

2010 North Carolina ITF Invitational Tournament

Saturday September 18, 2010

Location of Event:

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

Time Schedule:

Noon. Registration opens

1:00 p.m. Ages 5-8 all belt colors compete

3:00 p.m. Ages 9-13 all belt colors compete

4:00 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, VI Dan ITF

amatkd@bellsouth.net

704-494-0800

**Hanging Neck Medals will be presented to 1-4th 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, credit cards or cash only.

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: _____