



Joe Dupaquier, Ray Effler, and Scott Shook Present:
a 2024 United States Karate Alliance Maximum Sanction Event



Heart of a Hero CHAMPIONSHIPS

FORMS

POINT-SPARRING

KOBUDO

FOAM SWORD-FIGHTING

KATA

KUMITE

WEAPONS

CHANBARA

Saturday, March 2nd

Doyle Elementary School Gym | 29285 S Range Rd, Livingston, LA

From Interstate 12:

- Take the Livingston/Frost exit (#22) and go north on S Frost Rd (Hwy. 63)
- Travel for 1.3 miles and then turn left onto Texas Street.
- Travel for .3 miles and turn left onto S Range Road.
- Travel for .3 miles and Doyle Elementary School will be on your right.

**BEAUTIFUL AWARDS for
FIRST, SECOND, THIRD, and FOURTH
PLACE!**

Pre-Registration available **ONLINE** at
heart-of-a-hero.eventbrite.com

Heart of a Hero – Saturday, March 2nd 2024

A traditional Martial Arts Tournament open to all styles.

8:00 am	Doors Open – Registration Opens
9:00 am	All Weapons Divisions + Black Belt Forms
10:30 am	9 & Under Karate Divisions, 10 & up Chanbara
11:15 am	10–11 Karate Divisions
12:30 pm	Junior/Teen Karate Divisions, 9 & Under Chanbara
1:45 pm	Adult Karate Divisions

ALL TIMES ARE APPROXIMATE

SPARRING RULES:

- USKA Rules
- 5-point matches
- Mandatory Protective Equipment: FOAM Head, Hand, and Foot Gear. Mouthpiece. Groin Cup for Males.

ENTRY FEE

Forms and/or Sparring	\$55
Weapons	\$5
Chanbara	\$5 extra or \$25*

*If Chanbara is your only event, then the entry fee is \$25.

Pre-Register ONLINE at heart-of-a-hero.eventbrite.com

SPECTATORS

12 years and up: \$4 | 6 - 11 years: \$1 | 5 and Under: FREE

FOR MORE INFORMATION

Ray Effler: 225-435-3022 | ray@livingstonkarate.com

Men's Sparring Divisions

Black Belt (by age/weight if 8 competitors)
Intermediate Belt (blue through brown)
White/Yellow/Orange (split if 8)
Young Adult Advanced (16-17 yrs)
Young Adult Beginning
Teen Advanced (14-15 yrs)
Teen Beginning
Junior Advanced (12-13 yrs)
Junior Intermediate
Junior Beginning
Youth Advanced (10-11 yrs)
Youth Intermediate
Youth Beginning
Dragon Advanced (8-9 yrs)
Dragon Intermediate
Dragon Beginning

Men's Form Divisions

Black Belt (split if 8 competitors)
Intermediate Belt (blue through brown)
White/Yellow/Orange (split if 8 competitors)

Women's Sparring Divisions

Black Belt (split if 8 competitors)
Intermediate Belt (blue through brown)
White/Yellow/Orange (split if 8)
Young Adult Advanced (16-17 yrs)
Young Adult Beginning
Teen Advanced (14-15 yrs)
Teen Beginning
Junior Advanced (12-13 yrs)
Junior Beginning
Youth Advanced (10-11 yrs)
Youth Beginning
Dragon Advanced (8-9 yrs)
Dragon Beginning

Women's Form Divisions

Black Belt (split if 8 competitors)
Intermediate Belt (blue through brown)
White/Yellow/Orange (split if 8)

Weapons Divisions

Black Belt Men's Weapons (split if 8 competitors)
Black Belt Women's Weapons (split if 8 comp.)
Kyu Weapons (18 yrs+, brown belt and below)
Teen Weapons (14-17 yrs)
Youth Weapons (10-11 yrs)
Youth Weapons (12-13 yrs)
Tots Weapons (9 yrs and under)

Mixed M/F Sparring Divisions

Tiny Tigers Advanced (7 yrs & under)
Tiny Tigers Beginning
Little Samurai (5 yrs & under)
Mixed M/F Forms Divisions
Young Adult Advanced (16-17 yrs)
Young Adult Beginning
Teen Advanced (14-15 yrs)
Teen Beginning
Junior Advanced (12-13 yrs)
Junior Intermediate
Junior Beginning
Youth Advanced (10-11 yrs)
Youth Intermediate
Youth Beginning
Dragon Advanced (8-9 yrs)
Dragon Intermediate
Dragon Beginning
Tiny Tigers Advanced (7 yrs & under)
Tiny Tigers Beginning
Little Samurai (5 yrs & under)

Did you know that all USKA Members receive a \$5 discount on ALL USKA tournaments? Go to uskaratealliance.com and sign up today to save on this tournament!

Register Online at

heart-of-a-hero.eventbrite.com

2023-24 Upcoming Southern Region Tournament Schedule

<u>Tournament</u>	<u>Date</u>	<u>Promoter</u>	<u>Location</u>	<u>Sanction</u>
South Central Regional Championships	February 3, 2024	Mr. Buster Cotten	Ruston, LA	USKA Triple Max
Heart of a Hero	March 2, 2024	Mr. Joe Dupaquier	Livingston, LA	USKA Max
USKA National Championships	April 5-7, 2024	Cathy Davis/Buster Cotten	Houston, TX	USKA Quadruple Max
Duel on D'Arbonne	May 4, 2024	Mr. Rodney McPherson	D'Arbonne, LA	USKA Max
USKA World Championships	July 25-28, 2024	USKA Headquarters	Phoenix, AZ	USKA Quadruple Max

2023-24 Point Season ENDS: May 5th, 2024 | 2024-25 Point Season BEGINS: May 6th, 2024



Heart of a Hero

Saturday, March 2nd, 2024 - Livingston, LA – Doyle Elementary School Gym

Events (circle each): **Sparring** **Forms** **Weapons** **Chanbara**

Competitor 1: _____ M/F: ___ Age: ___ Date of Birth: _____ Rank: _____

Email:

Is this your first USKA karate tournament? **Y / N**

Competitor 2: _____ M/F: ___ Age: ___ Date of Birth: _____ Rank: _____

Email (if different)

Is this your first USKA karate tournament? **Y / N**

Competitor 3: _____ M/F: ___ Age: ___ Date of Birth: _____ Rank: _____

Email (if different)

Is this your first USKA karate tournament? **Y / N**

Competitor 4: _____ M/F: ___ Age: ___ Date of Birth: _____ Rank: _____

Email (if different)

Is this your first USKA karate tournament? **Y / N**

Competitor 5: _____ M/F: ___ Age: ___ Date of Birth: _____ Rank: _____

Email (if different)

Is this your first USKA karate tournament? **Y / N**

Family Address: _____ City: _____ State: ___ Zip: _____

Instructor: _____ (Dojo) School: _____ Style: _____

Dojo Email:

Notice: this agreement contains indemnity and release provisions.

In submitting said application, the undersigned hereby gives permission for the contestant to participate in said Heart of a Hero Championships to be held at Doyle Elementary School Gym, Livingston, Louisiana on March 2nd, 2024. Acting for myself, or as the parent or legal guardian for the contestant(s), I do hereby assume all risk of injury to said contestant(s) while participating in and traveling both to and from said Heart of a Hero Championships, and **acting for myself, my heirs, personal representatives and assigns, do hereby release the Joe Dupaquier Jr., Ray Effler, Scott Shook, the tournament directors, United States Karate Alliance and association, Livingston Parish School Board, the officers, agents, employees and representatives of said organizations and any and all competitors and fellow participants, individually and collectively, from any liability** (now and forever). As a parent or legal guardian, I agree to indemnify any such organization for any loss or expense by reason of any claim by child or ward.

Date _____ Signature of Contestant (or Guardian if under 18) _____

Tournament Events:

DOYLE ELEMENTARY SCHOOL GYM on Saturday March 2nd, 2024

Forms and/or Sparring	\$55	_____
Add on Weapons	\$5	_____
Add on Chanbara	\$5	_____
Chanbara as only event	\$25	_____
USKA Membership discount	-\$5	_____ membership # _____
Adult Spectator	# _____ x \$4	_____
Youth Spectator	# _____ x \$1	_____ (5 and under free)

Total Enclosed _____

Make checks payable to "Ray Effler" when mailing application | **CASH ONLY** on day of tournament

Mail checks BEFORE February 23rd to: *Ray Effler, 23534 LA Highway 42, Livingston, LA 70754*