



APRIL 23-24-25th 2020
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CHAMPIONNAT INTERNATIONAL DE KARATÉ
Meilleur spectacle d'arts martiaux !
Plus de 6000 spectateurs !
Beaucoup de compétiteurs internationaux !
À ajouter à votre calendrier 2020!

INTERNATIONAL KARATE CHAMPIONSHIPS
Best night time show!
Great crowd, over 6 000 spectators!
Many international competitors!
Add to your 2020 tournament schedule!





Chers amis,
C'est avec honneur et fierté que nous fêteront le 40^{ième} anniversaire du prestigieux Québec Open. Nous désirons vous inviter, en compagnie de vos élèves au 40^e Québec Open, qui aura lieu le vendredi 24 avril et le samedi 25 avril au Peps de l'Université Laval, Québec. Au fil des années, le Québec Open s'est bâti une solide réputation comme étant un des tournois les plus couru sur le circuit grâce à sa qualité et à son esprit sportif. Votre participation, tant appréciée, contribuera, sans aucun doute, à faire de cette 40^e édition, un succès dans la lignée de ceux connus lors des dernières années.

Dear Friends,

It is with pride and honor that we are celebrating the 40th anniversary of the prestigious Quebec open. We would like to welcome you and your students to the 40th Québec Open, Friday april 24th and Saturday april 25th at Peps de l'Université Laval, Québec. In each of our past editions, the Quebec Open built itself a strong reputation to become one of the best events on the circuit thanks to its quality and team spirit. Your participation will contribute, without any doubt, to this 40th edition to be a success which will surpass the previous ones.

Sincèrement / Sincerely,

David, Claire et Samuel

QUÉBEC OPEN 2020 INFOS

Date: Vendredi 24 avril et samedi 25 avril 2020 / Friday april 24th & saturday april 25th 2020

Endroit / Location: Peps de l'Université Laval, 2300, rue de la terrasse, QC G1V 0A6

Hôtel / Hotel: Plaza Hotel / 1 800 567-5276 www.jaro.qc.ca

Pour plus d'options / More options: www.quebecopen.com hotel code : 5004385

INSCRIPTIONS

Préinscription Janvier - Février

\$70,00 CAN pour 1 catégorie

\$35,00 CAN pour chaque catégorie additionnelle

\$3,00 CAN frais d'utilisation

**Payable par Stripe, argent comptant, carte de crédit

Mon Art Quebec 1985, rue Fleur de Lys, Québec, Canada, G1M 2W7

Inscription Mars - Avril

\$75,00 CAN pour 1 catégorie

\$40,00 CAN pour chaque catégorie additionnelle

\$3,00 CAN frais d'utilisation

Inscription Tardive Journée du tournoi

\$85,00 CAN pour 1 catégorie

\$55,00 CAN pour chaque catégorie additionnelle

\$3,00 CAN frais d'utilisation

Pre-Registration January - February

\$70,00 CDN for 1 division

\$35,00 CDN for each additional division

\$3,00 CAN convenience fee

**Stripe, Money orders, credit card

Registration March - April

\$75,00 CDN for 1 division

\$40,00 CDN for each additional division

\$3,00 CDN convenience fee

Late Registration Day of Tournament

\$85,00 CDN for 1 division

\$55,00 CDN for each additional division

\$3,00 CDN convenience fee

BILLET DE SPECTATEUR / SPECTATOR'S TICKET

*+ frais d'administration / +administration fee

	Vendredi/Friday	Samedi & Spectacle / Saturday & nighttime	Fin de semaine / Week-end
13 & -	\$5,00*	\$25,00*	\$25,00*
Adult	\$15,00*	\$30,00*	\$40,00*
Passe d'entraîneur/Coach pass \$50,00*			

SUPER SAMEDI SOIR / SATURDAY NIGHT SHOW

DÉBUT DU SPECTACLE À 19H00 THE SHOW BEGINS AT 7:00 PM

TABLES V.I.P. ET SIÈGES PRÈS DU RING DISPONIBLE. V.I.P. TABLES AND GOLDEN RINGSIDE AVAILABLE

Pour / For info : Samuel Gagnon 418 563-5433

Pour de plus amples informations / For more information: WWW.QUEBECOPEN.COM

Sanctionné par /Sanctionned by :

NASKA AAAAA - NASKA TOURS CANADA

WAKO CANADA - KICKBOXING QUÉBEC

Directeur du tournoi / Promoter:

David Bossinotte - 418 841-0213 - info@quebecopen.com

SHUTTLE QUEBEC OPEN 2020

HOTEL QUEBEC & PLAZA

VENDREDI / FRIDAY:

Départ/Leave : 10h30 am & 12h30 pm
Retour/Return: 21h00 / 9h00 pm

SAMEDI / SATURDAY :

Départ/Leave: 7h15 & 7h45 am
Retour/Return 15h00 / 3h00 pm

SAMEDI SOIR / SATURDAY NIGHT:

Départ/Leave: 18h00 / 6h00 pm
Retour/Return: 22h30 / 10h30 pm

Jeudi 23 avril 2020 18h00: Séminaires Vendredi 24 avril 2020 11h00: Ouverture des portes 12h00: Toutes divisions WAKO & Challenge Adrenaline worldwide 14h00: Équipe synchro & Équipe Démo 15h00: Combat par équipe & Challenge traditionnel 16h00: Début des éliminations : katas armés c/m/x, katas m/x, juniors et seniors ceintures noires. Éliminations des catégories katas armés et katas musicaux juniors et seniors ceintures de couleurs. 17h15: Jiu Jitsu (Auto-défense) 18h30: Combat open weight NASKA Samedi 25 avril 2020 7h30: Ouverture des inscriptions et enregistrement 8h00: Ouverture des portes 9h00: Élimination défi physique Début des éliminations des catégories Katas armé/ Katas / Combats 12h00: Combat adulte ceinture noire 18-29 19h00: Super spectacle d'arts martiaux	Thursday April 23rd 2020 6:00 PM: Séminars Friday April 24th 2020 11:00 AM: Doors open 12:00 PM: All WAKO divisions & Adrenaline worldwide challenge 2:00 PM: Synchro team & Demo team 3:00 PM: Team fighting & Traditional challenge 4:00 PM: All divisions start: weapons C/M/X, forms M/X, juniors and seniors blackbelts. Weapons and musical forms junior and senior underbelts. 5:15 PM: Jiu Jitsu (Self-defense) 6:30 PM: Open weight fighting NASKA Saturday April 25th 2020 7:30 AM: Registration & check-in open 8:00 AM: Doors open 9:00 AM: Physical challenge Starting time all divisions 12:00 PM: Adult fighting Black Belt 18-29 7:00 PM: Saturday night show
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QUÉBEC OPEN 2020

BOURSES / CASH PRIZES

2020 ADULT GRAND CHAMPIONS AND PRIZE MONEY

FORM GRAND CHAMPIONS	Prize Money	1st Runner-Up	Total \$
30+ Men Form Grand	\$ 300.00	\$ 100.00	
30+ Women Form Grand	\$ 300.00	\$ 100.00	
18+ Men Traditional Form Grand Champion	\$ 1,000.00	\$ 200.00	
18+ Men CMX Form Grand Champion	\$ 1,000.00	\$ 200.00	
18+ Women Overall Form Grand Champion	\$ 1,000.00	\$ 200.00	
Sub-Total:	\$ 3,600.00	\$ 800.00	\$ -
			Form Total \$
			\$ 4,400.00

WEAPONS GRAND CHAMPIONS	Prize Money	1st Runner-Up	Total \$
30+ Men Grand	\$ 300.00	\$ 100.00	
30+ Womens Grand	\$ 300.00	\$ 100.00	
18+ Men Traditional Weapons Grand Champion	\$ 1,000.00	\$ 200.00	
18+ Men Traditional Weapons Grand Champion	\$ 1,000.00	\$ 200.00	
18+ Women Overall Weapons Champion	\$ 1,000.00	\$ 200.00	
Sub-Total:	\$ 3,600.00	\$ 800.00	\$ -
			Form Total \$
			\$ 4,400.00

SPARRING GRAND CHAMPIONS	Prize Money	1st Runner-Up	
All 8 - 18+ Men Sparring Divisions: \$100 1st place	\$ 800.00		
18+ Men Overall Light Weight Grand Champion	\$ 1,000.00	\$ 200.00	
18+ Men Overall Heavy Weight Grand Champion	\$ 1,000.00	\$ 200.00	
All 4 - 18+ Women Sparring Divisions: \$100 1st Place	\$ 400.00		
18+ Women Overall Grand Champion	\$ 1,000.00	\$ 200.00	
30+ Men Sparring Grand	\$ 300.00	\$ 100.00	
40+ Men Sparring Grand	\$ 300.00	\$ 100.00	
30+ Women Sparring Grand	\$ 300.00	\$ 100.00	Fighting Total
Sub-Total:	\$ 5,100.00	\$ 900.00	\$ 6,000.00
		Total Prize Money:	\$ 14,800.00
		Synchronized Form Team BB	\$300.00
		Synchronized Weapons Team BB	\$300.00
		Demonstration Team	\$500.00
		18+ 3 Man Sparring Team	\$1500.00
		18+ 2 Women Sparring Team	\$500.00
		3-Man (30+ 40+ 50+) Men Sparring Team	\$300.00
		2-Man (30+ 40+) Women Sparring Team	\$200.00
		Open weight men NASKA	\$1500.00
		Open weight women NASKA	\$500.00
		Open weight men WAKO	\$500.00
		Open weight women WAKO	\$500.00



EARN
CIRCUIT
POINTS!

GET
SCOUTED
FOR ANTV!

ADRENALINE CHALLENGE DIVISIONS

AT THE

QUEBEC OPEN

FRIDAY DIVISIONS

1V1 TRICKING BOYS/GIRLS
2V2 TRICKING BOYS/GIRLS
1V1 WEAPONS BOYS/GIRLS
CREATIVE KICKING BOYS/GIRLS

SIGN UP
THROUGH
LIVENTEX

WHERE

PEPS DE
L'UNIVERSITÉ LAVAL

www.QuebecOpen.com



DANNY
ETKIN

ANTHONY
D'AMOURS

MICHAEL
GUTHRIE

Aidan
CONSIDINE

COLE
PRESLEY

Adrenaline worldwide seminar !!!



***Tricks
avec/with
Michael
Guthrie***



***XMA*
avec/with
Danny.
*Etkin***



***Séminaire de
combat avec
Jadi Tention /
Fighting
seminar with
Jadi Tention***



***Kosho ryu kenpo
avec Hanshi Bruce
Juchnik / Kosho
ryu kenpo with
Hanshi Bruce
Juchnik***

CHAMPIONNAT CANADIEN WAKO CANADIAN CHAMPIONSHIP

Vendredi, 24 avril 2020 12h00

Peps Université Laval, 2300, rue de la Terrasse, Québec, QC

Friday April 24 2020 12:00 PM

Peps Université Laval, 2300, rue de la Terrasse, Quebec City, QC

DIVISIONS DE COMBAT PAR POINTS ET COMBAT CONTINU

Hommes seniors (19-40 ans)	Femmes seniors (19-40 ans)	Hommes vétérans (41-55 ans)	Femmes vétérans (41-55 ans)
-57	-50	-63	-55
-63	-55	-74	-65
-69	-60	-84	+65
-74	-65	-94	
-79	-70	+94	
-84	+70		
-89			
-94			
+94			

DIVISIONS DE KATAS

Forme musical	Forme créative	Armé musical	Armé créatif
Senior (19-40 ans)	Senior (19-40 ans)	Senior (19-40 ans)	Senior (19-40 ans)

Qualifications pour les Championnats PanAméricains WAKO
1 compétiteur / division de combat & 2 compétiteurs / divisions de katas



POINT FIGHTING AND LIGHT CONTACT DIVISIONS

Senior Men (19-40yrs)	Senior Women (19-40yrs)	Veteran Men (41-55yrs)	Veteran Women (41-55 yrs)
-57	-50	-63	-55
-63	-55	-74	-65
-69	-60	-84	+65
-74	-65	-94	
-79	-70	+94	
-84	+70		
-89			
-94			
+94			

FORMS DIVISIONS

Musical form	Creative form	Musical weapon	Creative weapon
Senior (19-40 yrs)	Senior (19-40 yrs)	Senior (19-40 yrs)	Senior (19-40 yrs)

Qualifications for the PanAmerican Kickboxing Championships
1 competitor / fighting division & 2 competitors / forms division

INFORMATION: quebecopens.com T4184841802132/ INFO@QUEBECOPEN.COM



CHAMPIONNAT NATIONAL JUNIOR (TATAMIS) / NATIONAL JUNIOR CHAMPIONSHIP (TATAMIS)



Vendredi, 24 Avril 2020, 12h00 / Friday, April 24th 2020, 12:00 PM
Peps Université Laval, 2300, rue de la Terrasse, Québec, QC

DIVISIONS DE KATAS / FORMS DIVISIONS

Gars/ Boys 7-9	Filles/ Girls 7-9	Gars/ Boys 10-12	Filles/ Girls 10-12	Gars/ Boys 13-15	Filles/ Girls 13-15	Gars/ Boys 16-18	Filles/ Girls 16-18
Forme musical / Musical form							
Forme créative / Creative form							
Armé musical / Musical weapon							
Armé créatif / Creative weapon							

INFORMATIONS: info@quebecopen.com, quebecopen.com
418-841-0213

DIVISIONS DE COMBAT PAR POINTS ET COMBAT CONTINU / POINT FIGHTING AND LIGHT CONTACT

Gars/ Boys 7-9 (point fight only)	Filles/ Girls 7-9 (point fight only)	Gars/ Boys 10-12	Filles/ Girls 10-12	Gars/ons/ Boys 13-15	Filles/ Girls 13-15	Gars/ons/ Boys 16-18	Filles/Girls 16-18
-24	-24	-28	-28	-32	-32	-57	-50
-27	-27	-32	-32	-37	-37	-63	-55
-30	-30	-37	-37	-42	-42	-69	-60
-33	-33	-42	-42	-47	-46	-74	-65
-36	-36	-47	-47	-52	-50	-79	-70
+36	+36	+47	+47	-57	-55	-84	+70
				-63	-60	-89	
				-69	-65	-94	
				+69	+65	+94	

JEUDI / THURSDAY

**NOUVEAU
NEW**

SÉMINAIRES / SEMINARS

Jadi Tention	18h & 19h / 6:00 pm - 7:00 pm.	1 séminaire/seminar = 50\$
Hanshi Bruce Juchnik	18h & 19h / 6:00 pm - 7:00 pm.	2 séminaires/seminars = 75\$
Michael Guthrie	18h & 19h / 6:00 pm - 7:00 pm.	
Danny Etkin	18h & 19h / 6:00 pm - 7:00 pm.	

VENDREDI / FRIDAY

COMBAT PAR ÉQUIPE / TEAM FIGHTING (2 PAR ÉQUIPE / 2 BY TEAM) 60\$

13	9 et moins / 9 years and under filles et garçons / girls & boys	
14	10-11 / years filles et garçons / girls & boys	
15	12-13 / years filles-girls	
STS3	18 et + / 18 and over homme / men (3 par équipe / 3 by team)	Coût / Cost: 100\$
STS4	18 et + / 18 and over femmes / women (2 par équipe / 2 by team)	
STS1	30+, 40+, 50+ homme/men (2 par équipe / 2 by team)	
STS2	30+, 40+ femmes / women (2 par équipe / 2 by team)	
JTS1	NASKA Junior team fight Boys 12-13, 14-15, 16-17 Boys	90\$
JTS2	NASKA Junior team fight Girls 2 x 14-17 Girls	60\$

KATA SYNCHRONISÉ / TEAM SYNCHRONISE

TSF2	Ceinture noire / blackbelt - arme / weapon	Coût / Cost: 100\$
TSF1	Ceinture noire / blackbelt - katas / forms	Coût / Cost: 100\$
16	Ceinture de couleur/ underbelt	

ÉQUIPE DE DÉMONSTRATION / TEAM DEMO

TSF3	Ceinture noire / blackbelt	Coût / Cost: 100\$
17	Ceinture de couleur / underbelt	Coût / Cost: 100\$

TRADITIONNEL CHALLENGE

VOIR LISTE DES KATAS / SEE LIST OF KATAS

NF42B	13 et moins / 13 and under - garçons / boys
NF42G	13 et moins / 13 and under - filles / girls
NF44B	14-17 / 14-17 garçons - garçons / boys
NF44G	14-17 / 14-17 garçons - filles / girls
NFA7M	18 et + / 18 and over - hommes / men
NFA7W	18 et + / 18 and over - femmes / women

JIU JITSU / AUTODÉFENSE

TOUTES COULEURS / ALL COLORS

42	13 et moins / 13 and under / Toutes couleurs/All colors
43	14-17 / 14-17 Toutes couleurs / All colors
44	18 et + / 18 and over Toutes couleurs / All colors

YOUTH SPARRING OPEN WEIGHT

CEINTURE NOIRE / BLACK BELT

NS48	11 & under - Boys
NS49	12-14 - Boys
NS50	15-17 - Boys
NS51	11 & under - Girls
NS52	12-14 - Girls
NS53	15-17 - Girls

ADULTS SPARRING OPEN WEIGHT 50\$

CEINTURE NOIRE / BLACK BELT

NS54	18 et + / 18 and over Hommes / men
NS55	18 et + / 18 and over Femmes / Women

VENDREDI / FRIDAY

MUSICAL: CEINTURE DE COULEUR / UNDERBELT

ARMÉ / WEAPONS			
1	8 & -	Weapons	Gars-filles / Boys-girls
2	9-10	Weapons	Gars-filles / Boys-girls
3	11-12	Weapons	Gars-filles / Boys-girls
4	13-14	Weapons	Gars-filles / Boys-girls
5	15-17	Weapons	Gars-filles / Boys-girls
6	18 & +	Weapons	Hom-fem / Men-Women

KATA / FORMS			
7	8 & -	Forms	Gars-filles / Boys-girls
8	9-10	Forms	Gars-filles / Boys-girls
9	11-12	Forms	Gars-filles / Boys-girls
10	13-14	Forms	Gars-filles / Boys-girls
11	15-17	Forms	Gars-filles / Boys-girls
12	18 & +	Forms	Hom-fem / Men-Women

JUNIOR NOIRE / JUNIOR BLACK BELT

ARMÉ / WEAPONS - JUNIOR BLACK BELT GARÇONS / BOYS			
NW6	9 & -	Creative	Gars / Boys
NW7	10-11	Creative	Gars / Boys
NW8	12-13	Creative	Gars / Boys
NW9	14-15	Creative	Gars / Boys
NW10	16-17	Creative	Gars / Boys
NW11	9 & -	Musical	Gars / Boys
NW12	10-11	Musical	Gars / Boys
NW13	12-13	Musical	Gars / Boys
NW14	14-15	Musical	Gars / Boys
NW15	16-17	Musical	Gars / Boys
NW16	9 & -	Extreme	Gars / Boys
NW17	10-11	Extreme	Gars / Boys
NW18	12-13	Extreme	Gars / Boys
NW19	14-15	Extreme	Gars / Boys
NW20	16-17	Extreme	Gars / Boys

ARMÉ / WEAPONS - JUNIOR BLACK BELT FILLES / GIRLS			
NW26	9 & -	Creative	Filles / Girls
NW27	10-11	Creative	Filles / Girls
NW29	12-13	Creative	Filles / Girls
NW30	14-15	Creative	Filles / Girls
NW31	16-17	Creative	Filles / Girls
NW32	9 & -	Musical	Filles / Girls
NW33	10-11	Musical	Filles / Girls
NW34	12-13	Musical	Filles / Girls
NW35	14-15	Musical	Filles / Girls
NW36	16-17	Musical	Filles / Girls
NW37	9 & -	Extreme	Filles / Girls
NW38	10-11	Extreme	Filles / Girls
NW39	12-13	Extreme	Filles / Girls
NW40	14-15	Extreme	Filles / Girls
NW41	16-17	Extreme	Filles / Girls

KATA / FORMS - JUNIOR BLACK BELT GARÇONS / BOYS			
NF11	9 & -	Musical	Gars / Boys
NF12	10-11	Musical	Gars / Boys
NF13	12-13	Musical	Gars / Boys
NF14	14-15	Musical	Gars / Boys
NF15	16-17	Musical	Gars / Boys
NF16	9 & -	Extreme	Gars / Boys
NF17	10-11	Extreme	Gars / Boys
NF18	12-13	Extreme	Gars / Boys
NF19	14-15	Extreme	Gars / Boys
NF20	16-17	Extreme	Gars / Boys

KATA / FORMS - JUNIOR BLACK BELT FILLES / GIRLS			
NF32	9 & -	Musical	Gars / Boys
NF33	10-11	Musical	Gars / Boys
NF34	12-13	Musical	Gars / Boys
NF35	14-15	Musical	Gars / Boys
NF36	16-17	Musical	Gars / Boys
NF37	9 & -	Extreme	Gars / Boys
NF38	10-11	Extreme	Gars / Boys
NF39	12-13	Extreme	Gars / Boys
NF40	14-15	Extreme	Gars / Boys
NF41	16-17	Extreme	Gars / Boys

ADULTE NOIRE / ADULTE BLACK BELT

ARMÉ / WEAPONS - ADULT BLACK BELT HOMMES / MEN			
NWA3	18 & +	Creative/bladed	Hom / Men
NWA4	18 & +	Creative/non bladed	Hom / Men
NWA6	18 & +	Musical	Hom / Men
NWA7	18 & +	Extreme	Hom / Men
NWA10	30 & +	Creative	Hom / Men
NWA8	30 & +	Musical	Hom / Men

ARMÉ / WEAPONS - ADULT BLACK BELT FEMMES WOMEN			
NWA19	18 & +	Creative/bladed	Hom / Men
NWA18	18 & +	Creative/non bladed	Hom / Men
NWA21	18 & +	Extreme	Hom / Men
NWA31	18 & +	Musical	Hom / Men
NWA22	30 & +	Musical	Hom / Men
NWA24	30 & +	Creative	Hom / Men

KATA / FORMS - ADULT BLACK BELT HOMMES / MEN			
NFA6	18 & +	Musical	Hom / Men
NFA9	30 & +	Musical	Hom / Men
NFA21	18 & +	Extreme	Hom / Men

KATA / FORMS - ADULT BLACK BELT FEMMES WOMEN			
NFA22	18 & +	Musical	Hom / Men
NFA24	30 & +	Musical	Hom / Men
NFA33	18 & +	Extreme	Hom / Men

SAMEDI / SATURDAY

COULEURS / UNDERBELT

Armé / Weapons Underbelt Traditionnal			
Garçons / Boys			
45	5 & -	all ranks	boys
46	6-7	beg-int	boys
47	6-7	advance	boys
48	8-9	beginner	boys
49	8-9	inter	boys
50	8-9	advance	boys
51	10-11	beginner	boys
52	10-11	inter	boys
53	10-11	advance	boys
54	12-13	beginner	boys
55	12-13	inter	boys
56	12-13	advance	boys
57	14-15	beg-inter	boys
58	14-15	advance	boys
59	16-17	beg-inter	boys
60	16-17	advance	boys
Filles / Girls			
61	5 & -	all ranks	girls
62	6-7	beg-inter	girls
63	6-7	advance	girls
64	8-9	beg-inter	girls
65	8-9	advance	girls
66	10-11	beg-inter	girls
67	10-11	advance	girls
68	12-13	beg-inter	girls
69	12-13	advance	girls
70	14-15	beg-inter	girls
71	14-15	advance	girls
72	16-17	beg-inter	girls
73	16-17	advance	girls

Armé / Weapons Underbelt Open			
Filles / Girls			
74	6-7	beg-inter	girls
75	6-7	advance	girls
76	8-9	beg-inter	girls
77	8-9	advance	girls
78	10-11	beg-inter	girls
79	10-11	advance	girls
80	12-13	beg-inter	girls
81	12-13	advance	girls
82	14-15	beg-inter	girls
83	14-15	advance	girls
84	16-17	beg-inter	girls
85	16-17	advance	girls
Garçons / Boys			
86	6-7	beg-inter	boys
87	6-7	advance	boys
88	8-9	beg-inter	boys
89	8-9	advance	boys
90	10-11	beg-inter	boys
91	10-11	advance	boys
92	12-13	beg-inter	boys
93	12-13	advance	boys
94	14-15	beg-inter	boys
95	14-15	advance	boys
96	16-17	beg-inter	boys
97	16-17	advance	boys
Hommes / Men			
98	18-29	beg-inter	men
99	18-29	advance	men
100	30-39	beg-inter	men
101	30-39	advance	men
102	40 & +	all ranks	men
Femmes / Women			
103	18-29	beg-inter	wom.
104	18-29	advance	wom.
105	30-39	beg-inter	wom.
106	30-39	advance	wom.
107	40 & +	all ranks	wom.

Kata / Form - Underbelt Traditionnal			
Garçons / Boys			
108	5 & -	all ranks	boys
109	6-7	beginner	boys
110	6-7	inter-adv	boys
111	8-9	beginner	boys
112	8-9	inter	boys
113	8-9	advance	boys
114	10-11	beginner	boys
115	10-11	inter	boys
116	10-11	advance	boys
117	12-13	beginner	boys
118	12-13	inter	boys
119	12-13	advance	boys
120	14-15	beginner	boys
121	14-15	inter	boys
122	14-15	advance	boys
123	16-17	beg-inter	boys
124	16-17	advance	boys
Filles / Girls			
125	5 & -	all ranks	girls
126	6-7	beginner	girls
127	6-7	inter	girls
128	6-7	advance	girls
129	8-9	beginner	girls
130	8-9	inter	girls
131	8-9	advance	girls
132	10-11	beginner	girls
133	10-11	inter	girls
134	10-11	advance	girls
135	12-13	beginner	girls
136	12-13	inter	girls
137	12-13	advance	girls
138	14-15	beginner	girls
139	14-15	inter	girls
140	14-15	advance	girls
141	16-17	beginner	girls
142	16-17	inter	girls
143	16-17	advance	girls
Hommes / Men			
144	18-29	beginner	men
145	18-29	inter	men
146	18-29	advance	men
147	30-39	beginner	men
148	30-39	inter	men
149	30-39	advance	men
150	40 & +	beg-inter	men
151	40 & +	advance	men
Femmes / Women			
152	18-29	beginner	wom.
153	18-29	inter	wom.
154	18-29	advance	wom.
155	30-39	beginner	wom.
156	30-39	inter	wom.
157	30-39	advance	wom.
158	40 & +	beg-inter	wom.
159	40 & +	advance	wom.

Kata / Form - Underbelt Kenpo / Kempo			
Garçons / Boys			
160	8-9	beginner	boys
161	8-9	inter	boys
162	8-9	advance	boys
163	10-11	beginner	boys
164	10-11	inter	boys
165	10-11	advance	boys
166	12-13	beginner	boys
167	12-13	inter	boys
168	12-13	advance	boys
169	14-15	beginner	boys
170	14-15	inter	boys
171	14-15	advance	boys
172	16-17	beg-inter	boys
173	16-17	advance	boys
Filles / Girls			
174	8-9	beginner	girls
175	8-9	inter	girls
176	8-9	advance	girls
177	10-11	beginner	girls
178	10-11	inter	girls
179	10-11	advance	girls
180	12-13	beginner	girls
181	12-13	inter	girls
182	12-13	advance	girls
183	14-15	beginner	girls
184	14-15	inter	girls
185	14-15	advance	girls
186	16-17	beginner	girls
187	16-17	inter	girls
188	16-17	advance	girls
Hommes / Men			
189	18-29	beginner	men
190	18-29	inter	men
191	18-29	advance	men
192	30-39	beginner	men
193	30-39	inter	men
194	30-39	advance	men
195	40 & +	beg-inter	men
196	40 & +	advance	men
Femmes / Women			
197	18-29	beginner	wom.
198	18-29	inter	wom.
199	18-29	advance	wom.
200	30-39	beginner	wom.
201	30-39	inter	wom.
202	30-39	advance	wom.
203	40 & +	beg-inter	wom.
204	40 & +	advance	wom.

Kata / Form - Underbelt creative / extreme			
Garçons / Boys			
205	5 & -	all ranks	boys
206	6-7	all ranks	boys
207	8-9	all ranks	boys
208	10-11	beg-inter	boys
209	10-11	advance	boys
210	12-13	all ranks	boys
211	14-15	all ranks	boys
212	16-17	all ranks	boys
Filles / Girls			
213	5 & -	all ranks	girls
214	6-7	all ranks	girls
215	8-9	all ranks	girls
216	10-11	all ranks	girls
217	12-13	all ranks	girls
218	14-15	all ranks	girls
219	16-17	all ranks	girls
Hommes / Men			
220	18-29	all ranks	men
221	30-39	beg-inter	men
222	30-39	advance	men
223	40 & +	all ranks	men
Femmes / Women			
224	18-29	all ranks	wom.
225	30-39	beg-inter	wom.
226	30-39	advance	wom.
227	40 & +	all ranks	wom.

Défi physique / Physical Challenge	
228	All ages - All ranks

Combat / Fighting - UNDERBELT			
Garçons / Boys			
229	5 & -	all ranks	boys
230	6-7	beginner	boys
231	6-7	inter	boys
232	6-7	advance	boys
233	8-9	beginner	boys
234	8-9	inter	boys
235	8-9	advance	boys
236	10-11	beginner	boys
237	10-11	inter	boys
238	10-11	advance	boys
239	12-13	beginner	boys
240	12-13	inter	boys
241	12-13	advance	boys
242	14-15	beginner	boys
243	14-15	inter	boys
244	14-15	advance	boys
245	16-17	beginner	boys
246	16-17	inter	boys
247	16-17	advance	boys

LÉGENDE / LEGEND	
Débutant	White, Yellow, Orange
Intermediate	Purple, Blue
Advance	Green, Brown

SAMEDI / SATURDAY

COULEURS / UNDERBELT

Combat / Fighting - UNDERBELT			
Hommes / Men			
248	18-29	beginner	men
249	18-29	inter	men
250	18-29	advance	men
251	30-39	beginner	men
252	30-39	inter	men
253	30-39	advance	men
254	40 & +	beg-inter	men
255	40 & +	advance	men

Combat / Fighting - UNDERBELT			
Filles / Girls			
256	5 & -	all ranks	girls
257	6-7	beginner	girls
258	6-7	inter	girls
259	6-7	advance	girls
260	8-9	beginner	girls
261	8-9	inter	girls
262	8-9	advance	girls
263	10-11	beginner	girls
264	10-11	inter	girls
265	10-11	advance	girls
266	12-13	beginner	girls
267	12-13	inter	girls
268	12-13	advance	girls
269	14-15	beginner	girls
270	14-15	inter	girls
271	14-15	advance	girls
272	16-17	beginner	girls
273	16-17	inter	girls
274	16-17	advance	girls

Combat / Fighting - UNDERBELT			
Femmes / Women			
275	18 & +	beginner	wom.
276	18 & +	inter	wom.
277	18 & +	advance	wom.
278	30 & +	beginner	wom.
279	30 & +	inter	wom.
280	30 & +	advance	wom.
281	40 & +	beg-inter	wom.
282	40 & +	advance	wom.

Kata armé / Weapons - JR. BLACK BELT			
NW1	9 & -	Traditonal	boys
NW2	10-11	Traditional	boys
NW3	12-13	Traditional	boys
NW4	14-15	Traditional	boys
NW5	16-17	Traditional	boys
NW21	9 & -	Traditional	girls
NW22	10-11	Traditional	girls
NW23	12-13	Traditional	girls
NW24	14-15	Traditional	girls
NW25	16-17	Traditional	girls

Kata / Form - JR. BLACK BELT			
NF1	9 & -	Traditional	boys
NF2	10-11	Traditional	boys
NF3	12-13	Traditional	boys
NF4	14-15	Traditional	boys
NF5	16-17	Traditional	boys
NF21	9 & -	Traditional	girls
NF22	10-11	Traditional	girls
NF23	12-13	Traditional	girls
NF24	14-15	Traditional	girls
NF25	16-17	Traditional	girls

NOIRE / BLACK BELT

Kata / Form - JR. BLACK BELT			
283	11 & -	Kenpo / Kempo	boys
284	12-13	Kenpo / Kempo	boys
285	14-15	Kenpo / Kempo	boys
286	16-17	Kenpo / Kempo	boys
287	11 & -	Kenpo / Kempo	girls
288	12-13	Kenpo / Kempo	girls
289	14-15	Kenpo / Kempo	girls
290	16-17	Kenpo / Kempo	girls
NF6	9 & -	Creative	boys
NF7	10-11	Creative	boys
NF8	12-13	Creative	boys
NF9	14-15	Creative	boys
NF10	16-17	Creative	boys
NF26	9 & -	Creative	girls
NF27	10-11	Creative	girls
NF29	12-13	Creative	girls
NF30	14-15	Creative	girls
NF31	16-17	Creative	girls

Kata armé / Weapons - ADULT BLACK BELT			
NWA1	18 & +	Hard style traditional-bladed	men
NWA2	18 & +	Hard style traditional-non bladed	men
NWA5	18 & +	Chinese	men
NWA9	30 & +	Traditional Weapons	men
NWA11	40 & +	Traditional Weapons	men
NWA12	40 & +	Creative	men
NWA13	50 & +	Traditional Weapons	men
NWA14	50 & +	Creative	men
NWA15	60 & +	Traditional / Creative	men
NWA16	18 & +	Hard style traditional-bladed	Wom
NWA17	18 & +	Hard style traditional-non bladed	Wom
NWA20	18 & +	Chinese	Wom
NWA23	30 & +	Traditional Weapons	Wom
NWA25	40 & +	Traditional Weapons	Wom
NWA26	40 & +	Creative	Wom
NWA27	50 & +	Traditional Weapons	Wom
NWA28	50 & +	Creative	Wom
NWA29	60 & +	Traditional / Creative	Wom

Kata / Form - ADULT BLACK BELT			
NFA1	18 & +	Korean trad	men
NFA2	18 & +	Japan. / Okina.	men
NFA4	18 & +	Hard style Creative	men
NFA5	18 & +	Chinese	men
NFA3	18 & +	Kenpo / Kempo	men
NFA10	30 & +	Traditional	men
NFA11	30 & +	Creative	men
NFA12	40 & +	Traditional	men
NFA13	40 & +	Creative	men
NFA14	50 & +	Traditional	men
NFA15	50 & +	Creative	men
NFA16	60 & +	Trad -Creative	men
NFA17	18 & +	Korean trad	Wom
NFA18	18 & +	Japan. / Okina.	Wom
NFA23	18 & +	Hard style Creative	Wom
NFA20	18 & +	Chinese	Wom
NFA19	18 & +	Kenpo / Kempo	Wom
NFA25	30 & +	Traditional	Wom
NFA26	30 & +	Creative	Wom
NFA27	40 & +	Traditional	Wom
NFA28	40 & +	Creative	Wom
NFA29	50 & +	Traditional	Wom
NFA30	50 & +	Creative	Wom
NFA31	60 & +	Trad- Creative	Wom

Combat / Fighting - JR. BLACK BELT			
NS1	9 & -	all	boys
NS2	10-11	tall	boys
NS3	10-11	short	boys
NS4	12-13	tall	boys
NS5	12-13	short	boys
NS6	14-15	tall	boys
NS7	14-15	short	boys
NS8	16-17	tall	boys
NS9	16-17	short	boys
NS10	9 & -	all	girls
NS11	10-11	short	girls
NS12	10-11	tall	girls
NS13	12-13	short	girls
NS14	12-13	tall	girls
NS15	14-15	short	girls
NS16	14-15	tall	girls
NS17	16-17	short	girls
NS18	16-17	tall	girls

Combat / Fighting - ADULT BLACK BELT			
NS19	18 & +	Super light 139 & under	men
NS20	18 & +	Light 140-149	men
NS21	18 & +	Light welter weight 150-159	men
NS22	18 & +	Welter weight 160-169	men
NS23	18 & +	Light middle 170-179	men
NS24	18 & +	Middle 180-189	men
NS25	18 & +	Light heavy 190-199	men
NS26	18 & +	Heavy 200 & over	men
NS27	30 & +	Light 169 & under	men
NS28	30 & +	Light middle 170-184	men
NS29	30 & +	Light heavy 185-199	men
NS30	30 & +	Heavy 200 & over	men
NS31	40 & +	Light 189 & under	men
NS32	40 & +	Heavy 190 & over	men
NS33	50 & +	Light 189 & under	men
NS34	50 & +	Heavy 190 & over	men
NS35	60 & +	Light 189 & under	men
NS36	60 & +	Heavy 190 & over	men
NS37	18 & +	Super light 129 & under	Wom
NS38	18 & +	Light 130-139	Wom
NS39	18 & +	Light middle 140-149	Wom
NS40	18 & +	Middle 150 & over	Wom
NS41	30 & +	Light 139 & under	Wom
NS42	30 & +	Middle 140 and over	Wom
NS43	40 & +	Light 139 and under	Wom
NS44	40 & +	Middle 140 & over	Wom
NS45	50 & +	Light 139 & under	Wom
NS46	50 & +	Middle 140 & over	Wom
NS47	60 & +	All weights	Wom

VENDREDI / FRIDAY

RING 1

B-B BOYS

11 & -

RING 2

B-B BOYS

12-13

RING 3

B-B BOYS

14-15

RING 4

B-B BOYS

16-17

RING 5

BOYS-MEN

Continuous Fighting

RING 6

GIRLS-WOMEN

Continuous Fighting

RING 7

B-B MEN

INTERNATIONAL FIGHTING

RING 8

B-B WOMEN

JIU-JITSU

RING 9

8-9-10 18 & +

RING 10

14-17

RING 11

B-B GIRLS

11 & -

RING 12

B-B GIRLS

12-13

RING 13

B-B GIRLS

14-15

RING 14

B-B GIRLS

16-17

SAMEDI / SATURDAY

RING 1

BLACK BELT

9 -BOYS-GIRLS

RING 2

BLACK BELT

10-11 BOYS

RING 3

BLACK BELT

12-13 BOYS

RING 4

BLACK BELT

14-15 BOYS

RING 5

BLACK BELT

16-17 BOYS

RING 6

BLACK BELT

10-11 GIRLS

RING 7

BLACK BELT

12-13 GIRLS

RING 8

BLACK BELT

14-15 GIRLS

RING 9

BLACK BELT

16-17 GIRLS

RING 10

BLACK BELT

50+ M/W

RING 11

BLACK BELT

40-49 M/W

RING 12

BLACK BELT

30-39 M/W

RING 13

BLACK BELT

18-29 WOM

RING 14

BLACK BELT

18-29 MEN

RING 15

18-29 M/W

RING 16

30-39 BEG-INTER
M/W

RING 17

30-39 ADV. M/W

RING 18

40+ M/W

RING 19

5 B/G

RING 20

6-7 BOYS

RING 21

8-9 BOYS

RING 22

10-11 BOYS

RING 23

12-13 BOYS

RING 24

14-15 BOYS

RING 25

16-17 BOYS

RING 26

6-7 GIRLS

RING 27

8-9 GIRLS

RING 28

10-11 GIRLS

RING 29

12-13 GIRLS

RING 30

14-17 GIRLS

MERCI

À NOS COMMANDITAIRES!

