

PORTLAND METRO RISING SUN TOURNAMENT
GARDINER MIDDLE SCHOOL
180 ETHEL ST., OREGON CITY, OR. 97045
PHONE: 503-491-3241

DEAR MARTIAL ARTIST,

You and your school are cordially invited to participate in the *2nd Annual Rising Sun Tournament*, which will be held on Saturday, June 5th, 2010, at Gardiner Middle School. Tournament eliminations will start at 10:00 AM.

THIS IS A NON-CONTACT TOURNAMENT

The printed rules clearly state: "Each contestant is responsible for the control of his/her techniques. A contestant causing injury to their opponent must be disqualified."

Competitors are urged to wear safety equipment, padding and other protective equipment that will not present the possibility of injury to others. Mouth guards for all fighters and cups for all males are required. The wearing of this equipment is encouraged for the protection of the participants, **NOT TO PROMOTE CONTACT**. Contact is not a requirement to score any point in this tournament. Contestants are warned in advance that all judges have been instructed to immediately disqualify each and every contestant who causes injury to their opponent.

TROPHIES

The Rising Sun Tournament will feature professionally crafted trophies for all 1st and 2nd place winners in sparring and forms. Medals will be awarded for 3rd and 4th place in all divisions. Participant medals will be awarded in all youth divisions, 17 years and under. Awards will also be presented to the "*Most Winning School*", as well as Grand Champion in Junior Under Black Belt Kata, Adult Under Black Belt Kata, Junior Black Belt Kumite, Junior and Adult Black Belt Kata, and Black Belt Kumite.

SEMINARS

This year we are extremely proud to offer two exciting seminars at Gardiner Middle School, on Friday evening, June 4th.

First, from 6:00 – 7:30 PM, *Sensei Nathan Cook 3rd Degree*, will teach a sparring seminar. Sensei Cook is a six time Grand Champion, has over thirty 1st place sparring awards and has repeatedly placed internationally. Focus on footwork, timing and combinations. With Sensei Cook's expertise, students will learn sparring techniques which exemplify speed, power and timing. The cost: \$30.00.

Second, from 7:30 – 9:00 PM, *Sensei Elisha Patterson III 2nd Degree Tae Kwon Do, 1st Degree Shotokan, and practitioner of Kenpo, Wing Chun, Wushu, Capoeira, Kenjutsu, and Muay Thai*, will teach a self defense seminar. Sensei Patterson's experience and knowledge in multiple styles of martial arts will prove an excellent source of wisdom and skill for all students. Focus on close combat kicking and self defense. The cost: \$30.00

Or you may take both seminars for \$50.00

Seminars are open to all ages, all ranks, and all styles.

Please Note:

The program director reserves the right to split or consolidate divisions due to attendance

Registration will be taken at the door or you may pre-register for either the tournament or the seminars by mail with check made to the "Shudokan School of Karate" and sent to –
16552 S.E. McLoughlin Blvd., Milwaukie, OR 97267, no later than May 28th.

Sincerely yours in the Martial Arts,

Sensei Reed Secunda

Shudokan School of Karate

(503) 491-3241

To download a copy of the tournament entry form, go to www.shudokankarate.net