

**2009  
N.O.R.M.A.L  
MARTIAL ARTS OLYMPICS**

Name			
Age	Rank	(Male) (Female)	Style
Address			
City	St	Zip	
E mail			
Telephone			

Sign up for:	Pre-Register July. 14th	Day of Event
<input type="checkbox"/> FORM*WEAPON*SPARRING	\$45.00	\$50.00
<input type="checkbox"/> Self Defense	\$0.00	\$5.00
<input type="checkbox"/> Breaking	\$0.00	\$5.00
<input type="checkbox"/> Continuous Contact	\$0.00	\$10.00

**NO REFUNDS**

Subtotal:	
KW Discount	-\$5.00
Total:	

**Method of Payment**

Check

Discover #

Visa #

MasterCard #

American Express #

Exp. date

Print the Name on Card

Street Address

City  State  Zip

Telephone  Email

**Mail Payments payable to:**

**NORMAL INCORPORATED.**  
625 West Franklin Street  
Hagerstown, Maryland 21740

Phone: 301-393-9070  
Fax: 301-393-0900  
E-mail: [info@wnormalhdqt.com](mailto:info@wnormalhdqt.com)

**REGISTER ONLINE**  
VISIT THE  
KARATE WORLD RATINGS  
WEBSITE

[www.karateworldratings.com](http://www.karateworldratings.com)

**TELEPHONE \*FAX  
REGISTRATION**  
301-393-0900



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**Let's  
Have  
A Party!**

[www.kicknscrap.com](http://www.kicknscrap.com)

**National Organization of Registered Mentors And Leaders  
Martial Arts Olympics  
&  
Car Show  
BUILDING A BETTER TOMORROW**



**ONE CHILD\*ONE COMMUNITY\*ONE DAY AT A TIME**

**Saturday, July 18, 2009**

**Shively Motors Showroom**

**608 West King Street, Shippensburg, PA 17201**

Pre-register By July 14th  
\$45.00

for all events  
Form \* Weapon \* Sparring  
Spectators Free

For more information:  
Master Garry Holman  
301-393-0900 or 301-393-9070  
E mail  
[garryholman@wnormalhdqt.org](mailto:garryholman@wnormalhdqt.org)  
[www.karateworldratings.com](http://www.karateworldratings.com)  
[www.wnormalhdqt.org](http://www.wnormalhdqt.org)

**BIG SAVINGS  
PRE-REGISTER  
9 COMPETITORS  
GET 10th ONE FREE.**

**2009  
N.O.R.M.A.L.  
Martial Arts Olympics  
Saturday, July 18th, 2009**

**Saturday, July 18th Schedule**

**8:00 am Registration -Weigh in & Registration**

**9:00 am Black belt Meeting**

**Continuous Contact,**

**9:30 Breaking( Boards Only) & Self Defense,**

**10:00 am Black belt Weapons (Jr. & Adult)**

**11:00 am All Ring assignments begin**

**(Weapon, Form, Fighting)**

**Grand Championships will be held after all youth divisions are completed.**

**ALL COMPETITORS MUST COMPETE IN THEIR RESPECTIVE DIVISIONS OR RISK BEING DISQUALIFIED.**

**DIRECTIONS**

**From Baltimore, MD:**

Merge onto I-70 W via EXIT 16 toward FREDERICK.

Merge onto I-81 N via EXIT 26 toward Hagerstown

Harrisburg (Crossing into PENNSYLVANIA).

Take the PA-696 exit, EXIT 24, toward FAYETTE ST.

Take the PA-696 N ramp toward Shippensburg. Turn LEFT onto OLDE SCOTLAND RD/PA-696.

Turn LEFT onto S FAYETTE ST/PA-696. Turn LEFT onto W KING ST/US-11/PA-533. Continue to follow W KING ST/US-11. End at 608 W King St Shippensburg, PA 17257

**From Washington DC:**

Merge onto I-70 W via EXIT 16 toward FREDERICK.

Merge onto I-81 N via EXIT 26 toward Hagerstown

Harrisburg (Crossing into PENNSYLVANIA).

Take the PA-696 exit, EXIT 24, toward FAYETTE ST.

Take the PA-696 N ramp toward Shippensburg. Turn LEFT onto OLDE SCOTLAND RD/PA-696.

Turn LEFT onto S FAYETTE ST/PA-696. Turn LEFT onto W KING ST/US-11/PA-533. Continue to follow W KING ST/US-11. End at 608 W King St Shippensburg, PA 17257

**From PA & points north:**

Take the 81 South to EXIT 24, toward FAYETTE ST.

Take the PA-696 N ramp toward Shippensburg.

Turn right onto OLDE SCOTLAND RD/PA-696.

Turn right onto S FAYETTE ST/PA-696. Turn LEFT onto

W KING ST/US-11/PA-533. Continue to follow W KING ST/US-11. End at 608 W King St Shippensburg, PA 17257

**From WV & VA & points south:**

Take the 81 North to EXIT 24, toward FAYETTE ST.

Take the PA-696 N ramp toward Shippensburg.

Turn right onto OLDE SCOTLAND RD/PA-696.

Turn right onto S FAYETTE ST/PA-696. Turn LEFT onto

W KING ST/US-11/PA-533. Continue to follow W KING ST/US-11. End at 608 W King St Shippensburg, PA 17257

**CHILDREN DIVISIONS**

6 under	Beginner	Intermediate	Advance	Black Belt
7-8	Beginner	Intermediate	Advance	Black Belt
9-10	Beginner	Intermediate	Advance	Black Belt
11-12	Beginner	Intermediate	Advance	Black Belt

ALL DIVISIONS MUST HAVE 3 OR MORE COMPETITORS

**TEEN DIVISIONS**

13-14	Beginner	Intermediate	Advance	Black Belt
15-17	Beginner	Intermediate	Advance	Black Belt

ALL DIVISIONS MUST HAVE 3 OR MORE COMPETITORS

**ADULT DIVISIONS**

18-29	Beginner	Intermediate	Advance	Black Belt
30-39	Beginner	Intermediate	Advance	Black Belt
40-45	Beginner	Intermediate	Advance	Black Belt
46-49	Beginner	Intermediate	Advance	Black Belt
50-55	Beginner	Intermediate	Advance	Black Belt
56-59	Beginner	Intermediate	Advance	Black Belt
60-UP	Beginner	Intermediate	Advance	Black Belt

**36 GRAND CHAMPIONSHIPS**

12-under Under Belts	Forms* Weapons	Beg- Int- Adv
13-17 Under Belts	Forms* Weapons	Beg- Int- Adv
18-up Under Belts	Forms* Weapons	Beg- Int- Adv

6-12 Black Belts	Forms* Weapons
13-17 Black Belts	Forms* Weapons
18-39 Black Belts	Forms* Weapons
40-49 Black Belts	Forms* Weapons
60-up Black Belts	Forms* Weapons

Men & Women are separated for Fighting Grands

18-39 Black Belts	Fighting	Men	Women
40-49 Black Belts	Fighting	Men	Women
50-59 Black Belts	Fighting	Men	Women
60-up Black Belts	Fighting	Men	Women

**SELF DEFENSE**

12 under	Beginner	Intermediate	Advance	Black Belt
13-17 yrs	Beginner	Intermediate	Advance	Black Belt
18-up	Beginner	Intermediate	Advance	Black Belt

ALL DIVISIONS MUST HAVE 3 OR MORE COMPETITORS

**BREAKING**

12 under	Beginner	Intermediate	Advance	Black Belt
13-17 yrs	Beginner	Intermediate	Advance	Black Belt
18 -up	Beginner	Intermediate	Advance	Black Belt

ALL DIVISIONS MUST HAVE 3 OR MORE COMPETITORS  
BOARDS ONLY

**CONTINUOUS CONTACT**

CHILDREN 12-under	65	75	85	100
TEEN 13-17	125	145	160	175
ADULT 18-UP	185	200		

THIS IS NOT SEPARATED BY BELT RANK

ALL DIVISIONS MUST HAVE 3 OR MORE COMPETITORS

**\*\*\* NEW \*\*\* FACE SHEILD IS MANDATORY**

17 YEARS AND UNDER MUST WEAR CHEST PROTECTORS.

All competitors must wear Head, Mouth piece, Hand, Foot Gear that cover finger tips and toes and ALL OTHER PROTECTIVE GEAR REQUIRED TO COMPETE IN REGULAR FIGHTING DIVISIONS.

**REGISTER ONLINE**

**AND SAVE**

**BIG MONEY**

**[www.karateworldratings.com](http://www.karateworldratings.com)**