

# AJF FREESTYLE CONTEST

Wasenshi Kan Martial and Healing Arts

Roseville, CA

Saturday, Sept 27, 2014

**Time:** Juniors Check in 10:00 am Competition 11:00 am  
Seniors Check in 12:30 pm Competition 1:30 pm

**Fees:** At the door: \$20 per person  
Take \$5 off if you bring two cans of food for the Placer County Food Bank!  
Limit of one \$5 discount per person. No entry fee for Dan ranks.

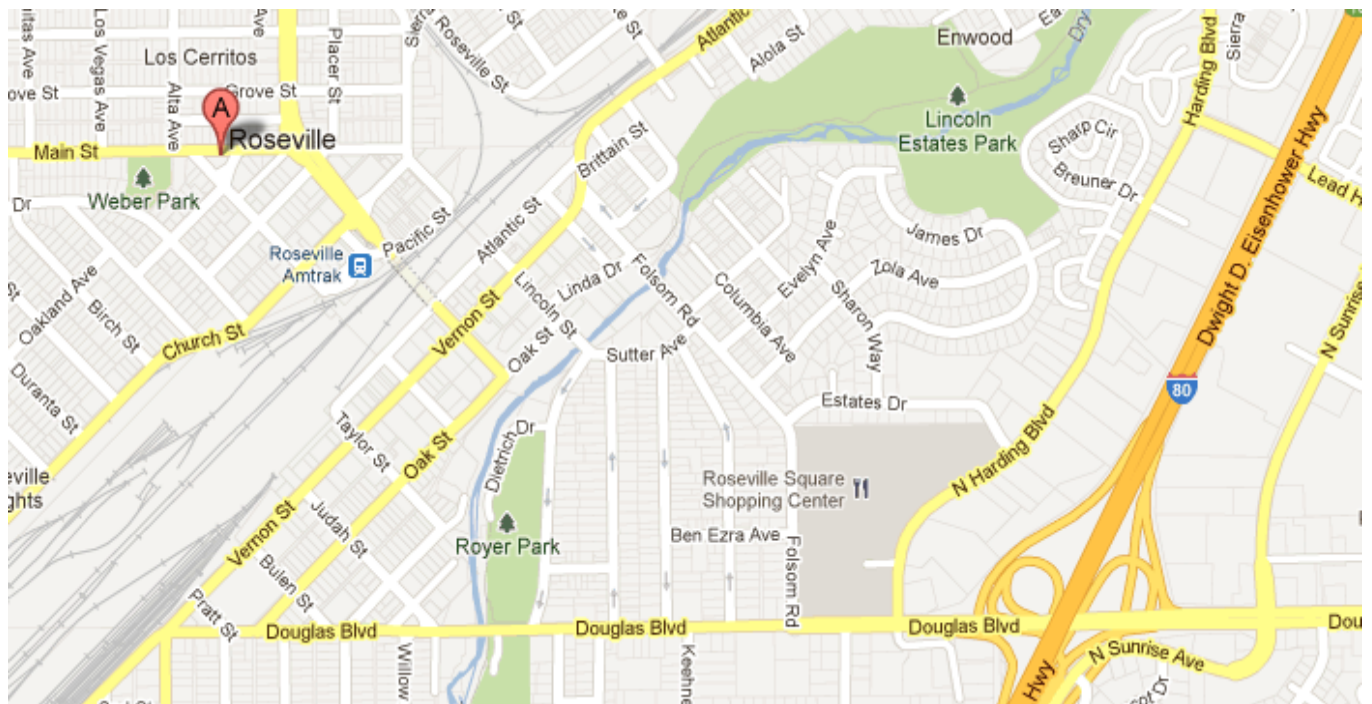
## AJF Registration Required

This is an AJF sanctioned event, and current AJF registration is required for all participants. One-time event registration will be available for \$5.00.

**Judging Forms** - Bring 4 copies with you on the day of the contest

## Location:

Wasenshi Kan  
Polish American Club of Sacramento  
327 Main St  
Roseville, CA 95678



## DIVISIONS

Junior (Beginner, Intermediate, and Advanced)	Senior	Black Belt
Pee-Wees - Up to Age 6	White	Shodan
Children - Ages 7-12	Blue	Nidan
Teens - Ages 13-15	Green	Sandan/up
	Brown	

Junior divisions may be further divided into Beginner, Intermediate, and Advanced if there are enough entrants. The Brown Belt division may also be divided into Sankyu/Nikyu and Ikkyu if there are enough contestants. Black Belt divisions may be combined, depending on the number of entrants. **Please specify Beginner, Intermediate, or Advanced on the junior contestant's judging form.**

## CONTEST FORMAT

Allowable attacks and defenses are explained in detail on the AJJF website:  
<http://www.ajjf.org/AJJF/handbook/forms/contestRules.pdf#freestyle>.

Additional rules for this contest are as follows:

In the Senior White Belt Division, contestants shall not defend with any over the top throws, and shall not attack with kicks. Takedowns and sweeps will be permitted. Over the top throws are defined as when both of uke's feet leave the mat. They may defend with simulated punches, basic hand arts, takedowns and simple hold downs.

It is expected that attackers will signal when they wish to grab the defender for an attack. It is not required for the attacker to signal before attacking with punches or kicks. Punches and kicks must, however, be delivered with the control and speed appropriate to the division.

## Directions - Polish American Club, 327 Main St, Roseville, CA

Interstate 80 to Roseville

West on Douglas Blvd

Right on Folsom Blvd

Left on Sutter Ave

Left on Oak St

Right on Washington Blvd

Left on Main St. We are located in The Polish American Club, at the corner of Berkeley Ave and Main St. Please enter the dojo through the Berkeley Ave entrance.

## More Information:

Nerissa Freeman

916-420-5337

[sensei@wasenshikan.org](mailto:sensei@wasenshikan.org)

# PLACER FOOD BANK

Nourishing Communities. Ending Hunger.

A Member of **FEEDING™  
AMERICA**

## Food Drive To Benefit Placer Food Bank

Placer Food Bank is the leading hunger-relief organization in Placer, El Dorado and Nevada counties. As the primary food collection and distribution center for hunger-relief efforts in our area, the Food Bank partners with more than 70 local charities to feed an average of 53,000 in our community people each month.

### Together We Can Solve Hunger™

You can help us collect items to fill the Placer Food Bank's shelves:

#### Wasenshi Kan Food Drive

- September 27, 2014
- Wasenshi Kan
- 327 Main St, Roseville, CA 95660
- 9:00 am - 4:00 pm

### Together We Can Fill the Barrel

Your non-perishable food donation will help Placer Food Bank feed children, families and seniors right here in our community.

#### Most needed food items:

- Dried pastas**
  - macaroni
  - spaghetti
  - egg noodles
- Cereal**
- Peanut Butter**  
*(plastic containers only please)*
- Canned Food Items**
  - tuna
  - fruit
  - vegetables
- Dry Goods**
  - rice
  - dried beans

