



Kumite Match Practice Days

Term 1, 2024 (Saturdays, 3 Feb, 9 Mar & 13 Apr)

Maroochydore Dojo, 1:00 – 4:00pm

If you've got an interest in doing kumite at tournaments this is a great first step. Match practice days will give you experience of kumite matches, just like a tournament, with the added bonus of feedback from coaches and the opportunity make adjustments based on your feedback in your next match, even if you don't win. In tournaments, if you lose a match, you often don't get another one. Match practice days are designed to give you as many matches as possible and gain experience.

In addition, if you're keen to improve your kumite skills and get involved in tournaments, speak to instructors about joining the Friday night tournament squad classes.

We are now forming 2024 Sunshine Coast tournament squad and also starting to look ahead towards the next Chito-Ryu Soke Cup (World Championships) which are to be held on the Gold Coast, 2026.

MATCH PRACTICE REGISTRATION FORM

Select Dates: Sat, 3 Feb Sat, 9 Mar Sat, 13 Apr

Name Gender D.O.B.

Belt Colour (Rank) Weight (kg)

Phone Email

Emergency Contact Name Relationship

Phone Phone 2

Submit completed registration forms & payment to: Your dojo instructor

Or pay by direct deposit to Sunshine Coast Karate: BSB – 633-000 ACCOUNT – 155 937 782

Reference: "YourName-Kumite-Sep" and email confirmation to: sck@sunshinecoastkarate.com.au

Registration Form & Fees Due: The day before each match practice day (Fri 2 Feb, Fri 8 Mar, Fri 12 Apr)
*FREE for Black Belts & SCK members with Unlimited All Access Membership,
Everyone else - \$20.00 per person or \$50 per family (Per Match Practice Day)*

Compulsory Equipment Required

- You must provide your own: groin guards (male), mouth guards, gloves and shin/instep protectors.
- Head gear and body gear will be supplied if required. No head gear required for juniors U/13 yrs.

If you need to purchase any equipment, the following equipment is available from the club shop. Please note, the club shop will not be open for business during the match practice day. Be sure to purchase equipment in advance, if required.

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| • Basic Hand Protectors (XS-S) | \$18 |
| Recommended for Little Champions only | |
| • WKF Gloves (Recommend for kids) | \$35 |
| • MMA Style Gloves (Recommend for teens/adults) | \$45 |
| • Shin/instep protector (elastic) | \$25 |
| • Groin guard (male) | \$20 |
| • Mouth guard (DIY mould) | \$ 8 |

