

# CALIFORNIA STATE CHAMPIONSHIPS - JIM EAGAN CUP

## TOURNAMENT & SEMINARS



### Sensei Chad Eagan

(Kata · Chantanyara Kusanku)

- History
- Proper Kihon
- Improving balance, speed and power
- Bunkai
- Review 12 elements of kata
- Movement Theory



### Sensei Dustin Baldi

(Kumite)

- Warm up
- Off Centerline tactics
- Evasive to Counter strikes
- Counter sweep / Takedowns and cover
- Blitz hand and/or kick combination



### Sensei Chinzo Machida

(Machida Karate)

- Takedown and grappling defense
- Kick defense technique and counters
- Defensive and offensive combination with footwork

## CASH PRIZES

Elite Junior (Kata/Kobudo) : \$250

Elite Adult (Kata/Kumite/Kobudo) : \$500

## FINAL SHOWDOWN

# \$1000

Saturday - August 20th, 2016

- 09:00 - 11:00 am · Chinzo Machida Sensei's Seminar
- 11:30 am - 1:00 pm · Dustin Baldi Sensei's Seminar
- 01:30 - 03:00 pm · Chad Eagan Sensei's Seminar
- 04:00 - 07:00 pm · Elite Competitions (Kata, Kobudo, Kumite)
- 07:00 - 07:30 pm · Select Grand Champions to Final Showdown
- 07:30 - onwards · FINAL SHOWDOWN

Sunday - August 21st, 2016 (9am - 4pm)

ALL COMPETITIONS

### Registration Fees:

Seminar:

\$80 for each seminar, \$180 for all seminars

Tournament:

\$50 - 1st Division, \$25 - 2nd Division, Free - 3rd Division  
\$150 - Team Kata, \$150 - Team Kumite

Spectator:

\$10 per day or \$15 for 2 days

### Registration:

[tournamentinabox.com](http://tournamentinabox.com)

Deadline: Tuesday, August 16th, 2016 at 4:00 PM

Late fee: \$25 after the deadline

### Venue:

Long Beach Convention Center  
300 E Ocean Blvd, Long Beach, CA 90802

### For further details, Contact:

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