



Chamberlain Studios of Self Defense

2026 Kenpo Invitational Tournament

SATURDAY February 28, 2026

Bishop Lynch High School, 9750 Ferguson Rd. Dallas, TX 75228

DIVISION TIMES & 5 CATEGORIES OF COMPETITION

- Beginner Show • Empty Hand Kata • Self Defense • Grappling • Weapons Kata

8:00 am Black Belt judges and volunteer staff meeting

9:00 am **Beginner Show Division** - White & Yellow Belts Ages 4-6 - *This division is designed for first time competitors in the 4-6 year old age group*

10:00 am White / Striped White: Ages 4-14

10:00 am Yellow / Striped Yellow: Ages 4-14

10:00 am **Weapons Kata:** ranks Orange through Striped Blue belt

11:00 am Orange / Striped Orange: Ages 4-14

11:00 am Purple / Striped Purple: Ages 7-14

12:00 pm Blue / Striped Blue: Ages 7-14

12:00 pm **Advanced Weapons Kata:** Green through Jr Black Belt

12:45 pm Green / Striped Green: Ages 7-14

12:45 pm Brown Belts: Ages 9+

12:45 pm Junior Black Belts: Ages 9+

Those who hand in their application first, compete last!

Regular Competitor - \$55 (For first 1-2 events, includes 1 spectator)

Beginners' Show Division (White/Yellow Belt students 4-6 years old, includes 1 spectator) - \$45

Additional Events - \$10 each

Additional Spectators - \$5 for Adults and Children over 5. Children 5 and under are free.

\$5 late fee after February 22nd

Custom Tournament T-Shirts - \$20

Please register and pay online using QR code at right or link below:

<https://sparkpages.io/cart/2/?i=PMqb&c=&ocu=>



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Dear Competitors,

Everyone get excited! It's time for the **2026 Kenpo Invitational Tournament**. The competition will be held on **Saturday, February 28, 2026 at Bishop Lynch High School in the Competition Gymnasium**. We welcome participants and families from all our schools, including: Wesley Prep, St. John's Episcopal, Mockingbird Elementary, Solar Prep for Girls, Solar Prep for Boys, Withers Elementary, Kramer Elementary, Travis TAG, Good Shepherd Episcopal, All Saint's Episcopal, Lakewood Elementary, Merriman Park Elementary, the Walnut Hill Rec Center, our CSSD studio in North Richland Hills, and the Lakewood dojo.

Competition can be a stressful and nerve-racking event for your child. That is okay. One of the reasons for organizing these tournaments (and especially the beginner show divisions), is to guide your child through this competitive experience successfully. Not to remove all the stress, but rather to help them overcome their nervousness and have a safe, fun, and successful event. The idea being that they can build on this small success and carry their new-found confidence into other parts of their life. Remember that this is probably one of the reasons you got them into Karate in the first place!

One of our most popular events is our **Beginners' Show Division**. This is an introduction to our Tournament for our youngest and newest members (ages 4-6 white and yellow belts). This division allows the children to compete in an individual AND group format. All competitors in this division receive a trophy for their participation. These children may also compete in one of the other divisions if they choose (+ \$10/ division).

The divisions for **regular competitors** have been broken down as fairly as possible. Divisions for Kata (forms) and Self Defense have been determined by age and rank. Divisions for Grappling have been determined by age, rank, and size whenever possible. Medals for competitors will be awarded to first, second, and third place, and all runners-up will receive a winner's medal. The points will be tallied and the winning school will take the bragging rights for one of 3 Grand Prize Cups.

*****Remember... Competition order is awarded in the order we receive your registration, so take advantage and register early!***

As always, we strive to make this event as successful as possible and appreciate you showing your support by competing and attending. Just remember, that the important thing is not whether you win, but rather the fact that you came out and tried. This is a personal achievement that you should be proud of. With that in mind, we would like to take this opportunity to wish you the best of luck and urge you to get out there and support your school!

Yours in the Martial Arts,

Professor Nick Chamberlain
10th Degree Black Belt, Gasan Ryu Kenpo
President, Chamberlain Studios of Self Defense

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Tournament Procedures and Etiquette

Carefully review the division times found on the cover sheet and be sure to arrive 20-30 minutes prior to your division starting time. Also, it is mandatory in Self Defense Divisions that your Partner/Uke is with you at the time your division starts, and must be within one color belt.

When you arrive, look for the registration table. You will be given competitor and spectator wrist bands/stamps (which they will wear for the duration), custom tournament shirt (if pre-purchased, others may be available at the event) and registration form showing the events they are competing in. **They keep this registration form with them throughout the tournament (stuff it in their jacket).**

When the judges are preparing their rings for competition, they will call out the divisions and the names of the kids registered for that event. The kids will then be asked to **sit down** around the ring and **wait to be called**. "Walk-on," "Last minute" and "just changed my mind" competitors, must bring their registration forms to the judge to be added to the division.

In **SELF DEFENSE** and **KATA**, the first three competitors will be called out and perform their material without individual scoring. When all three are finished, they will be called back to receive their scores. This allows the judges to get a sense of the "field" and score more fairly and consistently. From this point forward all competitors will be scored immediately following their performance.

Sit quietly in seiza (kneeling position) or cross legged. Always remember your principles of conduct (effort, etiquette, sincerity, character and self control) to ensure you behave properly and with respect.

When you are using an Uke/partner for your self-defense techniques, remember to pick him/her **before** the tournament. Their job is to make you look good, so practice! Your Uke should stand up right after you



have been called by the judges. When you walk to the center of the mat, your Uke will stand in front position one step behind you to the right. In addition, they are required to wear headgear (provided) - **NO EXCEPTIONS**. Do not forget to bow to your Uke before and after your session. Self Defense techniques are done in the following order: 1) Punch Defense, 2) Grab Defense, 3) Weapon Defense. You must announce each defense before you do it, this also helps your partner remember their job. Remember good etiquette during your performance.



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When the judges call your name:

1. Stand up tall, raise your right hand and in a loud voice shout: "Judges!"
2. Walk to the edge of the ring and bow into the competition area.
3. Run to the center of the ring and then turn to face the judges. Bow towards the judges.
4. Step out into a Ready Stance, Punch down with both hands, and Kiai loudly (Karate shout).
5. Say the following (or something similar), in a loud, slow and clear voice:

Judges, my name is

I represent the “..... Dojo”

My Sensei is

Today, I will be performing.....

With your permission, may I begin, Judges!

6. The judges will nod for you to start.
7. Bow to the judges and then move (without turning your back to the judges) to the area or space to perform your kata or self defense techniques. Stand in front position, take a few deep breaths, relax, and then...
8. Begin your kata or self defense techniques.
9. Bow at the end of your kata or to your partner following self defense techniques.
10. Turn to face the judges, then step out into a ready stance and kiai, and wait quietly for your score. After receiving your score bow to the judges, and back out of the ring, bowing at the edge. Return to your place but remember to NEVER turn your back to the judges.

Have Fun and Good Luck!!





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Division Rules

The divisions have been broken down as fairly as possible. Divisions for Kata (forms) and Self Defense have been determined by age and rank. Divisions for Grappling have been determined by age, rank, and size whenever possible.

Medals for competitors will be awarded to first, second and third place, and all runners-up will receive a winner's medal. **Points will be awarded towards the School Trophies as follows: 4 for a first, 3 for a second, 2 for a third place and 1 for everyone else. One point will also be awarded for each competitor in the Beginner Show Division.**

The points will be tallied and the winning school will take the bragging rights for one of 3 Grand Prize Cups. 1) The Nick Cerio Memorial Cup - awarded to the dojo with the most points. 2) The Private School Cup - awarded for the after school karate program at a private school with the most points. 3) The Public School Cup - awarded for the after school karate program at a Public school with the most points.

Forms/Kata (Blue Stripe):

- Must be a Gasan Ryu Kenpo form in *original* format:
 - No two forms together. No gymnastics. Full karate uniform.

Judging based on: Stances, Power, Focus, Mechanics, Presentation.



Weapons Kata Divisions:

- Must be a Gasan Ryu Kenpo or Kung Fu weapons form in *original* CSSD format.
- No two forms together. No gymnastics. Full karate uniform.
- **We will have 2 weapons kata divisions**, the first with ranks orange through 2nd Blue Belt, and Advanced Weapons katas for Green – Junior Black Belt
- Student must provide their own weapons

Judging based on: Stances, Power, Focus, Mechanics, Presentation.



Self Defense (Red, Green, Yellow Stripe):

- Three self defense techniques are to be performed. The first is to be a **punch defense**, the second a **grab defense** and the third a **weapon defense**. ***The attacker/uke must wear headgear (provided) & be similar rank (or higher) to the defender/tore.**

Judging based on:

- Effectiveness (power, speed, flow), Execution (stance, kiai, mechanics), Etiquette (presentation, etc.).
- The three parts to a technique that must be demonstrated: Block, Counter attack, Cover & Guard.
- For weapons, you must take the weapon at the end of the technique!

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Grappling (Black Stripe):

Done from a kneeling position, and based on control and a position demonstrating superiority. 15 point lead gives automatic win. Matches are two minutes. Nails must be short. Competitors will wear a red or blue belt to make it easier to differentiate for the referee (provided by referee). The referee will raise his hand when a position is gained and award points at that time. Points are called out verbally by the center referee to the score keeper.

Points:

To gain any points for a move or position the competitor must show clear control for the required number of seconds! A control position that does not result in points is called an Advantage - in a match tied on points the winner is determined by Advantages.

- 4pts - for the mount, if held for a minimum of 3 seconds.
- 4pts - for a rear mount/back control, must have both "hooks" in (heels on inside of both opponent's thighs), or opponent's belly flat on the ground if you are on their back. 3 second hold.
- 3pts - escape from the guard **into side control or mount**. No points if you just "escape".
- 2pts - for a leg sweep reversal from the bottom (in the guard) putting you on top (into Mount).
- 2pts - knee on belly with one leg posted on the belly **and the other one extended with foot flat on the floor**. 10 second hold.
- 2pts - any hold down or pin which immobilizes the opponent for 10 seconds (side control, head control, kesa gatame/scarf hold, etc.)



warning.

Penalties:

- Striking the opponent, choking, joint locks, neck cranks, pinching, tickling or intentional / malicious contact.
 - 1st Penalty - Warning.
 - 2nd Penalty - 2 points awarded to opponent.
 - 3rd Penalty - Disqualification.
- Excessive contact will result in disqualification on the 2nd warning.

Any parent or instructor intervention will result in disqualification of the competitor.

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