

MAY 27th 2023
TEST YOUR MIGHT!!!
Vol. 4



3200 boul du
Souvenir, Laval, QC
H7V 1W9



Dear,

Shihan, Sensei, Dojo directors and participants,

Following the success of our previous Tameshiwari Championships, we would like to invite you to the 2023 Edition of the TEST YOUR MIGHT!!! SHINKYOKUSHINKAI BUDO TAMESHIWARI OPEN CHAMPIONSHIP.

This year's Championship will be held in person, and once again, all net proceeds will benefit the Canadian Cancer Society in honor of those we have lost to this terrible disease.

Although primarily a fund-raising event to benefit the Canadian Cancer Society, this Championship remains a traditional Budo Karate Tameshiwari event, and as such, the honor and good faith of all participants is implicit. Awards and rankings will be determined based on the final results.

Who is this competition for?

This competition is for Karate practitioners who have followed technical breaking seminars in their respective Dojos. This is a Budo Karate strength test in which participants are expected to control their emotions and focus appropriately on the task at hand in order to avoid injuries of any kind.

We highly recommend that all participants confer with their dojo director prior to submitting a registration form.



OSU!

The following chart is a guideline for board quantities based on gender, age and kyu level.

Guidelines can always be challenged. We highly recommend participants to seek the approval of their instructors before submitting registration forms. The organizers will make follow ups if they sense there is a risk for the safety of the participants.

CHART 1.0

KYU	GENDER	AGE	KYU	2		0.5		1.5		1		TOTAL	TOTAL
				SEIKEN		SOKUTO		SHUTO		HIJI			
				MIN	MAX	MIN	MAX	MIN	MAX	MIN	MAX		
8	MALE	8-10 yrs	8-5kyu	1	2	1	2	1	2	1	2	4	8
7 /	MALE	8-10 yrs	4-1kyu	1	2	1	3	1	3	1	3	4	11
6	MALE	11-13 yrs	8-5kyu	1	2	1	4	1	3	1	4	4	13
5 /	MALE	11-13 yrs	4-Shodan	1	3	1	4	1	4	1	4	4	15
4	MALE	14-15	8-5kyu	1	3	1	4	1	4	1	4	4	15
3 /	MALE	14-15	4-shodan	1	3	1	5	1	5	1	5	4	18
2	MALE	16-17	8-5kyu	1	4	1	4	1	4	1	4	4	16
1 /	MALE	16-17	4-shodan	1	4	1	5	1	5	1	5	4	19
SHODAN /	MALE	18-35	8-5kyu	2	3	1	5	2	4	1	5	6	17
NIDAN /	MALE	18-35	4-1kyu	2	4	1	5	2	5	1	5	6	19
SANDAN /	MALE	18-35	SHODAN+	3	5	1	6	3	5	1	6	8	22
YONDAN /	MALE	36+	8-5kyu	1	3	1	5	1	4	1	4	4	16
GODAN /	MALE	36+	4-1kyu	2	4	1	5	2	5	1	5	6	19
	MALE	36+	SHODAN+	3	5	1	6	3	5	1	6	8	22
	MALE	18+	MASTERS	4	8	4	8	4	8	4	8	16	32
	FEMALE	8-10 yrs	8-5kyu	1	2	1	2	1	2	1	2	4	8
	FEMALE	8-10 yrs	4-1kyu	1	2	1	3	1	3	1	3	4	11
	FEMALE	11-13 yrs	8-5kyu	1	2	1	4	1	3	1	4	4	13
	FEMALE	11-13 yrs	4-Shodan	1	3	1	4	1	4	1	4	4	15
	FEMALE	14-15	8-5kyu	1	3	1	4	1	4	1	4	4	15
	FEMALE	14-15	4-shodan	1	3	1	5	1	5	1	5	4	18
	FEMALE	16-17	8-5kyu	1	4	1	4	1	4	1	4	4	16
	FEMALE	16-17	4-shodan	1	4	1	5	1	5	1	5	4	19
	FEMALE	18-35	8-5kyu	1	3	1	5	1	4	1	5	4	17
	FEMALE	18-35	4-1kyu	2	4	1	5	2	5	1	5	6	19
	FEMALE	18-35	SHODAN+	2	3	1	5	2	5	1	5	6	18
	FEMALE	36+	8-5kyu	1	3	1	5	1	4	1	4	4	16
	FEMALE	36+	4-1kyu	2	3	1	5	2	5	1	5	6	18
	FEMALE	36+	SHODAN+	2	3	1	5	2	5	1	5	6	18

1.1 REGISTRATION AND FEES

JUNIOR/ADULT Registration fees: \$25.00 each

Boards are not included in the cost of registration and should be provided by the participants. *(Page.5)*

Registration fees will be applied to the cost of the awards and rental, and service fees. The balance of the registration fees will be a contribution to the Canadian Cancer Society.

Sutogure Dojo will not benefit financially from this event.

The preferred means of payment is an e-transfer at sutoguredojo@hotmail.com. Kindly communicate with the event organizer should other payment methods be required.

The attached waiver/consent forms are to be submitted by e-mail to sutoguredojo@hotmail.com along with the e-transfer as a confirmation of registration no later than **May 13th, 2023**.

1.2 TECHNIQUES

As indicated in the table above (Chart 1.0, Page 2), there are four traditional techniques that must be demonstrated in the Tameshiwari Championship, which are:

1. **SEIKEN** (for-fist);
2. **SOKUTO** (knife-foot)
3. **SHUTO** (knife-hand)
4. **ENPI** (elbow)

1.3 POINT ASSIGNMENT

Points are assigned as follows for each of the boards broken per technique:

1. **SEIKEN** = 2 points per board broken
2. **SOKUTO** = 0.5 point per board broken
3. **SHUTO** = 1.5 points per board broken
4. **HIJI** = 1 point per board broken

Example of points assignment and ranking:

1. Participant 1 broke 1 board with Seiken, 2 boards with Sokuto, 2 boards with Hiji, and 1 board with Shuto. The total points accumulated are 6.5.
2. Participant 2 broke 2 boards with Seiken, 2 boards with Sokuto, 2 boards with Hiji, and 2 boards with Shuto. The total points accumulated are 10.
3. The participant with the most accumulated points for boards broken wins.
- 4.

1.4 TIE BREAKER and ARBITRAION

Push-ups will be the ultimate tie breaker in the NOVICE categories. Although, not mandatory, the push-up results will be used to settle a tie. No push-ups will result in forfeiture of any tie breaker. There will be a push up station in the tournament area. Participants will be asked to weigh in and perform a maximum number of push-ups. Participants will be asked to execute the maximum number of proper knuckle push-ups without pausing. Remaining stationary in a given position is considered a pause. The participant who has accumulated the greater number of push-ups will win the tie. This applies to all ties (2-way, 3-way, 4-way, etc...). The number of push-ups will be used to break a tie in the event that the following situations occur:

- 1- The Sum of the points for the number of broken boards is equal between 2 or more participants. See Chart 2.1
- 2- The weight difference is not larger than 10 lbs (Juniors) 10kgs (Adults) between 2 or more participants.
If there is a difference of 10 lbs (Juniors) 10 Kgs (Adults) between 2 or more participants, the lighter one will win (notwithstanding the number of push-ups achieved). See Chart 2.1

CHART 2.1

Participant #	POINTS	WEIGHT	PUSH UPS	POSITION
Participant 1	10	100	32	2
Participant 2	10	99	24	4
Participant 3	10	101	33	1
Participant 4	10	97	29	3
Participant 5	10	95	15	5

Example of proper knuckle push-ups:



Remaining stationary in the push-up position is considered a pause and will signify the end of a participant's challenge. The participant who has completed the greatest number of push-ups will win the tie between any number of participants (2 or more).

ii) Arbitration in the event of an ultimate tie

In the unlikely event that two participants both have the same number of points accumulated, have complete the same number of push-ups, and there is not a significant weight difference (10lbs), a final arbitration review will be conducted by an independent three-member committee to assign a winner and final ranking for the subject category.

2.0 MATERIAL REQUIREMENTS

1. For the Junior, Adult and Masters' categories, the material to be used for the breaking challenge will be pine boards measuring +/-12 inches in length, 11-1/4 inches in width and 3/4 of an inch thick. You can find these at your local lumber yard generally sold in 6 and 8-foot plank lengths. Ask your dojo director for more information. A quality station will be in place to verify the boards provided by the participants.
2. The boards will be placed across the top of 2 stable cinder blocks set in designated positions. Refer to block diagrams pages (5-13). The block configuration will vary based on the "breaking" techniques to be executed. Concrete cinder blocks can be found at your local hardware store.

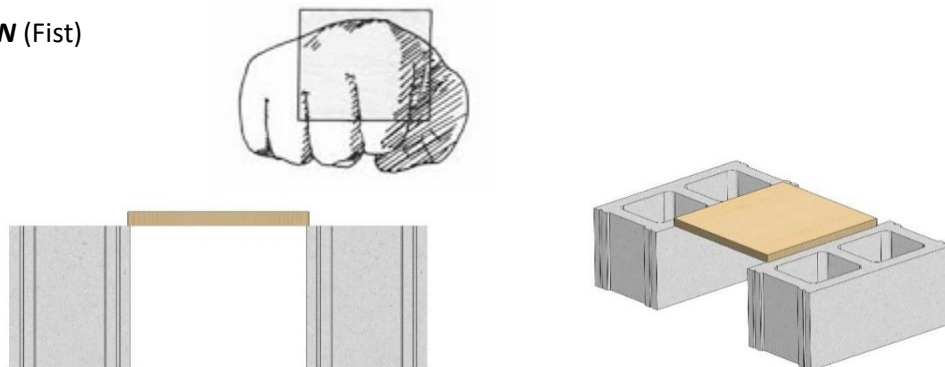
11.25 -11.5



3. Each competitor will demonstrate the four designated breaking techniques in the following order: **SEIKEN** (Fist), **SOKUTO** (Knife-foot), **SHUTO** (Knife-hand), and **ENPI** (Elbow-Hiji oroshi).
4. Each competitor must break between the minimum and maximum quantities designated in the Chart 1.0 (above) for their respective category.
5. Participants/dojo supervisors and directors will be responsible for verifying the placement of the boards. The organizer will not be held responsible for failed attempts, damages or injuries resulting from an inappropriate set-up.
6. The TAMESHIWARI test will be held according to the referee's instructions.
7. If a participant fails to present themselves on time he or she will be disqualified without refund.
8. If a participant leaves the breaking area once the Tameshiwari test has begun, he or she will be disqualified.
9. If a participant experiences an injury and is incapable of continuing, he or she will be eliminated as forfeiture.
10. The main referee shall confirm that all competitors have taken their positions and then order them to bow to the front.
11. The Main Referee shall then give the command "KAMAETE" and "HAJIME" to competitors, and the breaking will begin.
12. Each competitor must break between the minimum and maximum quantities designated in the chart on page (2) for their respective category. Failure to break the minimum quantity of boards will result in a forfeiture.
13. The breaking is validated after the first (and only) strike per technique. There are no second tries. Attempting a second try is considered "disobeying" the rules, and the participant will be disqualified.
14. Upon completing each breaking test station, the main referee shall instruct the competitors to move towards the next station. At the fourth and last station, competitors will be asked to remain seated and wait for the final results.
15. It is imperative that participants and their coaches follow the instructions of the referee. After finishing the complete TAMESHIWARI test, the main referee shall award the positions to the winners and instruct the competitors to stand up, bow to the front and then to leave the "breaking" area.

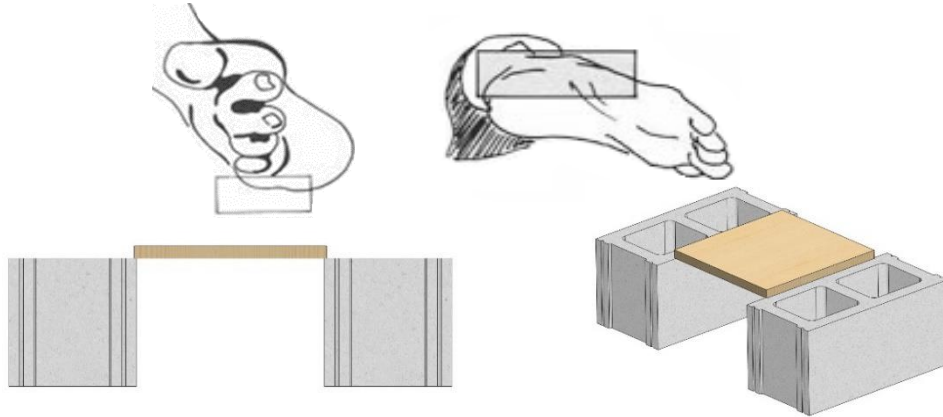
2.1 A) BLOCK CONFIGURATION - JUNIORS

i) **SEIKEN** (Fist)



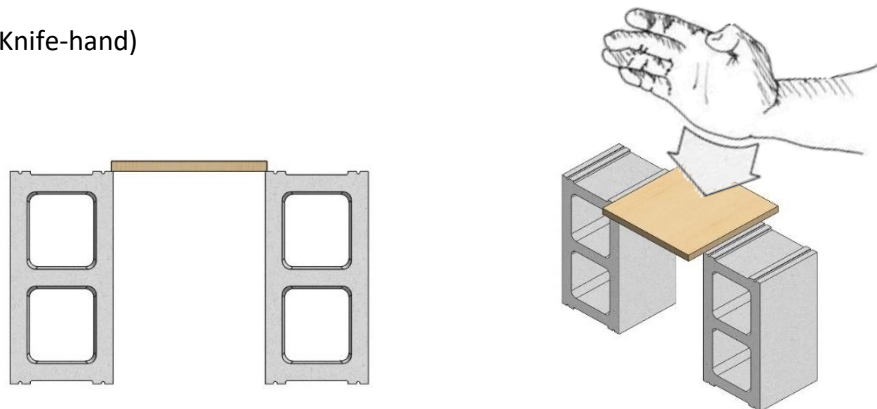
*Cinder blocks are placed flat on the ground parallel to one another.

ii) **SOKUTO** (Knife-foot)



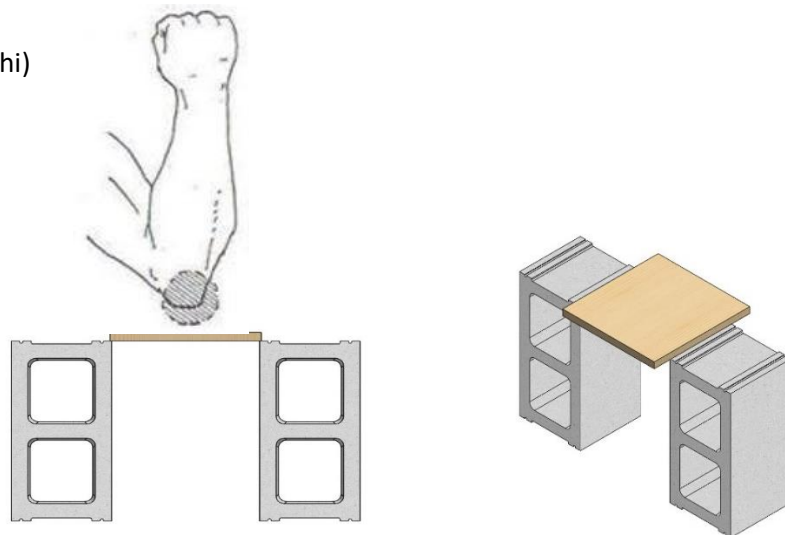
*Cinder blocks are placed flat on the ground parallel to one another.

iii) **SHUTO** (Knife-hand)



*Cinder blocks are standing upright, parallel to one another.

iv) **ENPI** (Hiji oroshi)

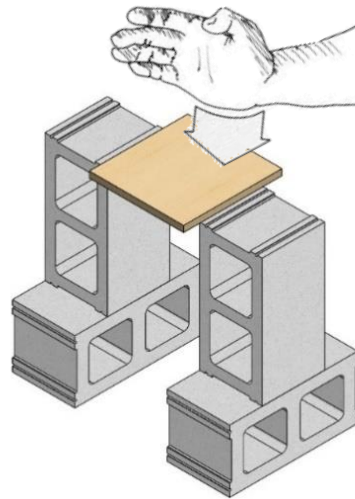
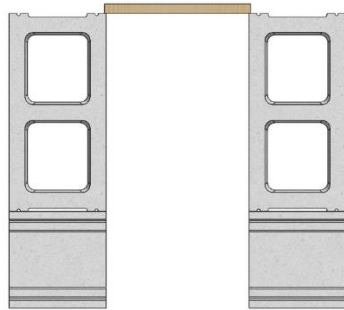


*Cinder blocks are standing upright, parallel to one another.

2.2 B) BLOCK CONFIGURATION - **ADULTS**

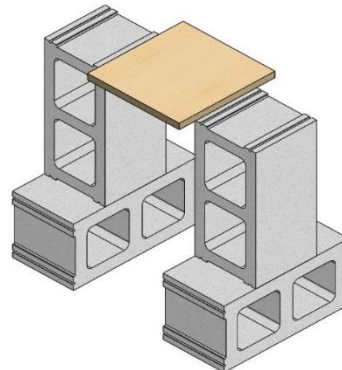
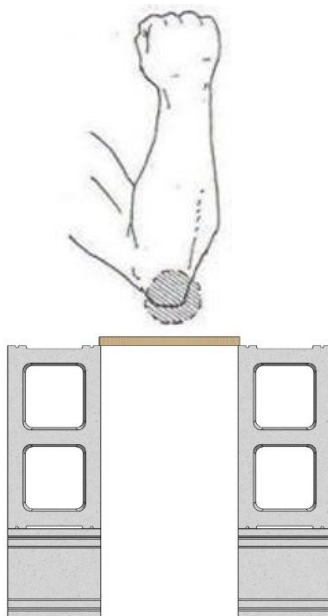
Block configurations for the first two techniques (Seiken and Sokuto) are identical for Juniors and Adults. However, given the relative height difference that may exist between Junior and Adult participants, Adults may wish to “shim” or elevate the cinder blocks as demonstrated below to properly execute the Shuto and Enpi techniques and avoid injury. This may also apply to taller junior participants (> 5’ 8” or 1.73 m) who are equally entitled to “shim” their blocks to the optimal level for the Shuto and Enpi challenges.

iii) **SHUTO**



*Cinder blocks are standing upright on top of cinder blocks placed flat on the ground, parallel to one another.

iv) **ENPI (HIJI OROSHI)**



*Cinder blocks are standing upright on top of cinder blocks placed flat on the ground, parallel to one another.

2.3 C) POINTS OF ATTENTION



CAUTION: Please take care of your feet when breaking multiple boards. The force exerted during the "breaking" can destabilize the support blocks to the point of overturning them.

Given the nature of TAMESHIWARI we expect all participants to have their own basic first aid kits and instant-ice packs. It is not uncommon for small scratches and a little swelling after a breaking test. We recommend that all Dojo directors have their own first aid kits to support their students.

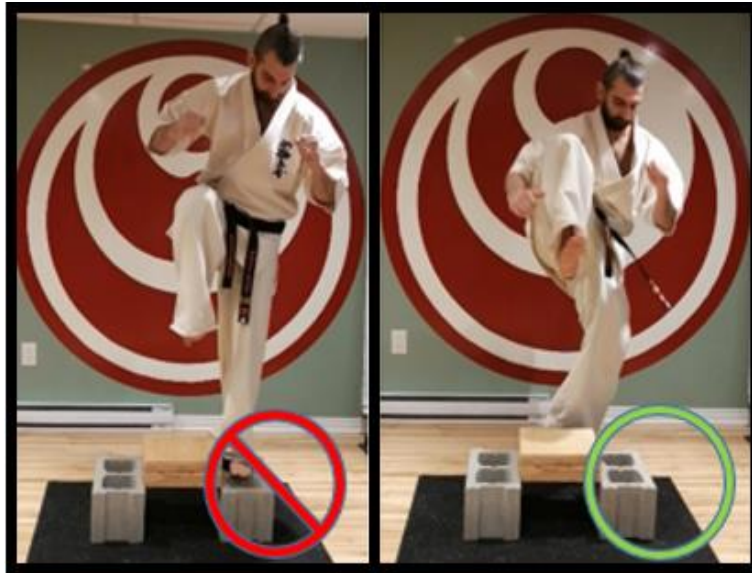


3.0 DEMONSTRATION OF REQUIRED TECHNIQUES

i) *SEIKEN* (Fist)



ii) **SOKUTO** (Knife-foot)



iii) **SHUTO** (Knife-hand)



iv) **ENPI** (HIJI OROSHI)



4.0 PARTICIPANT REQUIREMENTS

i) As a traditional Budo Tameshiwari event, participants are expected to demonstrate their humility and respect by crossing their arms across their chest and saying “Osu!” ***before*** and ***after*** the push-up challenge and each of the breaking techniques as depicted in the photographs below:



5.0 MASTERS' CATEGORY

The Masters category is for higher level Tameshiwari practitioners.

Please communicate directly with David Ricci at sutoguredojo@hotmail.com to express your interest to compete in this category and to obtain the related information.

6.0 TEAM FREESTYLE BREAKING CATEGORY

Teams will be judged on performance, creativity, and overall showmanship.

The committee will decide the winning team after all performances have been executed.

Step 1:

Create a team in your Dojo/Dojo's.

Team must comprise of “Material(*)” holders and breakers.

No limit to team size(**)

Step 2:

Get Creative.

Split kicks, cartwheels, roll kicks and exciting jump kicks are very welcome.

Music will be allowed for extra motivation during the presentation.

Step 3:

Submit your team to the organizing committee, with intent.

(*) Allowable Materials: Pine boards, 2x2 Pine Strips.

All other materials need to be validated with the organizing committee.

(**) There are no limits to team size per Dojo, however, there will be associated fees for the team breaking category.

7.0 BAT BREAK CATEGORY

Always wanted to try breaking a wood baseball bat?!! Well, here is your chance!!!

Requirements

- 18+ only
- Approval from your Dojo Director
- 100\$ Donation to the CCS
- Provide your own bat (***)
- Organizers will provide the holders.

(***) Base ball bat guidelines will be provided by the organizer.

This is a solidarity break for the cause. A participation medal will be honored, and participants get to keep the bat. We encourage photos and filming.

8.0 FUNDRAISING CHALLENGE

We challenge each of our Championship participants to raise funds for the Canadian Cancer Society in the context of the TEST YOUR MIGHT SHINKYOKUSHINKAI TAMESHIWARI BUDO CHAMPIONSHIP 2022. ***Fundraising is not a mandatory requirement for participation and is done solely on a voluntary basis.***

i) ADULT PARTICIPANTS

We are asking our Adult participants to raise (or donate) at least \$25.00 each;

Adult participants are encouraged to use the attached fundraising document page (14-15) to solicit donations from family and friends on a “per-board-broken” basis in order to maximize the impact of their contribution.

You are welcome to make your donations directly to the Canadian Cancer Society at the link below:

<https://fundraisemyway.cancer.ca/campaign/BREAKING-CHILDHOOD-CANCERS>

After following the link, please use the blue “Support me” button to support this event.

Support me

or if you prefer, we are happy to process your donation for you, however in this case please ensure that:

- a) You have added the amount of your donation to the \$25.00 e-transfer for your registration fee and have provided your personal information (full name and residential address); or
- b) Submit the donations you have collected following the event (via e-transfer) along with your personal information (full name and residential address) in an accompanying e-mail requesting that we process the Canadian Cancer Society donation for you. Page (13)

PLEASE NOTE: The Canadian Cancer Society will issue a tax receipt for donations of \$25 or more.

ii) JUNIOR PARTICIPANTS

Junior participants are asked to raise at least \$10.00 each as a donation to the Canadian Cancer Society (please see fundraising document attached). We suggest that family and friends be solicited to fund you on a “per-board-broken” basis (ex. \$1.00 per board broken across all of the breaking techniques). Page (15)

9.0 OUR COMMITMENT

Sutogure Dojo and several benefactors to the TEST YOUR MIGHT SHINKYOKUSHINKAI TAMESHIWARI BUDO CHAMPIONSHIP 2022 commit to matching the first \$1000.00 raised as donations to the Canadian Cancer Society. Please help us make this year’s event a success. Your participation and generosity are greatly appreciated.



Canadian
Cancer
Society

Cancer Fighter Donation Form



PARTICIPANT INFORMATION (Please print clearly. *Required information)

*First Name L _____	*Last Name L _____
Suite/Apt L _____	*Street L _____
*City L _____	*Prov L _____
*Postal Code L _____	
*Email L _____	*Phone L _____
Event Name L _____	
Organizer Name L _____	

TAX RECEIPT INFORMATION

- Tax receipts will only be issued for gifts of \$20 or more, unless otherwise requested
- Donor's name and address must be complete and legible to receive a tax receipt
- Please do not include online pledges on this form

DONATION INFORMATION (Make cheques payable to Canadian Cancer Society)

<input type="checkbox"/> Mr <input type="checkbox"/> Mrs <input type="checkbox"/> Dr <input type="checkbox"/> Ms	First Name/Company Name	Last Name	Donation Amount (\$)	Tax Receipt Required	Language Preference
Suite/Apt #	Address	City	Prov	Postal Code	
Card #	Expiry	Cardholder Name			
Email	Phone #				
			<input type="checkbox"/> Cash <input type="checkbox"/> Cheque <input type="checkbox"/> Credit Card	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> English <input type="checkbox"/> French

Let's break cancer together!

We will be spreading hope to young Canadians affected by childhood cancers by raising funds to benefit research and support programs with 100% of the net proceeds of the event being donated to the Canadian Cancer Society.

Here is how you can help.

Solicit Family and Friends to contribute by donating money for each board you will be attempting to break.

EXAMPLE:

DOJO:	SUTOGURE DOJO		\$1.00	\$0.75	\$0.50	\$0.25
PARTICIPANT:	Justin		SEIKEN	SHUTO	HIJI	SOKUTO
AGE:	9	BOARDS	1	1	1	1
KYU:	8	TOTAL	\$1.00	\$0.75	\$0.50	\$0.25
		\$2.50				
NAME OF CONTRIBUTOR		MIN				
Mr.Mrs A		\$2.50				
Mr.Mrs B		\$2.50				
Mr.Mrs C		\$2.50				
Mr.Mrs D		\$2.50				
Mr.Mrs E		\$2.50				
Mr.Mrs F		\$2.50				
Mr.Mrs G		\$2.50				
Mr.Mrs H		\$2.50				
Mr.Mrs I		\$2.50				
Mr.Mrs J		\$2.50				
TOTAL CONTRIBUTIONS		\$25.00				

DOJO:			\$	\$	\$	\$
PARTICIPANT:			SEIKEN	SHUTO	HIJI	SOKUTO
AGE:		BOARDS				
KYU:		TOTAL	\$	\$	\$	\$
		\$				
NAME OF CONTRIBUTOR	MIN					
	\$					
	\$					
	\$					
	\$					
	\$					
	\$					
	\$					
	\$					
	\$					
TOTAL CONTRIBUTIONS	\$					



Canadian
Cancer
Society

Cancer Fighter Donation Form



PARTICIPANT INFORMATION (Please print clearly. *Required information)

*First Name _____ *Last Name _____

Suite/Apt _____ *Street _____ *City _____ *Prov _____ *Postal Code _____

*Email _____ *Phone _____

Event Name _____

Organizer Name _____

TAX RECEIPT INFORMATION

- Tax receipts will only be issued for gifts of \$20 or more, unless otherwise requested
- Donor's name and address must be complete and legible to receive a tax receipt
- Please do not include online pledges on this form

DONATION INFORMATION (Make cheques payable to Canadian Cancer Society)

<input type="checkbox"/> Mr <input type="checkbox"/> Mrs <input type="checkbox"/> Dr <input type="checkbox"/> Ms		First Name/Company Name	Last Name		Donation Amount (\$)	Tax Receipt Required <input type="checkbox"/> Yes <input type="checkbox"/> No	Language Preference <input type="checkbox"/> English <input type="checkbox"/> French
Suite/Apt #	Address	City	Prov	Postal Code			
Card #	Expiry	Cardholder Name		X _____			
Email	Phone #			<input type="checkbox"/> Cash <input type="checkbox"/> Cheque <input type="checkbox"/> Credit Card			

First Name: _____ **Birth Date (y/m/d) :** _ (_____ / ____ / ____)
City- State: _____ **Country:** _____ **Tel:** _ (_____) _____
Instructor: _____ **Tel :** _ (_____) _____ **Style:** _____
Gender (F/M): _____ **Rank (kyu):** _____

(8-13 years): \$25 <input type="checkbox"/>	(14-17 year): \$25 <input type="checkbox"/>	(18+): \$25 <input type="checkbox"/>
(Team): \$10 <input type="checkbox"/>	(Bat Break): \$100 <input type="checkbox"/>	(Masters): \$25 <input type="checkbox"/>
Please indicate the number of boards per technique if participating in the traditional Tameshiwari championship (Refer to chart 1.0 on page 2)		

SEIKEN: _____ **SOKUTO:** _____ **SHUTO:** _____ **ENPI:** _____

For the TEST YOUR MIGHT Shinkyokushinkai Tameshiwari Budo Championship 2023, taking into account my karateka status, the willingness of my legal tutors (as it is the case), my registration, its confirmation and my participation in this martial arts competition which is a sporting event that carries with it the potential for injury, I freely and knowingly renounce for myself, my heirs, my legal executors and tutors, and those to whom I gave a power of attorney, to proceed with any legal actions against any and all of the Sutogure Dojo, Karate SD, the WKO CANADA, the FKCO-WKO Federation, FKCO Foundation, Camille Ohan Honbu (Dojo Zen Arts Martiaux) all their affiliate dojos and related organizations, their respective officers, authorized agents, representatives, legal successors, and hereby waive, release, and discharge the Indemnitees from any and all liability for my death, disability, personal injury, property damage. I consent that any photo or video taken of a participant in the context of the Championship may be used by the organizers for publicity or promotion, and, I waive any claim of a monetary compensation to which I may therefore be entitled. I understand that the registration fee / Donation paid (or to be paid) is not refundable for any reason and must be paid in full prior to the Championship. I understand and accept that, in the event of an injury, the participant is responsible for his own medical attention. The terms herein shall be construed broadly to provide a release and waiver to the maximum extent permissible under the law of the Province of Quebec and the laws of Canada applicable therein. I have fully read and understood the content of the present document and I willingly agree to sign this release from liability in order to participate in this Shinkyokushinkai Tameshiwari Budo Championship organized by Karate SD / Sutogure Dojo.

Parent(s)/Guardian Signature (if under 18): _____

Print Name: _____

Participant Signature (if over 18): _____

Date: _____