

**1<sup>st</sup> Annual PMAI Fall Classic**  
**Saturday November 14<sup>th</sup>, 2009**

**Location: Rochester Technology Park**  
**789 Elmgrove Rd**  
**Rochester, NY 14624**

**Hotel: Quality Inn**  
**1273 Chili Ave.**  
**Rochester, NY 14624**  
**(585) 464-8800**

**Promoter: John Gunn (585)-313-7743**

**Sanctions: IFMA 'AAAAA' Rated**

**Schedule: Saturday 7:30 AM Registration**

**9:00 AM Judges Meeting**

**9:30 AM Tournament "WE WILL START ON TIME"**

- ❖ **Single Stick Point Fighting**
- ❖ **Self-Defense- Kyu Belts**
- ❖ **Weapons-All Belts**
- ❖ **Kyu Belt Forms-Traditional, Followed by Open Forms**
- ❖ **Kyu Belt Sparring----Kyu Belt Grands**
- ❖ **Black Belt Divisions**

**Rules: IFMA Only-Tournament Rules will be covered in Black Belt meeting**

- ❖ **You must compete for the entire season at the age you were on Jan 1, 2009**
- ❖ **Traditional Forms- Must be performed in proper uniform wearing top and pants.**
- ❖ **Competitors must follow uniform codes of the style that the competitor is representing**

**Safety Equipment:**

- ❖ **All Equipment must be foam dipped or vinyl safety equipment for hands, feet, and head.**
  - ❖ **Ringstar sparring shoes are allowed in all divisions.**
  - ❖ **Mouthpiece must be worn. Groin cup for Males is Mandatory!!!!**
  - ❖ **Equipment must be in good condition at the discretion of the Rules Arbitrator.**
  - ❖ **If any of the above equipment is missing, you will be given 2 minutes to obtain it before you will be disqualified!!**
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**Tournament Directions**

From West: Exit NYS thruway (I90) Exit 47 (Leroy) Take 490 east to Exit 7 (rte 33 west-Buffalo Rd) to Elmgrove Rd. (RT 386). Turn Right on to Elmgrove Rd to Rochester Technology Park On the Left. 789 Elmgrove Rd. Follow Karate signs.

From East: Exit NYS Thruway (I90) onto Exit 45 (490 west). Take 490 west to Spencerport (531). Exit @ Elmgrove Rd. Turn Left onto Elmgrove Rd. Rochester Technology Park is on your right. Follow Karate signs.

From South: Take 390 North to 490 West (Buffalo Rd exit). Take 490 West to Spencerport (531). Exit @ Elmgrove R. (Rt. 386) Left on Elmgrove rd. Rochester Technology Place is on the Right. Follow Karate signs.