

TOURNAMENT

SEMINAR

FRIDAY NOV 15TH

ERIC HARVIE SCHOOL (TUSCANY)

357 TUSCANY DR NW, CALGARY, AB

7 pm - 9 pm. Doors open at 6:30.

All ranks. A break will be at 8:00
for anyone that needs to leave

Guest Instructors TBD

TOURNAMENT

SATURDAY NOV 16TH

TWELVE MILE COULEE

65 TUSCANY HILLS RD NW, CALGARY, AB

COST

\$30 FOR A SINGLE EVENT

(Seminar or Tournament)

\$50 FOR BOTH

\$125 MAX FOR A FAMILY (3 or more)

Black belts who volunteer for judging will get a discounted rate

PLEASE NOTE

Mouth guards are REQUIRED for all competitors.

If you do not have one, there will be limited quantities
for purchase at the tournament, but it is recommended
to have your own in advance.

Groin protection is highly recommended.

Hand pads will be required, but may be supplied if
competitors do not have their own.

There will be no concession available.
Please remember to bring a snack for kids,
as this is a long morning.

Please also be aware that there is no food
permitted in the gym, food must be consumed
outside the gymnasium.

Bring your passbooks to be signed.

& CLINIC 2024

Celebrating
25
OF
YEARS
KARATE

TOURNAMENT SCHEDULE

SUBJECT TO CHANGE

IF AHEAD OF SCHEDULE DIVISIONS MAY START EARLY

9:00 TO 9:30

CHECK-IN

9:30 TO 10:00

BOW IN AND DIVISION OF COMPETITORS.
GROUPINGS WILL BE DEFINED AT
DIVISION OF COMPETITORS

10:00

COMPETITION STARTS

EACH DIVISION TAKES ROUGHLY 45 TO 60 MIN .
YOUTH WILL GO FIRST, THEN ADULT COLOUR BELTS.
BLACK BELT DIVISIONS MAY BE ADDED THROUGHOUT
THE DAY OR RUN AT THE END.
DEPENDING ON TIME BROWN AND BLACK BELTS WILL
BE INVITED TO KING OF THE RING.

BANQUET

DETAILS WILL BE SHARED
AT THE TOURNAMENT



**THE FIRST 50
REGISTRATIONS
THAT REGISTER
BEFORE NOV 1**

**WILL BE
ENTERED INTO A
\$100 AMAZON
GIFT CARD
DRAW!**

THREE ELEMENTS
KARATE
IS A MEMBER OF



THREE ELEMENTS



REGISTER ONLINE no later than Nov 14
ThreeElementsKarate.com