



Capicio Zen Karate and Kickboxing Inc. presents
A CANADIAN ZEN KARATE ASSOCIATION SANCTIONED EVENT

CALGARY OPEN MARTIAL ARTS CHAMPIONSHIPS



Dear friends, it is with great pride and honour to welcome you to the 6th annual Calgary Open Martial Arts Championships (COMAC) from April 11 – 12, 2025.

This two-day event will feature Friday night competition with Kickboxing and Continuous sparring followed with a full day of Kata, Point Sparring, and Team events on Saturday.

We will once again be using the online Smoothcomp program to help run our tournament as a premier event software. You must register using Smoothcomp to compete in the tournament. Once registered you will have the benefit of seeing a real time schedule, division brackets, scores, and team standings. No more long waits for your divisions, as the timing of your event will be posted in advance.

NEW this year is the Smoothcomp App which is available for Apple and Android devices that can be downloaded for free. After downloading search for Calgary Martial Arts Championships 2025.

Important - this tournament will only be Pre-Registration. There will be NO tournament day registration and will be closed in advance at midnight April 7th.

Our goal is to make COMAC a special event every year that gives martial artists an opportunity to showcase their skills, grow their confidence, and to build a strong community among the various schools.

We welcome all hard and soft styles that practice traditional forms, open forms, weapons forms, creative forms, point-fighting, kickboxing, and light contact continuous.

Our organizers and qualified officials will ensure a safe environment for all. To help ensure instructors and competitors are familiar with the open tournament format please review the packaged information.

In advance, I would like to thank all volunteers and judges whom I know will make this year a great experience for everyone! I'm personally grateful for all the master level instructors for their guidance and support.

I look forward to seeing you on April 11 - 12th!

Sincerely,

Alex Capicio
Head Instructor of Capicio Zen Karate and Kickboxing
e capiciozenkarate@gmail.com c 403-465-1301

COMAC Information Sheet

Date: April 11 – 12, 2025

Location: Bears paw Christian School, Multipurpose Facility (left of the main building)
15001 - 69 Street NW, Calgary AB

Venue rules - No parking permitted in the Fire Lane. Please use the parking lot ONLY. No food or drink (other than water) is permitted in the gymnasium. Competitors and spectators may eat and drink in the lobby or the upper viewing area.

References: <https://smoothcomp.com/en/event/22293> and <https://www.facebook.com/comactournament>

Pre-Registration Only, no registration on tournament day. Registration closes April 7.

Use Smoothcomp link to register - <https://smoothcomp.com/en/event/22293>

Payment options: Debit/Credit or Etransfer

Early Bird Registration – (February 10 – March 23)

\$75 for 1-2 events. \$10 for each additional event. Team Kata & Team Sparring - \$75/team

Normal Registration – (March 24 – April 7)

\$85 for 1-2 events. \$15 for each additional event. Team Kata & Team Sparring - \$75/team

Spectators – 10 and under free, \$5.00/person, \$20/family (max 5 ppl)

Smoothcomp will schedule the divisions dynamically throughout the day based on ring availability and the completion of divisions. Check your division times regularly.

Friday Evening

- 5:30 pm - Pre-Registration pickup. Pickup wristbands.
- 6:00 pm - Continuous Sparring / Kickboxing

Saturday

- 8:00 am – 9:00 Pre-Registration pickup. Pickup wristbands.
- 9:00 am – 9:30 Black Belt Meeting

Competition Begins – Order of Events

- Weapons and Musical Forms and Team Kata
- All Youth and Junior forms/sparring
- Adult forms/sparring
- Black Belt Forms and Point Fighting and Team Point Fighting
- Grand Championships – All Belts



COMAC Divisions

COLORED BELT FORMS AND SPARRING



Age Group	Rank
5 and UNDER	All Belts
6 - 7 YEARS	White to Yellow
	Orange to Green
	Blue to Black
8 - 9 YEARS	White to Yellow
	Orange - Green
	Blue to Black
10 - 11 YEARS	White to Yellow
	Orange to Green
	Blue to Black
12 - 13 YEARS	White to Yellow
	Orange - Green
	Blue to Brown
14 - 17 YEARS	White to Yellow
	Orange - Green
	Blue to Brown
18 and OVER	Mens - White to Yellow
	Mens - Orange to Green
	Mens - Blue to Brown
	Womens - White to Yellow
	Womens - Orange to Green
	Womens - Blue to Brown
35 and OVER	Executive Mens - White to Green
	Executive Mens - Blue to Brown
	Executive Womens - White to Green
	Executive Womens - Blue to Brown

Important Notes:

- Divisions will be split at the discretion of the officials' for larger groups.
- Where possible divisions will be split by Gender, then by Height/Weight.
- Competitors will be ordered randomly and will attempt to separate participants from the same schools.
- Divisions may also be combined at the discretion of judges and coaches if there are not enough competitors.



COMAC Divisions

BLACK BELT EMPTY HAND FORMS AND SPARRING

BLACK BELT FORMS	
12 - 14 YEARS	Forms – Hard/Soft style
15 - 17 YEARS	Forms – Hard/Soft style
18 and OVER	Mens Black Belt - Forms - Hard Style
18 and OVER	Mens Black Belt - Forms - Soft Style
18 and OVER	Womens Black Belt - Forms - Hard Style
18 and OVER	Womens Black Belt - Forms - Soft Style
35 and OVER	Executive Black Belts - Forms Hard/Soft Style
45 and OVER	Master Exec Black Belts-Forms Hard/Soft Style

BLACK BELT POINT SPARRING	
12 - 14 YEARS	Point Sparring
15 - 17 YEARS	Point Sparring
18 and OVER	Womens Black Belt - Point Sparring
18 and OVER	Mens Light/Middle/Heavy weight Black Belt
35 and OVER	Executive Black Belts - Point Sparring
45 and OVER	Master Exec Black Belts – Point Sparring

Important Notes:

- Junior Black divisions will be split by Gender for both Forms and Sparring, and then by Height/Weight if required.
- 35+ and 45+ may be split by Gender if required.
- Competitors will be ordered randomly and will attempt to separate participants from the same schools.
- Divisions may also be combined at the discretion of judges and coaches if there are not enough competitors.



COMAC Divisions

WEAPONS / TEAM FORMS/ MUSICAL FORMS

WEAPONS	
8 YEARS & UNDER	All Belts
9 – 11 YEARS	All Belts
12 – 14 YEARS	White to Green
	Blue to Brown
	Black Belts
15 - 17 YEARS	White to Green
	Blue to Brown
	Black Belts
18 and OVER	White to Green
	Blue to Brown
	Black Belts

TEAM FORMS	
All Ages	Team Forms - White to Orange
	Team Forms - Green to Blue
	Team Forms - Black Belts

MUSICAL FORMS	
All Ages	Musical Forms – Colored Belts
All Ages	Musical Forms – Black Belts

Important Notes:

- Team forms – The highest belt rank on your team determines your division.
- Musical forms – Open hand and weapons are permitted. Please ensure music is clean with no profanity. A Bluetooth speaker will be provided.



COMAC Divisions

TEAM POINT SPARRING / KICKBOXING / CONTINUOUS SPARRING

TEAM POINT SPARRING			
-10 YEARS	All Belts – Team Sparring	15 – 17 YEARS	All Belts – Team Sparring
11 – 12 YEARS	All Belts – Team Sparring	18+ YEARS	Black Belt – Team Sparring
13 – 14 YEARS	All Belts – Team Sparring		

SEMI-CONTACT KICKBOXING 18+	
EXPERIENCE	DIVISION
UNDER 1 YEAR	Mens Novice
UNDER 1 YEAR	Womens Novice
1 – 2 YEARS	Mens Intermediate
1 – 2 YEARS	Womens Intermediate
2 YEARS+	Mens Advanced
2 YEARS+	Womens Advanced

SEMI-CONTACT KICKBOXING JUNIORS	
AGE	DIVISION
6 – 7 YEARS	Junior Kickboxing - 6 to 7
8 – 9 YEARS	Junior Kickboxing - 8 to 9
10 - 11 YEARS	Junior Kickboxing - 10 to 11
12 - 13 YEARS	Junior Kickboxing - 12 to 13
14 - 17 YEARS	Junior Kickboxing - 14 to 17

CONTINUOUS SPARRING JUNIORS	
6 – 7 YEARS	Junior Continuous - 6 to 7
8 – 9 YEARS	Junior Continuous - 8 to 9
10 - 11 YEARS	Junior Continuous - 10 to 11
12 - 13 YEARS	Junior Continuous - 12 to 13
14 - 17 YEARS	Junior Continuous - 14 to 17

Important Notes:

TEAM POINT SPARRING

- Matchups between fighters will be decided at the time they lineup.

KICKBOXING and CONTINUOUS

- This is strictly for amateur fighters. Anyone who has fought in a PRO fight cannot participate in these divisions.
- For 18+ Divisions – will be divided by Experience and Weight, based on the information provided during registration.
- If possible, Junior divisions will be split based on gender and weight.
- Smaller divisions will be combined at the discretion of coaches & judges.



COMAC GRAND CHAMPIONSHIPS



Grand Championships

Any children 17 & Under who place first in any open hand, weapons, or creative forms are automatically qualified to compete for one of the following Grand Champion events:

Jr. Black Belt 17 & Under Forms Grand Champion

Colored Belt 13-17 Forms Grand Champion

Colored Belt 12 and Under Forms Grand Champion

Colored Belt 8 and Under Forms Grand Champion

All Adult black belts who place first in any open hand, weapons, or creative forms, and point-fighting kumite divisions are automatically qualified to compete for the **Black Belt Adult Forms and Sparring Grand Champion** events.

Grand Championship events will start after the last event of the day.



COMAC Rules



Important – Competitors must compete at their designated belt rank and age divisions.

Competing UP in higher rank divisions is **not** permitted but is allowed if you are the only person in your division.

Forms Rules

Judging

- All judges must be in uniform or wearing attire that represents their respective clubs. No plain clothes.
- Minimum 3 judges and max of 5.
- Only 1 competitor at a time will demonstrate their form.
- Score will be judged using the 'Tick' system. [See reference training guide for officials.](#)
- Scores will be given after all competitors have performed.
- In the case of a tie competitors will do a **different** kata and winner chosen using left/right signal.
- Prefer to have the judging panel made up of different schools if possible.
- There must be a minimum of 1 soft style judge for soft style divisions.

All Forms

- There is no time limit.
- Competitors are not penalized for stepping outside the ring, but they must ensure they inform the judges so other rings are aware and spectators/competitors can be moved.
- Competitor introductions are optional.
- Colored Belts can re-start their forms but will be penalized a full point. Black belts (Junior/Adult) cannot re-start their forms.
- Instructors/Coaches cannot guide the competitor through the presentation or form. This must be done individually.

Types of Forms

- **Hard Style** forms must present martial art movements of traditional hand, kicking, and stance techniques. Emphasize execution of technique, application of technique, balance, speed, power, solid stances, and focus. Criteria for **Soft Style** is similar but will emphasize more of a continuous flow of techniques that may combine multiple movements and combinations.
- **Weapons** forms must demonstrate control, good execution, balance and application of the chosen weapon. If the weapon is dropped or has made contact with anyone, the competitor is automatically disqualified. Any weapons that are bladed or require assembly, must be first inspected by the judges.
- **Team Forms** - Consists of two or more members. Teams may choose hard or soft style. Judges are looking for synchronization, execution of techniques, overall team power, balance, speed, and focus. Teams are allowed to assemble in various angles and have staggered starts in an attempt to show creativity and showmanship.
- **Musical Forms** – Competitors must supply their own music and playing device. Music with words are permitted but should not be derogatory or full of swear words. Judges are looking at the degree of difficulty, showmanship, balance, power, and focus. Synchronization to music is preferred, but not required. Gymnastics/Acrobatic techniques are allowed but must still demonstrate solid martial arts. An audio device will be provided.
- **Self Defense Demo**
 - Minimum of 2 people
 - Points are determined on execution, level of difficulty, and creativity of the scenario.
 - No extra points are given for acrobatics or extreme type techniques.

Point-Sparring Rules

Judging

- All judges must be in uniform or wearing attire that represents their respective clubs. No plain clothes.
- Minimum 3 judges and max of 5.
- All judges must call points at the same time on the direction of the center judge.
- If judges require additional guidance on a ruling or have issues with competitors/coaches, an arbitrator must be consulted.
- Time is continuous, but can be stopped in the case of injury, judges meeting, and end of match.

Light Contact Point Sparring: All divisions

- Single elimination matches of 2 minutes.
- Approved scoring targets: All points are scored as 1 point.
 - Head – front, top, side. No contact allowed to the back of head.
 - Body – front, side, NO direct spine or across the back techniques.
 - Nothing below the belt, other than a foot sweep followed by a striking technique.
- **Excessive Contact 3-Warnings:** 1st – verbal, 2nd - point removed, 3rd - disqualification. (See definition of Light Contact below)
- All matches will be **2 minutes** in duration or **ten-point spread**.
- **Tie breaker rule** – If at the end of regulation, the match is tied, the winner must win by 2 points.
- There are no time-outs during the match.
- All points must be scored within the ring boundary, with at least one foot in the ring.
- Judges are looking for **clean and controlled** techniques of which all punch and kicking movements score in the approved targets.
- All techniques must be retracted. No spinning back fists, hooks, or uppercut techniques.
- If a person falls due to a sweep or a slip you have **three seconds** to score on the ground with a **punch only**. Person on ground cannot score.
- **Purposely evading 3-Warnings:** 1st – verbal, 2nd - verbal, 3rd or more – point removed.
- Foot sweeps must be boot-to-boot and must be followed up. No sweeping of the base or standing foot of a kick.

Team Sparring

- Must be a 3-person team
- Each person on the team will spar for 1.5 minutes.
- Winning team is determined by the total accumulated points.
- In the event of a tie, the rotation will start with the first fighter and next until a winning team is determined.

Light Contact Definition

- Contact to the body can be of light to medium force, but any malicious attempt to injure will not be tolerated and 3-warning system will apply.
- Head contact must be light to either the front, side or top of the helmet only.
 - Direct face contact is allowed with control but is not required to score. Being with 2 inches will score a point.
 - Knocking of the head backward or sideways is considered excessive, and 3-warning system will apply.
- If a fighter draws blood in result of an immediate strike and not from a previous match, the offending competitor is disqualified.
- All techniques must be retracted.

Required Point Sparring Equipment

Mandatory – Head gear, Hand gear, Foot gear with a fully padded heel (see below), and Mouth guard

Optional - Groin cup, Chest protector, Shin guards



KICKBOXING RULES

- Single elimination matches of 2 minutes.
- Light controlled contact to the head and controlled contact to the body
- Excessive contact -warning or immediate disqualification
- **3-Warning system** - 1st – verbal warning, 2nd - point removed, 3rd - disqualification.
- Leg kicks inside and outside of leg above the knee only.
- No knee or elbow attacks. No contact to the back of the head.
- Winner decided on majority decision between 3 judges. Looking for control of the ring, good defense, and clean techniques with combinations.

Required Kickboxing Equipment

- Adults Min. 12oz boxing gloves, Head gear, Shin & instep protectors, Groin cup, & mouth guard.
- Juniors Min. 10oz boxing gloves, Head gear, Shin & instep protectors, Groin cup, & mouth guard.

CONTINUOUS SPARRING RULES

- Single elimination matches of 2 minutes.
- Light controlled contact to the head and controlled contact to the body
- Excessive contact -warning or immediate disqualification
- **3-Warning system** - 1st – verbal warning, 2nd - point removed, 3rd - disqualification.
- All attacks must be above the belt - No Leg kicks, knee, or elbow attacks.
- No contact to the back of the head.
- Winner decided on majority decision between 3 judges. Looking for control of the ring, good defense, and clean techniques with combinations.

Required Continuous Equipment

- Juniors Min. 10oz boxing gloves, Head gear, Shin guards, Foot gear with a fully padded heel, Groin cup, & mouth guard.

Elimination format for Sparring and Kickboxing/Continuous Divisions

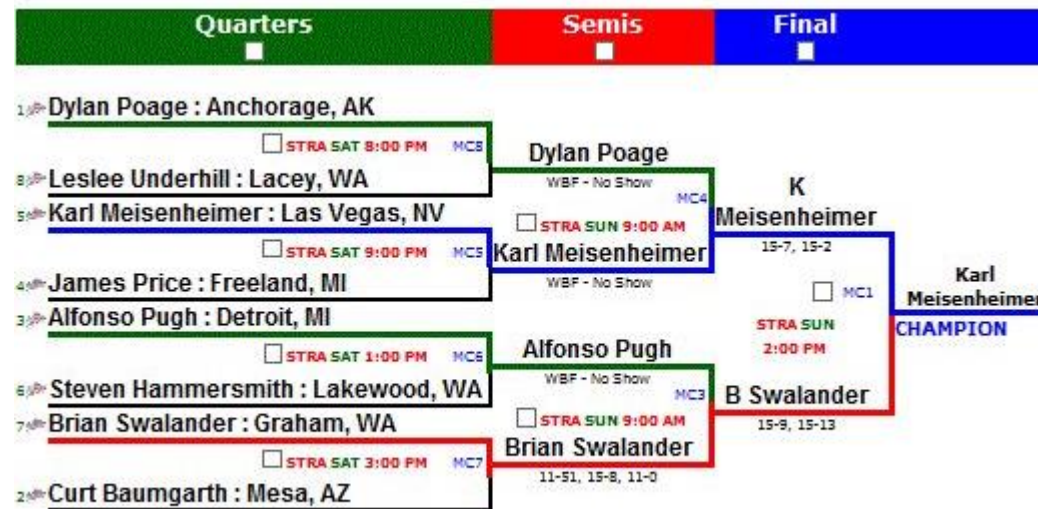
Single Elimination Brackets

Single elimination brackets are draw formats where the winner of each match advances to the next round, and the loser is eliminated from winning the championship or first place in the division.

Final bracket winners will compete for 1st/2nd place. The losers of the Semi's will compete for third place

Example

Brackets may contain Byes, depending on the number of competitors.





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CAPICIO ZEN KARATE AND KICKBOXING PRESENTS

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April 11 & 12, 2025

[SMOOTHCOMP ONLINE REGISTRATION](#)

