

**To all Students and Parents**  
***DON'T FORGET THE FINAL EVENT OF THE YEAR***  
**2006 CHOJINKAI CUP – ANNUAL CLUBS CHAMPIONSHIPS**  
***SUNDAY 19<sup>th</sup> November 2006 – Carlisle Sands Centre***

This is the main Chojinkai event of the year – **40 Categories to be Won**  
- members from all our clubs compete for the title  
**“Chojinkai National Champion”**

*Why Enter? - One of the main benefits of entering competitions is that you are literally pitting your skills and your wits against opponents every time you go out on the mat to compete. As such, no two bouts or opponents are the same. These differences add to the challenge and rising to that challenge, conquering your fears, can help you in many aspects of life.*

*What are the Benefits? - Winning inevitably makes you feel proud of your achievement and boosts your confidence - You cannot however win all the time, so at Chojinkai events, students are also taught to come to terms with losing and how they can measure that loss, in order to improve future performance and learn from the experience.*

*Self Improvement - By competing you are taking part in activity that has the added benefits of sharpening your reactions, improving confidence and toning your mental strength.*

*It is Fun - It's not all about challenge, its good fun too and many of the benefits quite often come from simply taking part, learning to be a good sport and having a good time. If you don't want to compete, its always good fun to sit back and watch, supporting the friends you have made by being part of the renowned “Chojinkai Karate Clubs”.*

Events from 9.30am – Special Chojinkai medals have been made, GOLD, SILVER & BRONZE and these will be presented for 1st, 2nd and joint 3rd places around 4.30pm

**Details available soon from your instructor, also to organise transport**  
**Entries prior to the day via your instructor – no entries on the day.**

ENTRY FEES TO BE PAID TO YOUR INSTRUCTOR WHEN ENTERING  
**Competition Entry Fees – ALL EVENTS: Senior (16 plus) £10 – Junior £8**  
(Same Family Reductions – as for grading i.e. 1/3off for 2, 3 or more 1/2price)

SPECTATOR FEES TO BE PAID ON THE DOOR - ON THE DAY  
**Spectator Tickets available on the door: Adults £5 Child £3 Family (4) £12**

**REPLY SLIP – Please cut and return to your Class Instructor**

..... **Cut Here**.....

**Name**.....

**I would like to attend the Championships - Yes / No**

**YOUR INSTRUCTOR WILL ADVISE YOU OF THE CATEGORIES YOU CAN ENTER**