

MICHAEL AND TAMMY BERNARDO
PRESENT

THE
ONTARIO
GRAND
NATIONALS
OPEN MARTIAL ARTS CHAMPIONSHIPS
2010

SATURDAY, OCTOBER 2ND
LONDON, ONTARIO
LONDON CONVENTION
CENTRE

NASKA
AA
Rated

NMAC
ELITE
AAA

\$1000 for
Black Belt
Grands

Michael Bernardo
923 William St.
London Ont. N5Y 2S7
519-659-2504

WKC
AAA
RATED

ONTARIO GRAND NATIONALS INFORMATION

Location: London Convention Centre, 300 York St. London, Ontario

Date: Saturday, October 2nd 2010

Information: Michael Bernardo, 519-659-2504 or email at michaelbernardol@hotmail.com

Times: Registration: Saturday, starts at 8:00 am, until start of division.

Saturday: Triple Team Kata starts at 9:30am

Jr. Black Belt Weapons/Forms starts at 10:00am

Under Belt Musical Forms starts at 10:30am

All Junior Weapons start at 11:00am.

17yrs & under forms and sparring start at 11:30am.

Adult Weapons, forms & sparring start at 1:00pm

Adult Black Belts starts at 2:00pm.

Costs: Early Bird {received before Sept. 15th} \$45 for 1-4 events.

Plus a \$5 Off Coupon on T-shirt

Pre-Registration ...{before Oct. 1st .} \$45 for 1 or 2 events, \$5 each additional

Registration at the door...\$50 for 1 event, \$5 for each additional.

Spectators... \$10 adults...\$5 children {14yrs & under } ..

\$5 seniors. Kids under 5 free

*****Instructors ask about school pre-registration discounts*****

Hotel: The Knight Inn Hotel, 1170 Wellington Rd. \$89 1-4 people. **Book early call 519-681-1550 or 1800-446-4656** Directions: Take Wellington Rd. North exit on Hwy 401. Follow Wellington Rd. North for 2 lights. The hotel is on the right hand side. Hotel has an indoor pool and is across from White Oak Mall. Reserve your room by mentioning Karate Championships.

Directions to tournament:

From Toronto: Take Hwy 401 west to London. Take Wellington St. North exit. Stay on Wellington until you reach York St. Convention Centre is on North East corner of Wellington and York.

From Detroit: Take Hwy 401 east to London. Take Wellington Rd. North and follow above.

Free WKC Team Canada Workshop

For all WKC Canada Team members that participate in the tournament, there is a free training session on Sunday, October 3rd. The training session is from 9:30am – 11:00am at Bernardo Karate 1165 Oxford St.

ONTARIO GRAND NATIONALS DIVISIONS

BLACK BELT WEAPONS

- | | | |
|------------------------|------------------------|------------------|
| W1- Boys 12yrs & under | W2-Girls 12yrs & under | |
| W3-Boys 13-14yrs | W4-Girls 13-14yrs | W4-Boys 15-17yrs |
| W5-Girls 15-17yrs | W6-Men | W7-Women |
| W8-Men 35yrs + | W9 Women 35yrs+ | |

BLACK BELT FORMS

- | | |
|--------------------------------|----------------------------------|
| F1-Boys 12yrs Traditional | F2-Boys 12yrs Open musical |
| F3-Girls 12yrs Traditional | F4-Girls 12yrs Open musical |
| F5- Boys 13-14yrs Traditional | F6- Boys 13-14yrs Open musical |
| F7- Girls 13-14yrs Traditional | F8- Girls 13-14yrs Open musical |
| F9 - Boys 15-17yrs Traditional | F10 – Boys 15-17yrs Open musical |
| F11 Girls 15-17yrs Traditional | F12 -Girls 15-17yrs Open musical |
| F13- Men 18yrs+ Traditional | F14-Men 30-39yrs Traditional |
| F15-Men 40yrs+ Traditional | |
| F16- Women 18yrs+ Traditional | F17- Women 30-39yrs Traditional |
| F18 – Women 40yrs+ Traditional | |
| F19- Adult Open musical M/F | |

Competitors can use weapons in the open musical divisions.

BLACK BELT SPARRING

- | | |
|---------------------|--------------------|
| S1. Boys 12yrs | S2. Girls 12yrs |
| S3. Boys 13-14yrs | S4. Girls 13-14yrs |
| S5. Boys 15-17yrs | S6. Girls 15-17yrs |
| S7. Men -160lbs | S8. Men -180lbs |
| S9. Men 181lbs+ | S10. Men 30- 39yrs |
| S11. Men 40yrs + | S12 Women |
| S13. Women 30-39yrs | S14. Women 40yrs+ |

Black Belt Grand Champion

Men Fighting \$400
Women Fighting \$200
Adult Forms \$300
Junior Forms \$100

UNDER BELT FORMS

1. 6YRS & UNDER NOV.
2. 6YRS & UNDER ADV.
3. 7-8YRS NOV.
4. 7-8YRS INT.
5. 7-8YRS ADV.
6. 9-10YRS NOV.
7. 9-10YRS INT.
8. 9-10YRS ADV.
9. 11-12YRS NOV.
10. 11-12YRS INT
11. 11-12YRS ADV.
12. 13-14YRS NOV.
13. 13-14YRS INT.
14. 13-14YRS ADV.
15. 15-17YRS NOV.
16. 15-17YRS INT.
17. 15-17YRS ADV.
18. MEN NOV.
19. MEN INT.
20. MEN ADV.
21. WOMEN NOV.
22. WOMEN INT.
23. WOMEN ADV.
24. 30 - 39 MEN NOV.
25. 30-39 MEN ADV.
26. 40 & OVER MEN
27. 30-39 WOMEN NOV.
28. 30-39 WOMEN ADV.
29. 40 & OVER WOMEN

UNDERBELT WEAPONS

1. 8YRS & UNDER NOV/INT
2. 8YRS & UNDER ADV.
3. 9-10 YRS NOV/INT
4. 9-10YRS ADVANCE
5. 11-12YRS NOV/INT
6. 11-12YRS ADVANCE
7. 13-14YRS NOV/INT
8. 13-14YRS ADVANCE
9. 15-17YRS NOV/INT
10. 15-17YRS ADVANCE
11. ADULT MEN
12. ADULT WOMEN
13. ADULT 35YRS +

UNDER BELT MUSICAL

1. 8YRS & UNDER
 2. 9-10YRS
 3. 11-12YRS
 4. 13-14yrs
 5. 15-17YRS
- May use weapons in these divisions.
Must bring own music box

UNDERBELT SPARRING

1. 6 YRS & UNDER NOV.
2. 6YRS & UNDER ADV.
3. 7-8 YRS NOV. BOYS
4. 7-8 TRS NOV. GIRLS
5. 7-8YRS INT BOYS
6. 7-8YRS INT. GIRLS
7. 7-8YRS ADV. BOYS
8. 7-8YRS ADV. GIRLS
9. 9-10YRS NOV. BOYS
10. 9-10YRS NOV. GIRLS
11. 9-10YRS INT. BOYS
12. 9-10YRS INT. GIRLS
13. 9-10YRS ADV. BOYS
14. 9-10YRS ADV. GIRLS
15. 11-12YRS NOV. BOYS
16. 11-12YRS NOV. GIRLS
17. 11-12YRS INT. BOYS
18. 11-12YRS INT. GIRLS
19. 11-12YRS ADV. BOYS
20. 11-12YRS ADV. GIRLS
21. 13-14YRS NOV. BOYS
22. 13-14YRS NOV. GIRLS
23. 13-14YRS INT. BOYS
24. 13-14YRS INT. GIRLS
25. 13-14YRS ADV. BOYS
26. 13-14YRS ADV. GIRLS
27. 15-17YRS NOV. BOYS
28. 15-17YRS NOV. GIRLS
29. 15-17YRS INT. BOYS
30. 15-17YRS INT. GIRLS
31. 15-17YRS ADV. BOYS
32. 15-17YRS ADV. GIRLS
33. MEN NOV.
34. MEN INT.
35. MEN ADV.
36. WOMEN NOV.
37. WOMEN INT.
38. WOMEN ADV.
39. 30-39 MEN NOV.
40. 30-39 MEN ADV.
41. 40 & OVER MEN
42. 30-39 WOMEN NOV.
43. 30-39 WOMEN ADV.
44. 40 & OVER WOMEN

Triple Team Kata Challenge

This Team kata event is open to all competitors. Every Team consists of 3 members. They each perform a kata individually and are scored. The scores are then added together to equal a total Team score. The winning Team receives \$100.

This Year's event is also held at the Southern Ontario Open and Toronto Tournament of Champions, the Team with the most points from the three events wins \$500.

*** You may enter as many divisions as you wish. ***

ONTARIO GRAND NATIONALS REGISTRATION FORM

NAME _____

AGE _____ BELT RANK _____ STYLE _____

HOME ADDRESS _____
POSTAL CODE _____

KARATE SCHOOL _____

HOME PHONE _____ KARATE SCHOOL PHONE _____

EMAIL ADDRESS _____

WAIVER: We the undersigned, hereby voluntarily submit our application to compete at the 2010 ONTARIO GRAND NATIONALS MARTIAL ARTS CHAMPIONSHIPS and do hereby waive any and all rights, claims or action that we, our heirs, successors or assigns may have against the Ontario Grand Nationals, Michael Bernardo, Tammy Bernardo, Bernardo Karate, London Convention Centre, or any agents, employees of the event, for damages or any form of recovery from liability resulting from injuries that may incur as a result from our participation and or attendance at said event. We further agree to indemnify any and all of the above parties in any action based on our attendance and or participation at the Grand Nationals.

We have read, understand and agree to abide by the rules associated with this event and assume all responsibility and any associated liability for infringement of such rules. Additionally we are fully aware of our personal medical condition and hereby certify that we are mentally and physically fit to compete at said event.

SIGNATURE _____

GUARDIAN IF UNDER 16 _____

DIVISIONS I AM ENTERING: Forms _____ Musical _____ Weapons _____ Sparring _____
Triple Team Kata Challenge _____

REGISTRATION COST:

EARLY BIRD: { Postmarked before Sept.15th }- \$45 for 1-4 events
plus {\$5 off t-shirt voucher}

PRE-REGISTRATION:{ Received before October 1st } -\$45 for 1 or 2 event, \$5 for each additional.

AT THE DOOR - \$50 for 1 event, \$5 for each additional.

TRIPLE TEAM KATA CHALLENGE...\$60

TOTAL NUMBER OF DIVISIONS _____ TOTAL AMOUNT ENCLOSED \$ _____

Credit Card: Visa, M/C, Amex Number _____ exp. _____

Signature _____

Make cheque or money order payable to Bernardo Karate.

Sorry No Refunds.

SEND TO: Michael Bernardo, 923 William St.

London, Ontario, Canada, N5Y 2S7