

# NCR Shiai!



**When:** Saturday, January 25, 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 sparring position – jiyu dachi)

- **Level 1:** 10<sup>th</sup> kyu – 8<sup>th</sup> kyu: Step in punch: one head, one body /Kata heian shodan/nidan
- **Level 2:** 7<sup>th</sup> kyu – 6<sup>th</sup> kyu: Same as above; add a front kick / Kata heian sandan/yondan
- **Level 3:** 5<sup>th</sup> kyu – 4<sup>th</sup> 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:** 3<sup>rd</sup> kyu – 1<sup>st</sup> Kyu: Kogo kumite /Kata: Basai Dai, Jion, Empi, or Kanku Dai
- **Level 5:** Black belts: Kogo-under 18; 18+ Kogo or free sparring / Kata: any advance kata

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

## North Central Region

Regional Representatives of the AAKF

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