

# Join Us For The 14th Annual Lennox Legacy 2012 Tournament

*Open to any and all martial art styles.*



We are excited by the opportunity to provide you with a beautiful location. Please be aware that NO Food or Drinks are permitted to be brought into St. Joseph's Family Center (competitor water bottle allowed). St. Joseph's will provide a concession stand. We thank you for respecting their rules.

**Date: Saturday November 3, 2012**  
Pre-registration must be received by Oct. 29, 2012

**Location: St. Joseph's Family Center**  
610 W Exchange St  
Akron, OH 44302

### Schedule of Events

**Grapping Divisions (Youth) Starts at 9:00 AM**  
**Seminar w/ Hanshi William H. Duessel: 9:45 AM**  
**Check-In / Registration: 8:30 – 11:15 AM**  
**Black Belt Meeting: 11:15 AM**  
**Tournament Bow-In: 11:30 AM**

### Tournament Fees

#### Pre-Registration Fees

Tournament only .....\$30.00  
Seminar only.....\$15.00  
Tournament & Seminar.....\$40.00  
Isshinryu Black Belt Challenge.....\$5.00

#### Walk-In Registration Fees

Tournament only.....\$45.00  
Seminar only.....\$20.00  
Tournament & Seminar.....\$60.00  
Isshinryu Black Belt Challenge.....\$10.00

**Spectator Fee at the door.....\$8.00**  
5 yrs & under are.....Free!

Tournament Hosted By



Heidi Gauntner Renshi Go, Roku Dan  
Isshinryu Karate Academy LLC  
Kent Karate & Family Fitness  
1154 W Main St • Kent, OH 44240

330-221-0295 • [www.martialpeace.com](http://www.martialpeace.com) • [ikakarate@sbcglobal.net](mailto:ikakarate@sbcglobal.net)

**Lennox Legacy Award Nomination** – Please see the back page of flyer or the website for the Lennox Legacy Award nomination form. All nominations are due by Oct. 5, 2012.

## DIVISIONS & RULES

KYU SYSTEM - If you are not sure where you fall into this KYU ranking system, please ask your Instructor. Thank you.

### 4 KYU SYSTEM

NOVICE = 4<sup>th</sup> KYU  
INTERMEDIATE = 3<sup>rd</sup> KYU  
ADVANCED = 2<sup>nd</sup> & 1<sup>st</sup> KYU

### 8 KYU SYSTEM

NOVICE = 8<sup>th</sup>, 7<sup>th</sup> & 6<sup>th</sup> KYUS  
INTERMEDIATE = 5<sup>th</sup>, 4<sup>th</sup> & 3<sup>rd</sup> KYUS  
ADVANCED = 2<sup>nd</sup> & 1<sup>st</sup> KYUS

### 10 KYU SYSTEM

NOVICE = 10<sup>th</sup>, 9<sup>th</sup>, 8<sup>th</sup>, 7<sup>th</sup> KYUS  
INTERMEDIATE = 6<sup>th</sup>, 5<sup>th</sup> & 4<sup>th</sup> KYUS  
ADVANCED = 3<sup>rd</sup>, 2<sup>nd</sup> & 1<sup>st</sup> KYUS

### 14 KYU SYSTEM

NOVICE = 14<sup>th</sup>, 13<sup>th</sup>, 12<sup>th</sup> & 11<sup>th</sup> KYUS  
INTERMEDIATE = 10<sup>th</sup>, 9<sup>th</sup>, 8<sup>th</sup>, 7<sup>th</sup> & KYUS  
ADVANCED = 5<sup>th</sup>, 4<sup>th</sup>, 3<sup>rd</sup>, 2<sup>nd</sup> & 1<sup>st</sup> KYU

## DIVISIONS

AGE	RANK	KATA DIVISION #	WEAPONS DIVISION #	BOY'S KUMITE DIVISION #	GIRL'S KUMITE DIVISION #
TEAM KATA	3 or more members per team required	K1 - Kids K-2 - Adults			
Handy Capable	All Ranks	Adults HC1 Kids HC5	HC2		
PEE WEE 6 yrs. & Under	All Kyu Ranks	K-3	W-3	S-3	S-3
NOVICE					
7-9 yrs.	Novice	K-4	W-4	SB-4	SG-4
10-12 yrs.	Novice	K-5	W-5	SB-5	SG-5
13-14 yrs.	Novice	K-6	W-6	SB-6	SG-6
15-17 yrs.	Novice	K-7	W-7	SB-7	SG-7
INTERMEDIATE					
7-9 yrs.	Intermediate	K-8	W-8	SB-8	SG-8
10-12 yrs.	Intermediate	K-9	W-9	SB-9	SG-9
13-14 yrs.	Intermediate	K-10	W-10	SB-10	SG-10
15-17 yrs.	Intermediate	K-11	W-11	SB-11	SG-11
ADVANCED & JR. BLACK					
7-9 yrs.	Advanced & Jr. Blk	K-12	W-12	SB-12	SG-12
10-12 yrs.	Advanced & Jr. Blk	K-13	W-13	SB-13	SG-13
13-14 yrs.	Advanced & Jr. Blk	K-14	W-14	SB-14	SG-14
15-17 yrs.	Advanced & Jr. Blk	K-15	W-15	SB-15	SG-15
ADULTS 18 - 35 yrs					
Adult Novice	Novice	K-16	W-16	SB-16	SG-16
Adult Intermed.	Intermediate	K-17	W-17	SB-17	SG-17
Adult Advanced	Advanced	K-18	W-18	SB-18	SG-18
ADULTS 36 yrs & Up					
Adult Novice	Novice	K-19	W-19	SB-19	SG-19
Adult Intermed.	Intermediate	K-20	W-20	SB-20	SG-20
Adult Advanced	Advanced	K-21	W-21	SB-21	SG-21
ADULT BLACK BELTS					
18 - 35 yrs.	Black	K-26	W-26	SB-26	SG-26
36 yrs. & Up	Black	K-27	W-27	SB-27	SG-27
ISSHINRYU BLACK BELT CHALLENGE	Isshinryu Only Black Belts	IBBC			
GRAPPLING - No Gi	Divisions will be made the day of the tournament				

\*\*\* WE RESERVE THE RIGHT TO COMBINE DIVISIONS IF NECESSARY IN ORDER TO PROVIDE COMPETITION FOR EVERYONE. \*\*\*

<p><b>Kata/Weapons:</b></p> <ul style="list-style-type: none"> <li>❖ First 3 competitors up before scoring</li> <li>❖ Scoring on 5 -10 pt. System.</li> <li>❖ With 5 judges; high and low score will be discarded for scores</li> <li>❖ In the event of a tie: add in the remaining low score – if necessary high score will be added and/or an additional kata/form performed</li> <li>❖ Restarts are acceptable for Kyu Rank (under black belt) only.</li> </ul> <p><b>PLEASE NOTE:</b> Advanced and Black Belts will be required to perform a <u>different</u> kata/form when required to break a tie.</p>	<p><b>Sparring/Kumite:</b></p> <ul style="list-style-type: none"> <li>• Kumite matches will be for two (2) minutes running time. Time will stop if necessary.</li> <li>• Five (5) point matches. If a tie exists after two (2) minutes then sudden victory to break the tie, first to score wins.</li> <li>• Any safety gear deemed unsafe, by tournament officials will need to be replaced.</li> <li>• Safety gear required: Foam head gear (<u>all competitors</u>), safety punch, safety feet (shin &amp; instep will be permitted), mouth guards, groin cups. Shin guards are not required.</li> <li>• Target areas are: Torso (no spine), Groin, and 4" halo around the head or light contact to headgear. <u>Judges are encouraged to call 4" halo to reduce the chance of excessive head or groin contact.</u></li> <li>• NO FACE or CHIN CONTACT. Black Belts may touch headgear or Face.</li> <li>• NO EXCESSIVE BODY CONTACT.</li> <li>• Leg checks permitted to back of leg only, but NO SWEEPS OR TAKEDOWNS.</li> <li>• Out of bounds under one's own power – any body part that is out of the ring can be considered out of bounds. 1<sup>st</sup> out - a warning will be given. 2<sup>nd</sup> out - a point awarded to opponent. Points may be scored against a person out of bounds. However, a point will not be award if delivered from out of bounds.</li> <li>• NO HOLDING. Competitors may grab, strike and immediately (2 seconds) let go to score a point. However, holding will not be permitted.</li> <li>• <b>No Coaching</b> permitted.</li> </ul>
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*“No matter how far you go,  
you will never come to the end of all the  
wondrous things there are to discover.”*

Mail signed waiver and pre-registration form below with payment made payable to:



**Heidi Gauntner  
60 Shawnee Dr  
Kent, OH 44240-6000**



Any questions concerning the tournament, please contact Heidi Gauntner,  
330-221-0295 or email: Heidi1kara@aol.com

**Pre-registration Form Must Be Received By October 28, 2012.**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Birth Date: \_\_\_/\_\_\_/\_\_\_

Male / Female (circle one) Rank: (circle one) Novice Intermed. Adv. Black Belt rank? \_\_\_\_\_

Home Phone: \_\_\_\_\_

Address/City/State/Zip \_\_\_\_\_

Instructor's Name: \_\_\_\_\_

Martial Arts School's Name & Phone Number: \_\_\_\_\_

**Divisions – please check which divisions you'll be participating in. Thank you.**

Seminar \_\_\_\_\_ Weapons \_\_\_\_\_ Kata \_\_\_\_\_ Sparring \_\_\_\_\_  
Grappling \_\_\_\_\_ Team \_\_\_\_\_ Handy Capable \_\_\_\_\_ Isshinryu Blk. Belt Challenge \_\_\_\_\_

List names of Team Members please \_\_\_\_\_

**WAIVER: I understand that the practice of Martial Arts, and specifically, tournament competition, is inherently a contact sport, and as such, I know that physical injury can occur. As consideration for being allowed to compete in this open style tournament, I hereby assume all responsibility for and all risk of damage or injury that may occur as a participant in this tournament. Specifically, I agree to release and will hold harmless and fully indemnify for any claims which might arise, the Isshinryu Karate Academy, Kent Karate & Family Fitness, William H. Duessel, the St. Joseph's Family Center, and any persons affiliated with this tournament in any way from any and all claims or causes of action on account of any injury which may occur from my participation in the Lennox Legacy Tournament. I fully understand that any medical treatment given to me will be of First-Aid treatment only. By signing this document, I acknowledge that I have read the rules and agree to abide by them and assume full responsibility for any and all my actions during this tournament. If under the age of 18 years, a parent or legal guardian must also sign the waiver.**

Signature: \_\_\_\_\_ Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

(For Credit Card Payment Only)

Credit Card # \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Address/City/State \_\_\_\_\_ Zip Code: \_\_\_\_\_

3 Digit Security # \_\_\_\_\_ (last 3 #'s on back of card in signature box)

Signature: \_\_\_\_\_

## Directions to St. Joseph's Family Center

<p><b><u>Pittsburgh, PA</u></b>          I-76 W toward Youngstown, OH</p> <p>Take I-76 W exit 218, toward Turnpike, merge toward Akron</p> <p>Merge OH-8 N, exit 23B, toward Cuyahoga Falls</p> <p>Exit 1B towards OH-59/Perkins St, stay straight to go onto Fountain St.</p> <p>Turn Left onto Perkins St/ OH-59, stay straight to go onto ramp to the right - follow signs to W. Exchange St.</p> <p>Turn Right on W. Exchange St,</p> <p>Go .7 miles to St. Joseph's Family Center on left side of road.</p>	<p><b><u>Cleveland, OH:</u></b>          I-77 S</p> <p>Exit onto OH-162 / Copley Rd, exit 131</p> <p>Turn Left onto Copley Rd / OH-162</p> <p>Turn Left onto S Portage Path</p> <p>Turn Right onto W Exchange St,</p> <p>Go .1 miles to St. Joseph's Family Center on right side of road.</p>	<p><b><u>Indianapolis, IN:</u></b>          I-70 E toward Columbus, OH</p> <p>Merge onto I-270 N, exit 93B toward Cleveland, OH</p> <p>Merge onto I-71 N, exit 26 toward Cleveland, OH</p> <p>Merge onto I-76 E, exit 209 A-B toward Lodi/ Akron</p> <p>Merge onto Innerbelt / Martin Luther King Jr Fwy / OH-59, exit 21C toward Downtown</p> <p>Take Dart Ave. ramp, stay straight</p> <p>Turn Left on W Exchange St</p> <p>Go .8 mile to St. Joseph's Family Center on left side of road</p>
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**Area Hotels:**

**Quaker Square Inn at the University of Akron** - 135 South Broadway, Akron, Ohio (OH) 44325-9002

Phone: 330-253-5970    Web: [www.quakersquareakron.com](http://www.quakersquareakron.com)

**Ramada Plaza Akron Hotel** - 20 West Mill Street- Akron, OH 44308

Phone: 330- 384-1500    Web: [www.akroncitycentrehotel.com](http://www.akroncitycentrehotel.com)

### The Premise of the Lennox Legacy Award

One should strive to be a person of "character". Character is a force within an individual, which distinguishes that person from others. One must achieve character by daily striving to make the "right" choice. There is always room for growth and sharing. The more a person gives to others the more room there will be within them to grow. A person must always measure their progress in life by how far they have come and not by how much farther they have to go.

**The Karate-ka of Character:**

- Is reliable, honest, and sincere. They have confidence in themselves.
- Takes criticism willingly and accepts recommendations graciously.
- Up holds principles of morality and ethics. Is benevolent. Has an unselfish desire to share.
- Complies with all dojo regulations concerning property, programs, office, floor, honor code, rules, etc...
- Continuously hone their skills and polish themselves into even better people.

I, \_\_\_\_\_ Nominate \_\_\_\_\_

Address of the person being nominated \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

to be a recipient of the Lennox Legacy award in the year of 20\_\_\_. Enclosed is a list or essay of the reason I believe this person deserves this award.

Mail nomination form to: Heidi Gauntner, 60 Shawnee Drive, Kent, Ohio 44240-6000

or email to: [Heidi1kara@aol.com](mailto:Heidi1kara@aol.com)

**LENNOX LEGACY NOMINATIONS ARE DUE BY OCTOBER 5, 2012.**