

NCR Shiai!

When: Saturday, October 19, 2024
12 noon – 3:00pm

Where: Shotokan Karate MN
1517 Central Ave NE Mpls, MN 55413
(612) 870-1795
<https://www.shotokankaratemn.com>

Fee: One or more Events: \$25/person
Maximum Fee: \$40/Family

Categories: (free sparing position – jiyu dachi)

- **Level 1:** 10th kyu – 8th kyu: Step in punch: one head, one body /Kata heian shodan/nidan
- **Level 2:** 7th kyu – 6th kyu: Same as above; add a front kick / Kata heian sandan/yondan
- **Level 3:** 5th kyu – 4th Kyu: One oi-tsuki or gyaku tsuki head or body
One mae or mawashi geri body /One any punch or kick from above /Kata heian godan, tekki
- **Level 4:** 3rd kyu – 1st Kyu: Kogo kumite /Kata: Basai Dai, Jion, Empi, or Kanku Dai
- **Level 5:** Black belts: Kogo-under 18; 18+ Kogo or free sparing / Kata: any advance kata

Shiai is open to all ranks and ages using AAKF divisions and rules/procedures for kata and kumite

Sharpen and test your skills for your next test, have fun, and meet fellow karatekas.

Traditional Karate
North Central Region
Regional Representatives of the AAKF



See NCR website for online registration: <https://ncr-aakf.org/>

