

POST'S
GUIDE
to the
PAN AM
GAMES



KARATE

GUIDE TO THE GAMES

By Nick Faris, National Post

Venue

Mississauga Sports Centre

Venue acronym

MIS

Landmark status

Medium

Usually called the Hershey Centre, this will be the home of the Toronto Raptors' new D-League affiliate.

Other events at venue

Judo, karate, wrestling

Transit options

From Kipling Station on Line 2 of the subway, Mississauga Transit is operating a Games shuttle

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called 96-Pan Am-Kipling. About 30 minutes later you'll be at the venue. Alternatively, you can take the 21 GO bus from Union Station to Square One mall, where you'll transfer to the Mississauga Transit bus called 95-Pan Am-Port Credit, which will take you to the venue.

For exact directions, try:

Triplinx.ca

Schedule

July 23 Women's 50, 55, and men's 60-kilogram competitions

July 24 Women's 61, and men's 67 and 75-kg competitions

July 25 Women's 68 and over-68, and men's 84 and over-84-kg

[See the full competition schedule at the Pan Am website](#)

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How it works

Fighters go head to head in rapid-fire bouts, lasting three minutes for men and two minutes for women. Judges award points for “effective” attacks, based, according to international regulations, on proper form, sporting attitude, vigorous application, awareness, timing and distance. Legal attacks are limited to the opponent’s upper body: head, face, neck, abdomen, chest, back or side.

There are three possible scoring attacks: yuko, a punch or strike to any of the scoring areas, is worth one point; waza-ari, a kick to the torso, is worth two; and ippon, a kick to the head or neck, is worth three. An ippon can be scored if a competitor can deliver a scoring

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blow of any kind to an opponent who has been taken off his feet.

Nations competing

A total of 80 athletes from 14 countries will pursue Pan Am domination across 10 weight categories. Canada and Venezuela both qualified one fighter into every category.

Canada's team

Women

Jusleen Virk, Vancouver (50 kg); Kathryn Campbell, Fredericton, N.B. (55 kg); Kamille Desjardins, Buckingham, Que. (61 kg); Jasmine Landry, Ottawa (68 kg); Camélie Boisvenue, Gatineau, Que. (+68kg)

Men

Leivin Chung, Richmond Hill,

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Ont. (60 kg); Leirick Chung, Richmond Hill, Ont. (67 kg); Daniel Gaysinsky, Vaughan, Ont. (75 kg); Sarmen Sinani, Toronto (84 kg); Chris De Sousa Costa, Toronto (+84 kg)

Tournament format

Split by gender and weight class, fighters first engage in one-on-one preliminary bouts, with the top four advancing to the semifinals. The semifinal winners fight for the gold medal, while both losers receive bronze.

Results from 2011 Pan Ams

The Dominican Republic and Venezuela were the only countries to win multiple gold medals: both took two. Mexico won the most medals overall at six, while

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Canada earned three bronze.

Why it's worth watching

Getting to see sports outside of the typical North American athletic slate is the best part of international competition. Watch to learn what constitutes an effective karate attack, and to judge for yourself whether it is worthy of joining the program for the 2020 Olympics in Tokyo. It is up against four other Pan Am sports — baseball/softball, bowling, roller sports and squash — as well as sport climbing, surfing and wushu.

Competition outlook

Expect the men's 60-kilogram division to be the tightest com-

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petition. Brazil's Douglas Brose is currently atop the world rankings, while Andres Rendon of Colombia is back to defend his Pan Am title from 2011. Rendon's countryman, Guillermo Ramirez Gutierrez, will be favoured at 67 kg, while a pair of Ecuadorians — Andres Loor and Franklin Mina — should thrive in the two heaviest categories.

Venezuela, meanwhile, will be expected to reign supreme at the heaviest women's levels, with Omaira Molina favoured at 68 kg and Valeria Echever in the unlimited category. Chile's Gabriela Bruna is ranked seventh in the world in women's 50 kg — best among Pan Am entrants — but will face an uphill battle against

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Ana Villaneuva, the 2011 champion from the Dominican Republic.