium is located on the Pierce College campus at 9401 Farwest Drive SW, Lakewood, WA 98498.



Driving Directions

1. From I-5 Southbound/Northbound: Take Exit 124 (Gravelly Lake Dr.) Head WEST on Gravelly Lake Dr. ^[L]_[SEP]
2. At the Fork, keep LEFT to stay on Gravelly Lake Dr. for about 1 mile.
3. Turn left onto Washington Blvd SW.
4. In about 1.2 miles use any lane to turn SLIGHTLY RIGHT onto Military Rd SW. ^[L]_[SEP]
5. In $\frac{3}{4}$ of a mile, turn RIGHT onto 112th St. SW. ^[L]_[SEP]
6. Turn LEFT onto Farwest Dr. SW.
7. In about 1 mile Pierce College will be on the right.

Parking

The Pierce College Health Education Center Gymnasium offers free parking for all participants and spectators.



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Host Hotel

Best Western Liberty Inn Dupont

1400 Wilmington Dr.
Dupont, WA 98327

Special West Coast Open Rate
\$120 per night plus tax
Must reserve before October 1st.

Call 253-912-8777 for Reservations Mention 2023 West Coast Open

Free hot breakfast daily
Indoor Pool
Free high-speed wireless Internet
Free parking





Modified USA-NKF / WKF Kumite and Kata Rules of Competition

KUMITE RULES

I. Required Equipment

- Clean white karate-gi
- Red and blue WKF style fist pads, red and blue belt
- Mouth guard
- Groin guard (male contestants)
USA Karate/WKF style Shin and instep protection (recommended)

II. DIVISIONS

All kumite and kata divisions will use the repechage system to determine third place. The contestant that scores unopposed first (Senshu) wins the bout if it ends in a tie score. If there is no senshu, and the score is tied, the winner is automatically decided by who scored the most ippons, or waza-ari's. otherwise, the judges will decide the winner (Hantei) based upon who showed superior tactics during the bout.

11 year olds and under

- **Duration of bout 1:00 (Int/Adv 1:30)**
- **8 point ceiling**
- No touch to the head, face, or neck is allowed and must be warned or penalized – unless caused by the recipient. (mubobi). Jodan techniques can score when stopped within 10 cm of the target. No sweeps or take downs allowed.

12-17 year olds

- **Duration of bout 1:30 (Int/Adv 2:00)**
- **8 point ceiling**
- Light touch to the face, head, or neck (Jodan) with kicks can score. For ages 12-15, glove touch to the face, neck, or head must be warned or penalized – unless caused by the recipient. (mubobi). For ages 16-17, skin touch is allowed and can score.

18+ year olds

- Duration of bout 2:00
- 8 point ceiling
- Light touch to the face, neck, or head can score

18+ advanced WKF rules apply



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III. SCORING: Target areas = head, face, neck (including the throat), chest, side, back, abdomen. In order to score, the technique must meet all six of the scoring criteria.

YUKO (1 point)

- Tsuki (punches) or uchi (strikes) to any of the seven target areas

WAZA ARI (2 points)

- Keri (kicks) to the back, side, chest, or abdomen

IPPON (3 points)

- Kicks to the face, head, or neck
- Any scoring technique which is delivered on an opponent while any part of the opponent's body, other than their feet, is on the tatami.

IV. PROHIBITED BEHAVIOR

- Techniques which make **excessive contact**, having regard to the scoring area attacked, and techniques which make contact with the throat.
- Attacks to the arms, legs, groin, joints, or instep.
- Attacks to the face with open hand techniques (e.g. teisho or nukite).
- Dangerous or forbidden throwing techniques.
- Feigning or exaggerating injury.
- Exit from the competition area (**Jogai**) not caused by the opponent.
- Self-endangerment by indulging in behavior which exposes the contestant to injury by the opponent, or failing to take adequate measures for self-protection (**Mubobi**).
- **Avoiding combat** as a means of preventing the opponent having the opportunity to score.
- **Passivity**. Not attempting to engage in combat after a short period of time.
- Clinching, wrestling, pushing, or seizing, or standing chest to chest without attempting a throw or other technique.
- Grabbing the opponent with both hands for any other reasons than executing a takedown upon catching the opponents kicking leg.
- Grabbing the opponent's arm or karate gi with one hand without immediately attempting a scoring technique or takedown.
- Techniques, which by their nature, cannot be controlled for the safety of the opponent and dangerous and uncontrolled attacks.
- Attacks with the head, knees, or elbows.
- Talking to, or goading the opponent, failing to obey the orders of the Referee.
- **Discourteous behavior** towards the Refereeing Officials, or other breaches of etiquette.

V. WARNINGS AND PENALTIES

- Chui 1, Chui 2, Chui 3, and Hansoku Chui are warnings.
- Hansoku and Shikkaku penalties that result in disqualification.



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KATA RULES

All divisions will use the repechage system to determine third place.

All divisions except 18+ advanced

- 3 or 5 Judges
- Red and blue flag system will be used
- Competitors can repeat the same kata in each round
- Beginner and Novice competitors must perform only the following kata:
Taikyoku, Heian- Pinan, Gekisai, Fukyu kata, Kihon kata.
- Competitors (aka and ao) will perform their kata simultaneously
- Advanced divisions must perform a different kata in the medal bout than in the previous round.

18+ advanced

- WKF rules apply. Flag system will be used.
- Competitors age 16 and above can compete in this division.

KOBUDO

- Traditional Kobudo (Please refer to USANKF Rules)
 - WEST COAST OPEN Staff reserves the right to check weapons and disqualify equipment or weapon deemed unsafe or inappropriate for competition.
 - The Divisions & Rules for Kobudo are the same as the Kata.
 - Weapon must be Traditional in construction
 - Weapon may not touch the floor. No music or gymnastics are allowed
- Score cards will be used for all kobudo divisions

Tournament Director reserves the right to add, eliminate, combine, or split divisions.

Intermediate and advanced divisions will be separated/split whenever possible.

Beginner and novice divisions will be separated/split whenever possible.



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Program Advertisement and Sponsorship

Thank you for your support of the 2023 West Coast Open. Please provide all the pertinent information listed below:

- All program advertising requires a camera ready ad.
- Ring sponsors and signature sponsors must submit via e-mail a company logo and all information that will appear on the ringside banner.
- Business card program advertisers can submit a business card that will be scanned.
- Personal program ads must provide all text that will appear on the ad. May also provide a photo.
- Any graphics or formatting may incur an additional fee of \$35 per hour.
- Deadline for all advertising is October 1st
- Deadline for signature and medal sponsorship is September 15th

Company Name _____

Address _____ City _____

State _____ Zip _____ E-mail _____

Contact Person _____ Phone _____

Website _____

Please check:

- | | | |
|---|---|--|
| <input type="checkbox"/> Gold Medal Sponsor \$3500 | <input type="checkbox"/> Medal Sponsor \$1750 | <input type="checkbox"/> Ring Sponsor \$600 |
| <input type="checkbox"/> Full Page Ad \$ 400 | <input type="checkbox"/> Half Page Ad \$ 250 | <input type="checkbox"/> 1/4 Page Ad |
| <input type="checkbox"/> 1/4 Page Ad No Web Ad \$135 | <input type="checkbox"/> Ring of Champions \$750 | <input type="checkbox"/> with 1 Yr. Web Ad \$185 |
| <input type="checkbox"/> Business Card Ad No Web \$75 | <input type="checkbox"/> Business Card Ad with 1 Year Web Ad \$ 125 | <input type="checkbox"/> Personal Program Ad \$ 25 |

Additional Information and/or Text:

Please make checks payable to: West Coast Open 5610 75th Street West Lakewood, WA 98499
 Email: csweigart9@comcast.net Web: www.westcoast-open.com



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Program Ads Sponsorships

Signature Sponsorship - \$3500

Includes:

Business Logo on Medal Lanyards

Promo Announcement at Medal Awarding

Ringside Banner/Event Booth/6 VIP Passes

Full-Page Program Ad

Business Logo on Program Cover and Event T-Shirt

Business mentioning in all advertisements and press releases

1 Yr. Web Ad

Medal Sponsorship - \$1750

Includes:

Business Logo on Medal Lanyards

Promo Announcement at Medal Awarding

Event Booth/4 VIP Passes

Full Page Program Ad

1 Yr. Web Ad

Ring Sponsorship - \$600

Includes:

Ringside Banner

Promo Announcement at Ring Designation

Full-Page Program Ad

1 Yr. Web Ad

Full Page Program Ad - \$400

Includes:

1 Yr. Web Ad

½ Page Program Ad - \$250

Includes:

1 Yr. Web Ad

¼ Page Program Ad - \$135

Add 1 Yr. Web Ad for \$50

Business Card Program Ad - \$75

Add 1 Yr. Web Ad for \$50

Personal Program Ad - \$25

Business-card size