

# ***2009 North Carolina ITF Invitational Tournament***

**Saturday March 7, 2009**

## **Location of Event:**

AMA, 10101 Newell Hickory Grove Road, Charlotte, NC 28213

## **Time Schedule:**

9:00 a.m. Registration opens

9:30 a.m. Ages 5-8 all belt colors compete

11:30 a.m. Ages 9-13 all belt colors compete

1:30 p.m. Ages 14-senior all belt colors compete

## **The tournament events will go in the following order:**

ITF Pattern then Continuous Sparring

## **Cost:**

Spectators are FREE

Competitor fee is \$45 for one or two events

Food will be available on site for purchase

*What to expect in competition:*

**ITF Patterns:** Participants will be divided into groups by age and experience for competition. Three judges will watch two competitors simultaneously in head to head competition and with a show of flags determine which competitor will advance. ITF pattern competition will focus upon correct execution as detailed in the encyclopedia of Taekwon-Do written by Gen. Choi Hong Hi.

**Continuous Sparring:** Participants will be divided into small groups by age and experience for competition. Competitors will have 2 minutes to score more points than their opponent. Time will not be stopped to award points; time will run continuously at the discretion of the center judge. Light contact will be necessary to score a point. This is very similar as to the level of contact used in class. Any contact that results in an injury will have the competitor expelled from the competition. Safety is extremely important. The ITF sparring rules will be used in this event. Safety equipment to include helmet, hand pads, footpads, mouthpiece, and groin cup for males is required for this event.

**For more information or Questions, Please contact:**

**Mr. Kempka, V Dan ITF**

**[amatkd@bellsouth.net](mailto:amatkd@bellsouth.net)**

**704-494-0800**

**Hanging Neck Medals will be presented to 1-3<sup>rd</sup> place!  
Awards will be presented to all competitors in all divisions!**

**Competitor Registration Form**  
**Mail Completed form to: AMA, P.O. Box 428, Newell, NC 28126**

First: \_\_\_\_\_ Last: \_\_\_\_\_ Weight: \_\_\_\_\_

Birth Date: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_\_\_ Instructors Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_ Belt Color: \_\_\_\_\_ Months in training: \_\_\_\_\_

Martial Arts Academy Name: \_\_\_\_\_

With 2 classes per week, use the below description to determine your competition group:

- \_\_\_\_\_ Beginner = 0-12 months of training
- \_\_\_\_\_ Intermediate = 13-24 months of training
- \_\_\_\_\_ Advanced = 25 or more months of training

Please check which events you would like to participate in:

- \_\_\_\_\_ ITF Pattern
- \_\_\_\_\_ Continuous Sparring

**Cost:**

- Spectators are FREE
- Competitor fee is \$45 for one or two events
- Food will be available on site for purchase

**No personal checks. Business checks, money orders or cash only. You may pre-register and reduce your entrance fee by \$5.00 if turned into Mr. Kempka prior to March 1, 2009.**

**Liability Waiver**

I, the undersigned, waive, release, and forever discharge any and all rights and claims for damages which may occur against the Academy of Martial Arts & Fitness, Inc. and/or all persons associated with this event in any capacity, for any and all damages which may be sustained by me with my association with entry in the above athletic meet or which may arise from my attendance at and/or participation in the above named event. I understand that Martial Arts is a body contact sport. I understand the rules published by the sponsors and agree with them in their entirety. Furthermore, I hereby waive any compensation whatsoever for the use of pictures, movies, videos, etc. of me by the promoter.

Signature of Competitor: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_