



# Iwa Yama Karate

# Spruce Grove

## Tournament

Saturday, April 30th, 2022



<b>Location:</b>	Millgrove School 851 Calahoo Road Spruce Grove, AB
<b>Time:</b>	Registration – 8:30 am Bow-In – 9:30 am (All competitors must be present for Bow-In)
<b>Cost:</b>	\$10 per competitor, maximum \$25 per family
<p>Mouth guards and hand pads are required for participation in kumite. Hand pads will be available for individuals that have none, but you must provide your own mouth guard (per SWKKF regulations).</p> <p><b>To Pre-Register</b> – Go To <a href="http://sprucegrovekarate.ca">sprucegrovekarate.ca</a> and click on 'Tournament Registration'</p>	

