

Mike & Sue Sonia present the 28th Annual

Central Mass Open Karate Tournament



Kata  
Sparring  
Weapons

IPPONE  
Rated

All  
Styles Welcome

Demo Team  
Competition

**Saturday, March 10, 2018**

**Gardner High School – Gardner, Massachusetts**

**Registration begins at 7:30am – Tournament begins at 8:30am**

Trophies for 1<sup>st</sup>-4<sup>th</sup> place  
Cash for Adult Black Belt Grand Champions

**For more information, contact Mike or Sue Sonia.**

**suesonia@comcast.net or 978-973-2484**

**www.sterlingmartialarts.com**

Greetings,

Welcome to the 28<sup>th</sup> annual Central Mass Open. We are back once again at Gardner High School. Every year has brought in new people and great competition. This year will not be an exception! We thank you for your support, and good luck to all!

Yours in the Arts,

Mike and Sue Sonia

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Date:	Saturday, March 10, 2018
Time:	Tournament will begin at 8:30am with demo team competition.
Ring assignments:	A ring assignment sheet will be provided at check-in as well as through email and Facebook.
Location:	Gardner High School – 200 Catherine St., Gardner, Massachusetts
Rating:	I.P.P.O.N.E.
Pre-Registration:	\$55 for all events if registered by March 5. <b><u>Absolutely no refunds.</u></b> Checks payable to: Sue Sonia – 267 Old Common Rd., Lancaster, MA 01523
Registration:	Registration table opens at 7:30 a.m. <b><u>No refunds. No checks at the door.</u></b> \$65 for all events if registering on the day of the tournament
Demo Team:	Team members must be registered competitors, no additional charge for demo. Teams of 5 or more, 5-minute time limit. Demo teams: Be ready to go at <u>8:15</u> . Demos will start at 8:30 sharp!
Grands:	Cash for adult black belt, gift card of equal value to junior black belts.
Spectator Fee:	\$10 – Ages 13 and up, \$5 – Ages 3 to 12, Ages 2 and under – free
Safety Equipment:	Soft-padded (non-cloth) hands (fingers and thumb covered), feet (all toes covered), headgear and mouthpiece are mandatory in all fighting divisions. Protective cup is mandatory for all male competitors. *
Special Request:	All Black Belts officiating are asked to wear a gi or school uniform.
Weapons:	<u>Blue Belt (intermediate rank) and up only!</u>
Coaching:	Coaching during sparring matches is <u>NOT</u> allowed.

**\*FOR ADDITIONAL DETAILS ON REQUIRED EQUIPMENT & RULES, GO TO**

**[WWW.STERLINGMARTIALARTS.COM](http://WWW.STERLINGMARTIALARTS.COM) AND CLICK ON THE PAGE FOR THE CENTRAL MASS OPEN.**

## **Directions to Gardner High School**

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### From Interstate 495

I-495 to Rt 2 West to Rt 140 North (Exit 24B)  
Left at lights onto Rt 101 (Pearl St.)  
Approx 1 mile to Gardner High School on Right

### From Rt 90/ Massachusetts Turnpike East (Western MASS)

Exit Rt 90 via Exit 10 – Rt 290E Worcester  
Rt 290 E to Rt 190N, Merge onto Rt 2 W  
Rt 2 West to Rt 140 North (Exit 24B)  
Left at lights onto Rt 101 (Pearl St.)  
Approx 1 mile to Gardner High School on Right

### From Keene NH

Rt 12 South to Rt 140 South  
Right at lights onto Rte 101 (Pearl St.)  
Approx 1 mile to Gardner High School on Right

### From Eastern Massachusetts

Rt 2 West to Rt 140 North (Exit 24B)  
Left at lights onto Rt 101 (Pearl St.)  
Approx 1 mile to Gardner High School on Right

### From Rt 91 – Vermont

Rt 91 S to Rt 2 East via Exit 27 (Left lane exit)  
Rt 2 East to Rt 140 North (Exit 24A)  
Left at lights onto Rt 101 (Pearl St.)  
Approx 1 mile to Gardner High School on Right

### **Recommended Hotels:**

Great Wolf Lodge Resort - Fitchburg, MA - 866-678-9653  
Colonial Hotel – Gardner, MA - 978-630-2500

# CENTRAL MASS OPEN KARATE TOURNAMENT

Saturday, March 10, 2018– Gardner High School – Gardner, MA

**Divisions:** Novice (white, yellow, orange), Intermediate (blue, green, purple), Advanced (red, brown)

All styles are different and some variations are expected. See promoter if you have questions.

**Note:** You may enter one fighting, one forms, and one weapons division.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Tel. \_\_\_\_\_ Age \_\_\_\_\_ Belt Color \_\_\_\_\_

E-mail \_\_\_\_\_

Dojo \_\_\_\_\_

Instructor \_\_\_\_\_

IPPONE Member?  Yes  No

- |   |   |
|---|---|
| <b>MENS FORMS</b> <input type="checkbox"/>    | <b>WOMENS FORMS</b> <input type="checkbox"/>    |
| <b>MENS FIGHTING</b> <input type="checkbox"/> | <b>WOMENS FIGHTING</b> <input type="checkbox"/> |
| <input type="checkbox"/> 18-29 Novice         | <input type="checkbox"/> 18-34 Novice           |
| <input type="checkbox"/> 18-29 Intermediate   | <input type="checkbox"/> 18-34 Intermediate     |
| <input type="checkbox"/> 18-29 Advanced       | <input type="checkbox"/> 18-34 Advanced         |
| <input type="checkbox"/> 30-39 Novice         | <input type="checkbox"/> 35+ Novice             |
| <input type="checkbox"/> 30-39 Intermediate   | <input type="checkbox"/> 35+ Intermediate       |
| <input type="checkbox"/> 30-39 Advanced       | <input type="checkbox"/> 35+ Advanced           |
| <input type="checkbox"/> 40+ Novice           |   |
| <input type="checkbox"/> 40+ Intermediate     |   |
| <input type="checkbox"/> 40+ Advanced         |   |

**Physically Challenged**

**Demo Team Competition**

**Team Name** \_\_\_\_\_

**BOYS FORMS**   
**BOYS FIGHTING**

- 6 & under all ranks
- 7-8 Novice
- 7-8 Intermediate
- 7-8 Advanced
- 9-10 Novice
- 9-10 Intermediate
- 9-10 Advanced
- 11-12 Novice
- 11-12 Intermediate
- 11-12 Advanced
- 13-14 Novice
- 13-14 Intermediate
- 13-14 Advanced
- 15-17 Novice
- 15-17 Intermediate
- 15-17 Advanced

**GIRLS FORMS**   
**GIRLS FIGHTING**

- 6 & under all ranks
- 7-8 Novice
- 7-8 Intermediate
- 7-8 Advanced
- 9-10 Novice
- 9-10 Intermediate
- 9-10 Advanced
- 11-12 Novice
- 11-12 Intermediate
- 11-12 Advanced
- 13-14 Novice
- 13-14 Intermediate
- 13-14 Advanced
- 15-17 Novice
- 15-17 Intermediate
- 15-17 Advanced

**BLACK BELT FIGHTING**

- 12 & under Boys
- 12 & under Girls
- 13-14 Boys
- 13-14 Girls
- 15-17 Boys
- 15-17 Girls
- 18-34 Women
- 35+ Women
- 18-29 Men
- 30-39 Men
- 40-49 Men
- 50+ Men

The tournament promoters reserve the right to combine divisions of less than 2 people with others in order to give all participants the opportunity to compete.

**BLACK BELT FORMS**

- 12 & under Boys
- 12 & under Girls
- 13-14 Boys
- 13-14 Girls
- 15-17 Boys
- 15-17 Girls
- 18-34 Women
- 35+ Women
- 18-29 Men
- 30-39 Men
- 40-49 Men
- 50+ Men

\$55 for all events if pre-registered by March 5

\$65 for all events if registering on the day of the event

**Make checks payable to:**  
**Sue Sonia**  
**267 Old Common Rd.**  
**Lancaster, MA 01523**  
**(No checks on day of event)**

**WEAPONS BLUE BELT & UP**

- 8 & under Boys
- 9-10 Boys
- 11-12 Boys
- 13-14 Boys
- 15-17 Boys
- 8 & under Girls
- 9-10 Girls
- 11-12 Girls
- 13-14 Girls
- 15-17 Girls
- Adult Male 18+
- Adult Female 18+

**BLACK BELT WEAPONS**

- 12 & under Boys
- 12 & under Girls
- 13-14 Boys
- 13-14 Girls
- 15-17 Boys
- 15-17 Girls
- 18-29 Men
- 18-34 Women
- 30-39 Men
- 35+ Women
- 40+ Men

I, the undersigned, hereby release Michael Sonia, Susan Sonia, Sterling Martial Arts, Central Mass Open Karate Tournament, IPPONE, and all persons associated with this event in any capacity, from liability due to injuries, etc.; that may incur as a result of my attendance and/or participation at the above specified event. Furthermore, I hereby waive any compensation whatsoever for the use of pictures, movies, media coverage, etc. utilized by those associated with this event at any time.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Signature of Parent/Guardian if under 18

Sue & Mike Sonia  
267 Old Common Rd.  
Lancaster, MA 01523