

**We're looking forward to seeing you there!**

# WHITECOURT ANNUAL TOURNAMENT APRIL 4 TO 6

# 2025



We are thrilled to invite you to a fantastic weekend of Karate training, competition, and camaraderie at the Annual Whitecourt Tournament

### **April 4-6!**

With an incredible lineup of clinics led by guest instructors Senseis Colin Frans, Braden Oishi, and Bernadine Jugdutt, along with a full-scale tournament and a post-event banquet, this is an opportunity to sharpen your skills, test your abilities, and connect with fellow Karateka.

Whether you're a junior, teen, adult, or seasoned black belt, there's something for everyone.

Read on for full event details, registration deadlines, and important tournament guidelines.

### **Friday April 4 Clinics**

- Junior (12 and under) 6-7 PM
- Teen/Adult (13 and over) 7-9 PM

Guest instructors **Senseis Colin Frans & Braden Oishi**

### **Saturday April 5 Tournament**

- Doors Open at 8:30 AM
- Black belt meeting: 8:45 AM
- Table worker meeting: 8:45 AM
- Bow in for all competitors 9:15 AM
- Post Tournament Banquet 6:30 PM

### **Sunday April 6 Clinics**

- Teen/adult kyu belt clinic (13yrs and over)
- Brown and Black Clinic 9:30 am - 11:30 AM

Guest instructors: **Senseis Colin Frans, Bernadine Jugdutt & Braden Oishi**

### **Location (All Events)**

Hilltop High School #71 Sunset Blvd.

### **Fees**

#### **Events**

\$30 for single event / \$50 for two events / \$60 for three events  
\$125/max for a family (3 or more)

#### **Banquet**

Teen/Adult \$32, Junior (7-13) \$19, 6 and under is free  
(drinks not included)

### **Clinics and Tournament Registration**

**DEADLINE Tuesday April 1st / On-line registration only**

Divisions for the tournament are organized prior to Saturday event.  
<https://forms.gle/MtGTyWTRfCCTJzcc8>

### **Banquet Registration**

**DEADLINE Tuesday April 1st / On-line registration only**

Catered by Mama's Gray's Kitchen  
Arena Restaurant and Lounge  
Address: #72 Sunset Blvd.  
<https://forms.gle/MtGTyWTRfCCTJzcc8>

### **Contact information:**

Email Sensei Shelley McGregor [smcgmc@telusplanet.net](mailto:smcgmc@telusplanet.net)

### **Additional Information**

- Black belts must perform a different kata in the Shintani Kata division than performed in the regular kata division
- There will be no concession, so bring your own lunch/snacks

**KINDNESS • INTEGRITY • RESPECT  
HUMILITY • PERSEVERANCE**



**PRESENTED BY  
THE SHINTANI WADO KAI KARATE FEDERATION**