

The Spirit of Giving

Tae Kwon Do

Tournament

Rules

ITF Rules apply.

Sparring: Foam type hand, foot, and head gear required. Mouth guards required. Groin protector required (worn inside the dobok); breast protectors (for women only worn inside the dobok) are optional. Goggles provided by the tournament must be worn during sparring.

Uniform: Traditional uniforms only. White uniforms preferred.

Breaking

	Side Kick	Turn Kick	Knife Hand
6 and under	•	•	•
7-12	•	•	•
13-17	•	•	•
18 and above	•	•	•

All competitors will use boards for the kicks, as will all under 18 divisions for the hand break. All Black Belts are able to use tiles for their hand breaks.

Sparring

ITF continuous sparring rules

Colored belts and under 18 Black Belt divisions get 1, 2-minute round.

18+ Black Belts get 2, 2-minute rounds.

3 points for jump kick to the head

2 points for jump kick to the body/standing kick to the head or jumping hand technique that covers one body length

1 point for everything else

Forms

All competitors will do head to head competition with a form of their choice.

Form is to be rank appropriate.

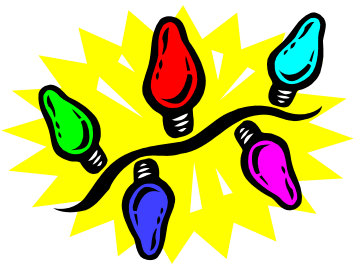
Black Belts will do 2 forms, One is Judges' choice, one is competitor's choice.



December 13, 2014

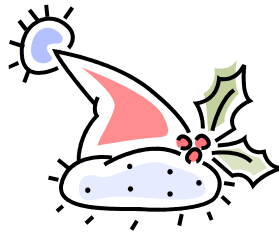
Fletcher Elementary School

Aurora Colorado



Fletcher Elementary

10455 E 25th Ave,
Aurora, CO 80010



Cash, Checks and Credit Cards are acceptable payment. Make checks payable to **MAUM SIN YONG**

Name: _____ Phone: _____

Address: _____ City: _____

State: _____ Zip: _____ Email: _____

Age: _____ DOB: _____ / _____ / _____ Weight: _____

Taekwon-Do School: _____

Instructor: _____

Events (please circle): Forms Sparring Breaking

Martial Arts Rank: _____

The benefits of tournaments:

- To bring schools and students together in the spirit of fun, peace, and harmony.
- To develop friendships and cooperation.
- To challenge students in a safe environment.
- To practice winning and losing with dignity and grace.
- To promote technical improvement.

Tournament cost is \$30 for all divisions

Tournament cost is \$25 with an unwrapped toy donation.

Tournament Times:

8:00am Check In

9:00am Bow In

Registration is preferably completed online at
www.maumsinyong-tkd.com

This is so that we have an estimate of how many participants to expect. Questions in regard to the website and registration form can be directed to CIO@maumsinyong-tkd.com

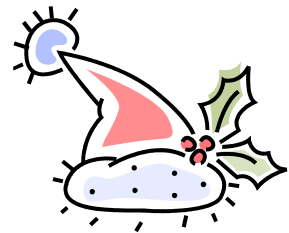
Registration is also available the day of the tournament using the form on this flyer. Registration starts at 8:00am sharp
Fees and Waivers will be collected the day of the tournament.

RELEASE OF LIABILITY AND CERTIFICATION: By signing below, I hereby acknowledge, understand and agree that the activities and services for which I am registering above may expose me/my child to certain hazards and/or dangers, which are inherent in such activities and services. I further agree to indemnify and hold harmless Maum Sin Yong and its officers, employees and agents from any injury, damage, liability, loss, cost or expense, including, but not limited to, attorney fees and medical and ambulance costs, resulting from my/my child's participation in the activities and services.

I hereby certify that I/my child am/is in good physical health and that I/my child have/has no disabilities, impairments, illnesses or ailments that would tend to prevent me/my child from participating in the Martial Arts tournament. I further understand that the tournament staff are not trained medical professionals and that any medical aid or treatment administered to me/my child by tournament staff will be "first aid" only.

. I hereby further agree to abide by any and all applicable rules and regulations and to participate in any ceremonies associated with the Martial Arts tournament. I further understand that if I/my child violate(s) such rules and regulations, or refuse to participate in any such ceremonies, I/my child may be disqualified with no refund or entry fee.

X _____
PARENT SIGNATURE REQUIRED FOR YOUTH UNDER 18



Flyer design by
Jolly Design CO

