



USA-National Karate Federation
National Governing Body for Karate
Member United States Olympic Committee



Greetings! We hope this letter finds you in good health and training hard this New Year.

The success of all Competitions depends on three things:
Start on Time! Quality trained referees! And end early!

SATURDAY MAY 5th, we are hosting a Class on the Rules of Competition. This is great for **athletes, parents, coaches, Referee, Judges** and **anyone** who wants a better understanding of the rules of competition. The Rules Class will be conducted by: **Shihan Mike Ritter**

Why should this mean anything to you? I believe all of us want to learn one set of rules for competition that include safety and fairness for our competitors along with gaining National and International recognition. Here are some things to consider:

- **This is the ONLY rule set authorized by the International Olympic Committee and the United States Olympic Committee for Karate.**
- **As determined by the Amateur Sports Act and the US Olympic Committee, the USA-NKF is the ONLY Karate Organization recognized in the United States. It is the largest in "nature, quality, and scope."**
- **It gives you the structure to provide SAFE and fair competitions by having certified referees and judges with US Olympic oversight.**
- **Participation is WORLDWIDE!! There are over 180 countries that use this rule set through the Pan American Karate Federation and the World Karate Federation.**
- **All Karate Styles are welcome. All you have to do to be involved is to know and follow the rules.**

Kumite and Kata Class Schedule:

WHERE: Ritters Family Martial Arts, 1062 Reading Rd, Mason, Ohio 45040.

WHEN: [Saturday May, 5 2012](#) 6:00 pm Study of Kumite and Kata rules

RULES:

Rules and Test may be downloaded at <http://www.usankf.org/>.

It is the coach and competitor's responsibility to know and understand the rules of competition.

Fee Schedule:

\$15.00 Rules Class