



# Syracuse Jundokan Karate Athlete's Tournament Check-list

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## Pre-event Preparations:

- Check your memberships and join if necessary (USANKF, AAU, KO, etc.)
  - Pre-register for event—carefully select correct divisions and plan to win all you enter.
  - Check equipment—order if necessary.
  - Make travel arrangements—plan to arrive early.
  - If international, prepare passport, birth certificate and picture ID.
  - If overnight, pack extra clothes, personal hygiene, swimming suit (many hotels have a pool).
  - Check cut and hem of dogi—attach patch if required.
  - Practice tournament kata at least five to ten times per day.
  - Practice sparring skills and develop cardio condition—practice sparring matches.
  - Focus on healthy nutrition and drink lots of water.
  - Get plenty of rest and sleep in the days leading up to the event. Only light training the day before.
  - Positive imagery—visualize yourself performing at your best, winning every point, getting the gold!
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## Equipment Checklist: (Pack the night before)

- Plain white dogi for kata and kumite—properly cut, hemmed, clean and pressed
  - Any required patches (check with your instructor to see what different events require)
  - Competition belts (check with your instructor to see what different events require)
  - Sparring gear—gloves, shin pads, mouthpiece
  - Protective groin cup (boys & men)
  - Plain white t-shirt and/or sports bra (girls)
  - Team warm-up suit—wear to the event
  - Healthy snacks (fruit, etc.)
  - Water/Gatorade—drink water all day, gatorade during your events
  - Spending money for food/travel
  - Equipment bag
  - Camera/camcorder—video tape all of your performances and others in your division
  - Training journal—write down your memories and how you would like to improve your performance
  - Parental consent form—for minors traveling without their parents
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## Personal:

- Clip finger and toe-nails.
  - If you have long hair, find a way to fix it back and out of your face—make sure it stays back.
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