

TRADITIONAL TAEKWON-DO KWAN PRESENTS

2016 Spring Invitational Tournament

Saturday, April 23

Imago Dei Community Gym

1302 S.E. Ankeny St., Portland, OR 97214

Black belt competition starts at 9 a.m. - colored belts at 11a.m.

Forms

Sparring

Board Breaking

Demonstration Teams

“Build the Castle” competition

Olympic style medals for all competition.

Adult and Children's Grand Champion Trophies

Forms Grand Champion Trophy

Demo team trophies

Entry fee:

\$35

If registered by April 19—otherwise

\$10 more. Family discount: \$10 for each

family member after the first. For more information, call:

(503) 736-9634



TRADITIONAL TAEKWON-DO INVITATIONAL FORMS TOURNAMENT

ENTRY FORM

Name _____ Rank _____
Birthdate _____ Age _____
Address _____
E-mail address _____
City _____ State _____ Zip Code _____
Name of School _____ Style _____
Instructor _____ School Location _____

Pick your Events

Your entry fee entitles you to enter the events below. Please check which you will enter.

Forms Non-contact sparring Demonstration team
Weapons form Build the Castle (jumping kick competition)
And **either** Board Breaking (Intermediate and advanced students)
Or Power Kicking (novice students)

Competitor Release - Liability Waiver

I, the undersigned, do hereby voluntarily submit my application for participating in the TRADITIONAL TAEKWON-DO INVITATIONAL TOURNAMENT to be held April 23, 2016 at the Imago Dei Community Church, 1302 SE Ankeyn St., Portland, OR 97214. I assume full responsibility for any and all damages, injuries or losses which I may sustain or incur while attending or participating. I hereby waive all claims against the promoters, the sponsors, Imago Dei Community Church, or any individuals for injuries I may sustain. I fully understand that my entry fee is NON-REFUNDABLE. I HAVE READ AND FULLY UNDERSTAND THE ABOVE WAIVER.

Signature of Competitor Date

Signature of Guardian if Competitor is under 18 Date

ENTRY FEE: \$35

If pre-registered by April 19 (otherwise, \$10 more)

Family rate is \$20 for each additional participant.

Make check or money order out to Traditional Taekwon-do and mail to:
2940A SE Belmont St.
Portland, OR 97214

You may also be able to give entry forms to your instructor to be turned in. **For more information**, call Gil Johnson at (503) 736-9634 Or e-mail to tkdpdx@spiritone.com

2016 Traditional Taekwon-do Invitational Tournament – Divisions

Forms

Forms divisions will be split on kup and dan rank as well as age. Usually two kup levels will be grouped together.

Tiny Tigers (4 – 6) Partial first form OR full form

Children (7 – 14)* Adults (15+)

Weapons (if there are enough contestants, there may be black belt and colored belt divisions)

NOTE: Students who promoted in the previous two weeks and do not know all of their new form may perform their previous form.

Board Breaking (intermediate and advanced students only)

Boards must be 1 x 12-inch pine, cut into widths no less than 9 ½ inches nor more than 10 inches. Boards will be available for purchase at the tournament.

Competitors may attempt to break multiple boards with a single technique and also to break with consecutive techniques, but in the latter case, all techniques must be done in **continuous motion**. There will not be one set up of a break and then a totally separate set up of another break. Each competitor gets two attempts to break boards, with the second attempt receiving a half score. Competitors must set up and attempt their break within 60 seconds.

Power Kicking (novice students only)

Competitors will kick three target shields, each held by a different judge. The judges then will score them on their impact.

Note: Novice students are typically white or yellow belts with less than a year of continuous training. Intermediate and advanced students are those who have trained continuously for a year or more.

Demonstration Teams

Demonstration teams can be two to four students of mixed ages and belts. A synchronized form is mandatory and any other aspect of your martial art may also be demonstrated, so long as safety prevails. Each team has two minutes to conduct the demonstration.

Sparring

Sparring is entirely non-contact point sparring. A groin cup is mandatory, however. Divisions will be split according to rank, age and size. Two or three kup levels may be put together.

Tiny Tigers (4-7)

Children (8 -11)*

Juniors (12 -14)*

Adults (15+)

Seniors (50+)

Build the Castle

This is a competition in which students do jumping kicks over a belt stretched between two judges. With each pass, the belt is raised until only one student has cleared the height. There will be three to four divisions, based on size. **Discretion, in consultation with the student's instructors, will be used in placing children competitors in the most appropriate divisions.*

