

AJF FREESTYLE CONTEST

Wasenshi Kan Martial and Healing Arts

Roseville, CA

Saturday, October 7, 2023

Time: Juniors Check in 9:00-9:30 am Competition 10:00 am
Seniors Check in 11:30-12:00 pm Competition 12:30 pm

Entry Fees: At the door: \$20 per person
Take \$5 off if you bring two cans of food for the Placer County Food Bank!
Limit of one \$5 discount per person. No entry fee for Dan ranks.

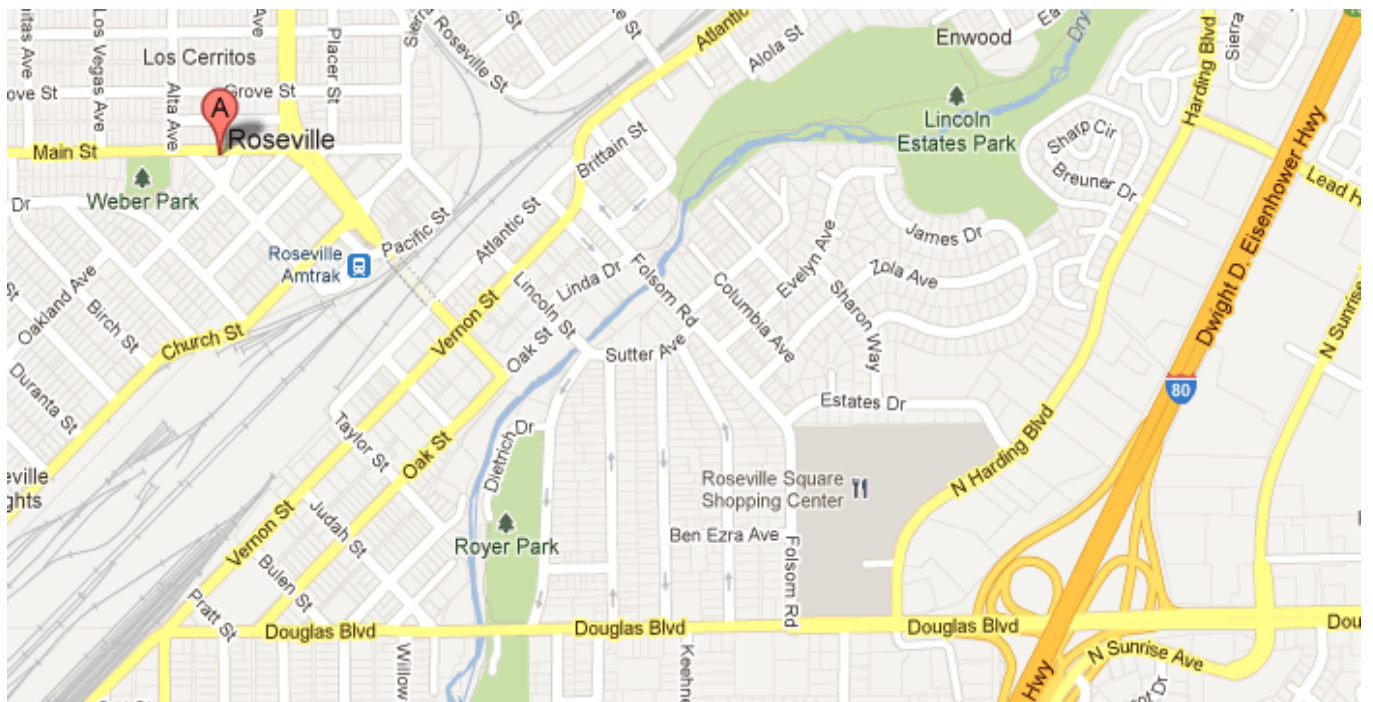
AJF Registration Required

This is an AJF sanctioned event, and current AJF registration is required for all participants. A current and clear background check is required for all black belt participants. ATJA membership cards are also accepted. One-time event registration will be available for \$5.00.

Judging Forms - Bring 4 copies with you on the day of the contest

Location:

Wasenshi Kan
Polish American Club of Sacramento
327 Main St
Roseville, CA 95678



DIVISIONS

Junior (Beginner, Intermediate, and Advanced)	Senior	Black Belt
Pee-Wees - Up to Age 6	White	Shodan
Children - Ages 7-9	Blue	Nidan
Children - Ages 10-12	Green	Sandan/up
Teens - Ages 13-15	Brown	

Junior divisions may be further divided into Beginner, Intermediate, and Advanced if there are enough entrants. The Brown Belt division may also be divided into Sankyu/Nikyu and Ikkyu if there are enough contestants. Black Belt divisions may be combined, depending on the number of entrants. *For all junior contestants, please specify their age and Beginner, Intermediate, or Advanced division on their score sheets.*

CONTEST FORMAT

Allowable attacks and defenses are explained in detail on the AJJF website:
<http://www.ajjf.org/AJJF/handbook/forms/contestRules.pdf#freestyle>.

Additional rules for this contest are as follows:

In the Senior White Belt Division, contestants shall not defend with any over the top throws, and shall not attack with kicks. Takedowns and sweeps will be permitted. Over the top throws are defined as when both of uke's feet leave the mat. They may defend with simulated punches, basic hand arts, takedowns and simple hold downs.

It is expected that attackers will signal when they wish to grab the defender for an attack. It is not required for the attacker to signal before attacking with punches or kicks. Punches and kicks must, however, be delivered with the control and speed appropriate to the division.

Directions - Polish American Club, 327 Main St, Roseville, CA

Interstate 80 to Roseville

West on Douglas Blvd

Right on Folsom Blvd

Left on Sutter Ave

Left on Oak St

Right on Washington Blvd

Left on Main St.

We are located in The Polish American Club, at the corner of Berkeley Ave and Main St.

Please enter the dojo through the Berkeley Ave entrance.

More Information:

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www.wasenshikan.org