

2023 Grand Nationals

Presented by the



U.S. Association of Martial Artists

USAMA Five Star ***** Event

March 23-26, 2023

***New Location: Marriott Indianapolis East
Indianapolis, Indiana***

*** OPEN TO ALL SCHOOLS AND STYLES ***

Competition – Saturday & Sunday: Forms, Team Forms
Extreme Forms, Weapons, Point Sparring, Team Sparring, Chanbara
Take Down Sparring (TDS), & Koshiki (Armored Sparring)

Introducing USAMA Kickboxing

*** Finals (Special Black Belt Kata Grand Champion Competition!) – Sunday Evening ***

*** National Annual Awards Banquet - Friday ***

*** Martial Arts Seminars/Symposium - Friday***

For more information contact Sue Hawkes

P.O. Box 8643, Albuquerque, NM 87198

(505) 249-0991 * info@usamartialartists.org * www.usamartialartists.org



2023 USAMA Grand Nationals Tournament & Seminar Symposium

Schedule of Events



All Events will take place at the Marriott Hotel Indianapolis East

I am excited to welcome all of you to Indianapolis, Indiana! Home of the Hoosiers, the Indy 500, and the world's largest Children's Museum!

The 2023 USAMA Grand Nationals & Seminar Symposium is gearing up and looking good! I am very pleased to announce the addition of USAMA Kickboxing this year!

I love this time of year when we all get together to learn, practice, and share; such precious times we have!

Here's what's in store this year: On Thursday, we will have all our association's meetings and Hawkes International Society biannual meeting.

Friday, we are blessed to have our special guest instructor, Fumio Demura, do a seminar on the five principles of blocking. Also, Dr. Gustavo Albear, accompanied by Dejan Rajic, Tulay Albear, and Dr. Ruben Carvalho will be doing a seminar on traditional Goju-Ryu katas and another one on Tode-Jutsu! Bruce and Ann-Marie Heilman will be giving instruction on the Sai basics, manipulation, & application. Eli Guzman will be giving a seminar on the USAMA's Take Down Sparring. Special price for all seminars \$179! (Individually priced as well.)

Friday evening is always a delight as the annual banquet brings out the best-dressed martial artists and achievers in the nation. Our top ten USAMA National Points winners are recognized, and our USAMA National Team Members are announced.

Saturday evening, at 7:00 pm, is our USAMA Kickboxing debut! All proceeds from the kickboxing event will go to Charity! This year, it will be Make-a-Wish Foundation. Pre-registered competitors receive one general admission ticket to the event! Space will be limited, so reserve your seat now!

Saturday and Sunday will be our karate competition days with Sunday evening finals competition beginning with our "March in of Champions!"

Thursday, March 23rd

Meetings in Patriot Boardroom

- 2:00 pm - 3:00 pm State Representatives Meeting
- 3:00 pm - 4:00 pm Rules Committee Meeting
- 4:00 pm - 5:00 pm Styleheads Meeting
- 5:00 pm - 6:00 pm Executive Board Meeting
- 8:00 pm Hawkes International Society Meeting

Friday, March 24th

Seminars in Veterans Hall #4

- 9:00 am - 2:00 pm Seminar & Tournament Registration - *Outside Veterans Hall*
- 9:30 am - 3:00 pm **Seminars/Symposium - Veterans Hall #4**
- 9:30 am - 10:15 am **Dr. Gustavo Albear** - Traditional Goju-Ryu Katas
- 10:30 am - 11:15 am **Bruce Heilman** - Sai Basics, Manipulation, & Application
- 11:30 am - 12:15 pm **Fumio Demura** - Five Principle Blocks
- 1:00 pm - 1:45 pm **Dr. Gustavo Albear** - Tode-Jutsu
- 2:00 pm - 2:45 pm **Eli Guzman** - USAMA Take Down Sparring
- 5:30 pm **Social Gathering Prior to Banquet - Outside Veterans Hall**
- 6:00 pm - 9:30 pm **National Awards Banquet - Veterans Hall (Dressy attire)**

Saturday, March 25th

Karate Competition in Liberty Hall/Kickboxing in Veterans Hall

- 8:30 am - 2:00 pm Tournament Registration - *Outside Liberty Hall*
- 8:30 am - 10:00 am Black Belt Meeting - *Harrison Room*
- Judges/Referee Certification & Clinic - *Harrison Room*
- Scorekeeper/Time Keeper Clinic - *Harrison Room*
- 9:30 am Judges & Scorekeepers Ring Assignments - *Harrison Room*
- 9:30 am Medical Team Meeting - *Wilkie Room*
- 10:00 am Forms, Weapons, Extreme Kata, Team Kata, Take Down Sparring, & Koshiki Competition - *Liberty Hall*
- 4:00 pm Kickboxers Check-in & Physicals - *Veterans Hall #4*
- 6:30 pm *Veterans Hall* Open for Seating for Kickboxing Event
- 7:00 pm **Kickboxing Event Begins - Veterans Hall**

Sunday, March 26th

Competition in Liberty Hall/Finals in Veterans Hall

- 8:30 am - 12:00 Noon Tournament Registration - *Outside Liberty Hall*
 - 9:30am Referees/Judges/Scorekeepers Meeting & Ring Assignments - *Liberty Hall*
 - 10:00am - 5:00pm Sparring, Chanbara, Team Sparring Competition - *Liberty Hall*
 - 6:30 pm *Veterans Hall* Open for Seating & **Finalists** Line Up in Hallway right outside it
 - 7:00 pm **Finals Begin - March in of Champions!**
 - Finals Include 10 Grand Champion Rounds of competition:
2 Black Belt Sparring, Black Belt Kata, Black Belt Weapons, Adult Kyu Weapons & Kata, Youth Weapons, and 3 Youth Kata Divisions!
All Adult Black Belt Team Sparring Competition!
 - 9:00 pm - Midnight Social Gathering - USAMA's Live band - *Steve St. Pierre and Mona & After Party Hitchhikers with Dylan, Cindy, & Charlie Vargas - Freedom Hall*
(Cash Bar Available (Cash Only) & Food Bar Tickets Available for Purchase)
- More event details available on our website at www.usamartialartists.org

Special high-level Adult Black Belt Kata Grand Champion competition this year!

Best of the best - Three katas performed!

Topping off this full weekend of martial arts action will be our after party and live band!

Steve St. Pierre with Mona & Hitchhikers featuring Dylan, Cindy, & Charlie Vargas!

Let the fun begin!

Yours in the martial arts, **Sue Hawkes**



USAMA Grand Nationals Information!



Competitor Equipment/Attire:

Mandatory Forms & Weapons Attire: Must wear uniform which is traditional with respect to his/her style.

Mandatory Sparring Equipment & Attire: Martial arts uniform, Dipped Foam Headgear, Handgear, & Footgear (No Ringstar Shoes); Mouthpiece (Double mouthpiece for those with braces); Groin Protection (All males).

Mandatory Koshiki Gear: Martial arts uniform; Mouthpiece; Groin protection (All males); Shin Pads recommended. Headgear and Chest Protector will be provided at ring.

Mandatory TDS Equipment: Mouthpiece, Open Hand padded gloves, Shin Guards, & Caged Head Gear (A few Head Gear will be on hand to borrow, if needed.) Uniform, or mid-thigh shorts or longer, MMA shorts, or yoga pant; and Rash Guard or T-shirt. Women must also wear sport bra. Men must wear groin protection.

Prohibited items in Sparring, Chanbara, Koshiki, or Take Down Sparring: For the safety of our competitors, **No** regular eye glasses (safety glasses only), **No** metal or hard plastic joint braces, plaster or fiberglass casts will be allowed. Medical devices must be approved by our medical personnel and Chief Referee.

Disqualification: A competitor may be disqualified for excessive contact, illegal techniques, & unsportsmanlike conduct and will not be entitled to a refund or allowed to fight in any further events that day. Coaches' and Spectators' unsportsmanlike conduct may also be cause for a competitor's disqualification.

Recommendation: Bring your own disinfectant wipes and hand sanitizer.

Judges & Officials Attire for Tournament:

Judges and officials, please wear either your traditional martial arts uniform, dress pants/skirt with white shirt and blue sports jacket or USAMA polo shirt, or suit during the competition. We appreciate your professionalism. (Shirts available at USAMA supply table)

"I can't wait to attend the banquet and see everyone dressed up! I always like the awards. Since you took 1st place, what are you going to say for your acceptance speech?"

Annual National Points & Awards Banquet:

Congratulations! to our top ten 2022 USAMA National Point Winners! Those in attendance will receive special personalized awards at the banquet on Friday, March 24th, at 6:00 pm (5:30 pm social gathering) in the Veterans' Hall. **Our first place point winners will be asked to say a few words upon acceptance of their award.** We will also be recognizing our top ten Teams of the Year and Instructors of the Year. **Be sure to be there and help your team celebrate!** Due to limited space, **Banquet Tickets must be purchased by March 6th*** to secure your seat at the banquet. **Please note: If capacity is decreased, due to a public health order, seating will be based on banquet ticket purchase date.* **No tickets available at door.** If you have **food allergies or dietary restrictions**, please E-mail us at points@usamartialartists.org by March 6th, and we will arrange for your meal. The attire for the banquet is **dressy**. We look forward to seeing you all there!

USAMA's Band: Steve St. Pierre and "Mona & Hitchhikers Band" featuring Dylan Vargas and Charlie & Cindy Vargas!



"I'm going to the After Party with the live band on Sunday after the Finals, it'll be a Blast!!"

USAMA Grand Nationals After (Finals) PARTY!
Sunday, March 26th, from 9:30 pm - Midnight
Marriott Indianapolis East
No Charge for USAMA's Live Band & Social Gathering
**Food Bar - \$29 Adults / \$15 Children (10 yrs & under) **
Cash Bar Is Cash Only

USAMA Seminar Symposium

Friday, March 24, 2023

Marriott Indianapolis East * Indianapolis, Indiana



Special Guest Instructor
Fumio Demura

Feature Instructor
Gustavo Albear

Seminar Instructors
C. Bruce Heilman
Ann-Marie Heilman

Seminar Instructor
Eli Guzman



Thurs., Mar. 23rd – Executive Meetings & Hawkes International Society Meeting

Fri., Mar. 24th – Seminar Symposium & Annual Awards Banquet

*Sat., Mar. 25th – Forms, Weapons, Extreme Kata, Team Kata, Koshiki,
Take Down Sparring & Kickboxing*

*Sun., Mar. 26th – Sparring, Team Sparring, Chanbara
& Grand National Finals! Followed by After Party!*

New Format for Adult Black Belt Kata Grand Championship!

**All First Place Adult Black Belt Kata Winners
will Perform Three Different Katas to Determine our
2023 USAMA National Grand Champion Kata Winner**

*at our Finals on Sunday Evening!
Marriott Indianapolis East*

Keep an eye on our website at www.usamartialartists.org
more exciting details to come...

2023 USAMA SEMINAR SYMPOSIUM

Friday, March 24, 2023

Marriott Hotel Indianapolis East Veterans Hall #4

“The Real
Miyagi!”

FUMIO DEMURA

Topic: 5 Basic Principles of Blocking

Time: 11:30 am – 12:15 pm

Fumio Demura will be covering the five principles of blocking. They are **RAKKA** (pulling or moving the attack downward), **RYUSUI** (moving the attack to the side), **TEN'I** (body shifting away from the attack), **KUSSHIN** (lowering the center of gravity), and **HANGEKI** (meeting the attack with a counterattack). He will go over each concept, and explain the determining factors of which block best suits various circumstances. Don't miss this opportunity to join Demura Sensei for his informative, fun, training seminar; his seminars are loved by all levels of practitioner.



GUSTAVO ALBEAR

Dejan Rajic, Tulay Albear & Dr. Ruben Carvallo

Topic: Traditional Goju-Ryu Katas

Time: 9:30 am – 10:15 am



The Goju Ryu seminar by Gustavo Albear, at this year's tournament, will include the fundamentals of Goju Ryu Karate relative to Kata *Sanchin* and *Seisan*. This will include the concepts that were taught to us by -- Kimo Wall Sensei, and Lee Gray Sensei (*Hatamoto & Uchi-Deshi*) of *Masanobu Shinjo Sensei*, - and are being practiced in Okinawa as well as in the US at the *Shodokan* and *Shobukan* Goju Ryu Karate Dojos. Enjoy working on these traditional Goju-Ryu Katas under the instruction of Albear Sensei, along with Dejan Rajic, Tulay Albear, & Dr. Ruben Carvallo!

Topic: Tode-Jutsu

Time: 1:00 pm – 1:45 pm

This seminar by Albear Sensei will focus on the application of concepts that are inherent in Koryu Tode-jutsu. Specifically, the concepts of *Honto-no-Kata* (Truth/Reality in Kata), *Fudo no Kata* (Immovable Kata), and *Futari no Otoko Kata* (Two Man Sets/Forms) inherent in Tode-Jutsu. The seminar will focus on understanding these principles and learning/discovering the two man sets that exist in kata. It will focus on a specific kata- (*Kyan Wansu* of the *Tumai-di* or *Tomarite* school as a common learning tool) - However, we will demonstrate the applicability of the three concepts for any kata in any system of Okinawan Karate.



2023 USAMA SEMINAR SYMPOSIUM cont.

C. BRUCE HEILMAN & ANN-MARIE HEILMAN

Topic: Sai Basics, Manipulation, & *Kyan no Sai* Kata

Time: 10:30 am – 11:15 am



C. Bruce Heilman and Ann-Marie Heilman will be teaching a seminar on the Sai for all levels of practitioner; learn sai basics and manipulation as well as drills to improve your skills. Mr. & Mrs. Heilman will go over Okinawa Kenpo Kobudo Kata *Kyan no Sai* and various practical applications of the weapon. Apply these concepts and drills to the sai no matter what your style of weapons. The Heilman Senseis are renowned for their teaching excellence and weapon practicality.



ELI GUZMAN

Topic: Take Down Sparring

Time: 2:00 pm – 2:45 pm



Eli Guzman will be introducing USAMA Take Down Sparring as it is practiced competitively at USAMA events. USAMA's Take Down Sparring (TDS) incorporates both your stand-up game and your ground skills, but is much safer than "MMA". Learn accepted techniques, contact, and locks - i.e., locks are acknowledged when in position, not just when in full lock out. TDS enhances your techniques in an environment that allows for safety, but gives you the opportunity to experience realistic sparring situations. Guzman Sensei's seminars are fun, exciting and informative.

**Stand up Sparring
& Ground Fighting!
Love it!**



**Fun!
Training!
Learning!**

Seminar Symposium!

Have a great time training with these individuals!

Everyone of these martial artists is outstanding on their topic!

Seminars priced individually or in a package.

Package deal - All Seminars for \$179!!



U.S. Association of Martial Artists

Grand Nationals Tournament Divisions



March 25 - 26, 2023

FORMS (KATA) DIVISIONS

Black Belt Men Masters (6th Dan & up)*
 Black Belt Men (Traditional - Okinawan*,
 Korean*, Chinese*, Japanese*)
 Black Belt Men***
 Black Belt Women (Traditional -
 Okinawan/Japanese*, Korean*, Chinese*)
 Black Belt Women***
 Adult Kyu Executives
 (40 & over) (2 div*)***
 Brown Belt Men
 Brown Belt Women
 Intermediate Men
 Intermediate Women
 Beg. Men (1st Three Belts)
 Beg. Women (1st Three Belts)
 16-17 Yr. old Beg. Int & Adv
 14-15 Yr. old Beg. Int & Adv
 12-13 Yr. old Beg. Int & Adv
 10-11 Yr. old Beg. Int & Adv
 8-9 Yr. old Beg. Int & Adv
 6-7 Yr. old Beg & Adv
 5 Yr. olds & under

EXTREME KATA DIVISIONS

(Non-Point Division)
 Adult Black Belt
 Adult Kyu
 14-17 Yr. olds
 10-13 Yr. olds
 9 Yr. olds & under

WEAPON DIVISIONS

Black Belt Men (Masters, + 2 div*)***
 Black Belt Women (2 div*)***
 Adult Kyu (2 div*)***
 14-17 Yr. olds (Beg., Int., & Adv)
 10-13 Yr. olds (Beg., Int., & Adv.)
 9 Yr. olds & under (Beg. & Adv.)

SPARRING (KUMITE) DIVISIONS

Black Belt Men (Masters, Exec., Lt Wt.,
 Mid Wt., & Hvy Wt.)
 Black Belt Women (2 div *)***
 Adult Kyu Executive Men
 (40 & over) (2 div*)***
 Adult Kyu Executive Women
 (40 & over) (2 div*)***
 Brown Belt Men
 Brown Belt Women
 Intermediate Men
 Intermediate Women
 Beg. Men (1st Three Belts)
 Beg. Women (1st Three Belts)
 16-17 Yr. old Males Beg, Int & Adv
 16-17 Yr. old Females Beg, Int & Adv
 14-15 Yr. old Males Beg, Int & Adv
 14-15 Yr. old Females Beg, Int & Adv
 12-13 Yr. old Males Beg, Int & Adv
 12-13 Yr. old Females Beg, Int & Adv
 10-11 Yr. old Males Beg, Int & Adv
 10-11 Yr. old Females Beg, Int & Adv
 8-9 Yr. old Males Beg & Adv
 8-9 Yr. old Females Beg & Adv
 6-7 Yr. old Beg & Adv
 5 Yr. olds & under

TEAM SPARRING DIVISIONS

(3 Person Teams - 1 Female & 2 Males)
(Non-Point Division)
 Black Belts (18 Yr. olds & up)
 Adult Kyu
 16-17 Yr. olds Beg. & Adv
 14-15 Yr. olds Beg. & Adv
 12-13 Yr. olds Beg. & Adv
 10-11 Yr. olds Beg. & Adv
 8-9 Yr. olds Beg. & Adv
 7 Yr. olds & under (Any Mix of Boys & Girls)

CHANBARA DIVISIONS

(Equipment provided)
 Black Belt Men & Women
 Adult Kyu Men
 Adult Kyu Women
 16-17 Yr. olds
 14-15 Yr. olds
 12-13 Yr. olds
 10-11 Yr. olds
 8-9 Yr. olds
 7 Yr. olds & under

KOSHIKI (ARMORED MULTI-POINT SPARRING) DIVISIONS ***

(Equipment provided)
 Black Belt Men
 Adult Kyu Men
 Adult Women
 14-17 Yr. olds (2 div*)***
 10-13 Yr. olds (2 div*)***
 8-9 Yr. olds
 7 Yr. olds & under

TAKE DOWN SPARRING (TDS) DIVISIONS ***

Black Belt Men
 Adult Kyu Men (2 div*)***
 Adult Women (2 div*)***
 14-17 Yr. olds (4 div*)***
 10-13 Yr. olds (4 div*)***
 9 Yr. olds & under (3 div*)***

TEAM FORMS (KATA) DIVISIONS

(3 Person Teams, No Weapons)
(Non-Point Division)
 Adult Black Belts
 Adult Kyu
 Youth (17 Yr. olds & under)

Notes: * Minimum of 3 competitors to make a division.

*** These divisions are determined by age, weight, size, and/or belt level upon discretion of promoter.

Adult Kyus are Competitors 18 years or older and under the rank of Black Belt.

Sanctioned by:

5 ★★★★★ Star
 National Points



Adult USAMA Kickboxing
 New Event!

Saturday, March 25th

Call/Text Kurt Spivey – (317)-696-3104

Coordinator/Commissioner

For more information...



U.S. Association of Martial Artists

Grand Nationals Tournament & Seminar Symposium

March 23 – 26, 2023 in Indianapolis, Indiana



“At Door” Entry Form

NAME _____ Competitor's AGE on March 25, 2023 _____

ADDRESS _____ APT _____ CITY _____ STATE _____ ZIP _____

TIME IN MARTIAL ARTS: _____ YEARS _____ MONTHS _____ SEX ^{Circle} M / F PHONE: _____

*USAMA MEMBER # _____ BELT RANK (Color, or Dan Level, if applicable): _____

SCHOOL _____ INSTRUCTOR _____

E-MAIL ADDRESS _____

Please Register me for the following:

INDIVIDUAL COMPETITOR EVENTS:

- _____ Forms (Kata)
- _____ Extreme Kata (Creative) (No Points)
- _____ Sparring (Kumite)
- _____ Weapons (Kobudo)
- _____ Chanbara
- _____ TDS (Take Down Sparring)
- _____ Koshiki (Armored Multi-Point Sparring)

Number of Events	At Door
One or Two Events	\$110
Three or Four Events	\$120
Five or Six Events	\$130
Seven Events	\$135

Total for Individual Events: \$ _____

Please Register me for the following:

- _____ Team Sparring
- _____ Team Forms

TEAM EVENTS:

TEAM FEES PER EVENT
At Door
\$15 per Person

Total for Team Events: \$ _____



Waiver: I understand that karate is a contact sport. I am aware that I am participating in an activity which involves physical contact and injuries may occur which may potentially involve Covid & other virus contact, bodily harm or even death and do so at my own risk. I waive any claim or cause of action I may have against the promoters of the tournament, Sue Hawkes, the Marriott Indianapolis East, the judges, tournament personnel, other competitors, seminar instructors, PKC, PKRA and the U.S. Association of Martial Artists Inc. that may arise out of my participation in this tournament and/or seminars. I further agree to indemnify and hold harmless the promoter, Sue Hawkes, the Marriott Indianapolis East, the judges, tournament personnel, seminar instructors, PKC, PKRA, and the U.S. Association of Martial Artists Inc., for any injuries, sickness, Covid & other viruses, or damages which may arise due to my participation in the tournament and/or seminars. I state that I do not suffer from Covid or any virus symptoms, and/or physical and/or mental conditions which may affect my participation in this tournament. I further agree to conduct myself in a sportsmanlike and safe manner and understand if I fail to do so, I may be disqualified from the tournament and not entitled to a refund. I also hereby give permission to medical personnel to administer First Aid or Emergency Treatment if, in their opinion, it becomes necessary. I hereby grant the U.S. Association of Martial Artists, Inc. (“USAMA”) permission to use my likeness in a photograph, video, or other digital media (“photos”) in any and all of its publications, including web-based publications, without payment or other consideration. I understand and agree that all photos will become the property of the USAMA. I agree to comply with the local public health orders. I understand that the event schedule is subject to change to comply with public health orders. I realize no refunds will be given for this event.

Competitor's Waiver Signature ** _____ Date _____

** (Parent or guardian must sign if under 18)

Total for **Individual** Competitor Events Total: \$ _____

USAMA Members:..... <Discount> ***Current USAMA** Member Competitor Discount **(-\$10.00)** Less: \$ - _____

Total for **Team** Events Total: \$ _____

Number of **One Day** Spectator Passes (4 to 9 yrs.) _____ X \$5.00 **Circle One: Sat. or Sun.** Total: \$ _____

Number of **One Day** Spectator Passes (10 yrs. & up) _____ X \$15.00 **Circle One: Sat. or Sun.** Total: \$ _____

Number of **Two Day** Spectator Passes (4 to 9 yrs.) _____ X \$10.00 Total: \$ _____

Number of **Two Day** Spectator Passes (10 yrs. & up) _____ X \$20.00 Total: \$ _____

Number of **One Day Video Passes** (Includes Spectator Fee) (Allows Limited Ring-Side Access Except During Finals) _____ X \$25.00 Total: \$ _____

Circle One: Sat. or Sun.

Number of **Two Day Video Passes** (Includes Spectator Fee) (Allows Limited Ring-Side Access Except During Finals) _____ X \$30.00 Total: \$ _____

Total for **Seminar/Symposium (From Back of Form)** (Select Seminars on Back) Total: \$ _____

Food Bar at the “**After Party**” (Social & Music Free) # of Adult Tickets _____ X \$29 # of Child Tickets _____ X \$15 = Total: \$ _____

Payment Enclosed: (Make Check or Money Order Payable to “**USAMA**”) ... (No checks at Door) **Total: \$** _____

Credit Card Payments & Registrations Accepted Online for security at www.usamartialartists.org





***U.S. Association
of Martial Artists
P.O. Box 8643
Albuquerque, NM 87198***

“A member organization for martial artists of
all disciplines, styles, and levels.”

Special Invitation

To:



***USAMA GRAND NATIONALS
Tournament & Seminar Symposium
Kickboxing Charity Event!***

March 23 – 26, 2023

Marriott Hotel Indianapolis East in Indianapolis, Indiana!

“Tournament & Seminars for martial artists of all disciplines, styles, and levels.”