

3rd North Carolina Annual ITF-PMA Martial Arts Open Tournament

We welcome you to a fantastic event! Where International TaeKwon-Do Federation(ITF) guidelines blends with OPEN Martial Arts Tournament rules. Safety and fair play are the most important elements followed closely by great competition. Each ring will have qualified judges to provide the fairest judging.

When: Sunday Feb 18th, 2018

Where: Located at Rocky River High School, 10505 Clear Creek Commerce Dr., Mint Hill, NC 28227

Fees: See registration form for pricing

Time Schedule:

1:00 p.m.	Site opens for registration and entry
1:15 p.m.	Judges meeting, rules review, and ring assignments
1:30 p.m.	Opening Ceremony, Competitors line up, competition begins
7:00 p.m.	Competition concludes

What to expect:

ITF Pattern/Kata: Participants will be divided into small 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. Patterns will be judged on ITF rules.

ITF Sparring: Participants will be divided into small groups by age, gender, experience level and height for competition. Competitors will have 1.5 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. Super-Light contact will be necessary to score a point. 3-points for a kick to the head, 2-points for a kick to the body, and 1-point for a punch to either the head or body. This is very similar as to the level of contact used in many training classes. Any contact that results in an injury will have the competitor expelled from the competition at the discretion of the center referee and/or Chief Tournament Official. Safety is extremely important. Mandatory safety equipment to include helmet, hand pads, foot pads, mouthpiece and groin cup (for males) is required for this event. Face shields and chest protectors are not required due to the level of contact. See sparring infractions on page 2.

The Challenge Course: Students age 3-4 will navigate a course that students will race head to head jumping, crawling, ducking, kicking, blocking, and punching their way to the Finish line. Every competitor will be awarded hanging neck medals for their participation in this event.

Break a Board, flying side kick: Ages 5-14 will be asked to jump over a distance and break a board. Awards will be earned only for a successful break and safe landing. After the one board broken the game continues until the height and length of the object is too large for the competitors to make until one person remains.

Demo Team: If you have a team of 3 or more you can compete against other teams. This can be traditional kata, weapons, or musical. Teams will be graded on martial arts ability* and teamwork.

Premier Martial Arts, 7102 Brighton Park Drive, Ste. #520, Mint Hill, NC 28227 minthillpma@gmail.com

980-298-6318

Individual Challenge: Any Martial Artist that has prepared a routine that lasts under 2 minutes for grading will compete. This can be traditional, musical, weapons, XMA, acrobatic or a combination of the listed routines with Martial Arts emphasis. Groups will be determined by age and experience at the time of the event.

Martial Arts terms defined:

Balance – is the lack of unplanned movement (avoid: stumbling, hopping or wiggling) and avoiding repeated movement such as repeated middle punching and not performing kicks, blocks or various additional Martial Art movements.

Power – displaying effort that results in powerful movement, i.e. a flexing of muscle at the time of impact and preparing the technique to deliver injury to an opponent.

Speed – acceleration of technique to demonstrate a change in speed will result in greater impact force. Can also mean a variety of movement such as slow, fast or connected movements.

Focus – eye contact to the imaginary attacker in hope of selecting the best defensive and offensive movement. Avoid distraction and remain in the moment.

Breath Control – you must show intentional breathing if it is in the form of “loud” breathing or in the form of “kia” yell. You cannot hold your breath and turn yourself red and believe you can continue for very long.

Realism – Does the movements you are displaying work? Avoid magical “air-blasts” and/or fire bending. Will your movements defend yourself? Does it really work?

Teamwork – can be synchronized or syncopated. It must be prepared and if the entire routine was to be repeated it would look similar each time.

Beginner - 0-12 months of training, various belt colors
Example: White, High-White, Yellow, High-Yellow

Intermediate - 13-24 months of training, various belt colors
Example: Green, High Green, Blue, High Blue

Advanced - 25 or more months of training, various belt colors or degrees of Black Belt
Example: Red, High-Red, All Black

Sparring Infractions (from page 1):

Warnings: excessive contact, falling down, leaving the ring during a bout, grabbing, kicking below the natural waist line or belt line, contact to the back, contact to the back of the head, tripping, spitting, offensive language by either the competitor or competitor contacts, poor sportsmanship, poking, sparring equipment malfunction, performing techniques toward joints, blind techniques, and techniques performed without balance or control.

Minus Points: repeated warnings or more severe warnings, 3 warning equal one minus point.

Disqualification: at any time determined by the center referee that competitors’ safety is at risk.

Special Notes:

- ❖ There will be food and beverages available for purchase on the tournament day.
- ❖ Tournament T-shirts will be available in limited supply on tournament day. Price \$25.
- ❖ Tournament order of events: Demo Team Competition, ITF Pattern/Kata, Individual Challenge and then ITF Sparring. The Break a Board and Challenge Course will start as soon as possible after the opening ceremonies.
- ❖ Your event tickets will be awaiting you at the registration table on the day of the event.
- ❖ The Chief Tournament Official reserves the right to open, close or change any division at any time.
- ❖ All Referees that work the entire day will be given a FREE LUNCH and FREE tournament t-shirt. Please note your preferred size when registering. All Black Belts are subject to being called to work as a referee or assistant at any time, failure to help may result in your disqualification in the competition. Black Belts age 14 and younger will be assistants and Black Belts age 15 and older will work at any capacity their experience allows.

Please remit page 5 (Registration Form Page), page 6 (Liability Waiver) and payment with Money Order to arrive prior to Feb 10th to:

**Premier Martial Arts – Mint Hill
7102 Brighton Park Drive Suite 520
Mint Hill, NC 28227**

Or, you can call in your VISA or MC payment to 980-298-6318. Your forms still need to be mailed in advance and bring a duplicate on the day of the event as well.

You can register online found under the <https://www.pmaminthill.com>

******OTHER PROGRAMS YELLOW TAB******

Respectfully,

Master Jeremy Kempka, A-7-58
International TaeKwon-Do Federation Certified
Chief Tournament Official

Registration Form - Please use one form per family

1. Competitor Name (First Last) _____ Age _____
2. Competitor Name (First Last) _____ Age _____
3. Competitor Name (First Last) _____ Age _____
4. Competitor Name (First Last) _____ Age _____

Parent Name (First Last) _____

Mailing Address _____

City _____ State _____ Zip _____

Email address _____

Cell Phone 1 _____ Cell Phone 2 _____

Age Group:

_____ 5-7
 _____ 8-12
 _____ 13-Adult

Experience Group:

_____ Beginner, 0-12 months of training (White-Yellow)
 _____ Intermediate, 13-24 months of training (Green-Blue)
 _____ Advanced, 25 or more months of training (Red-Black)

Place a check or X-mark in front of each Individual event you wish to compete in.

- _____ Pattern/Kata
 _____ Sparring
 _____ Individual Challenge
 _____ Break a Board
 _____ Challenge Course, age 3-4 (\$25 per child)

Team Event will be paid at the time of competition

- _____ Demo Team Competition (\$25 per team, not counted toward individual bill)

Fees paid prior to arriving Tournament Day:

- _____ \$45 = (1) ONE EVENT
 _____ \$75 = (2) TWO EVENTS
 ✓ _____ \$100 = (3+) THREE EVENTS or MORE (Best Value)
 _____ \$25 = Challenge Course ONLY, age 3-4

Fees paid on the tournament day:

- \$5 Spectator fee ages 5 and older paid on tournament day
- Tournament T-shirt \$25, size and quantity _____
- ***\$15 additional fee per competitor when registering on the day of the event***

Waiver of Liability and Release Form

This form must be completed for each Martial Art competitor (participant) and, if the competitor is under 18-years old, must be signed by the competitor's parent or legal guardian. No competitor will be allowed to participate in the above tournament without this form, properly executed, and on file.

I, the undersigned, in consideration for my voluntary participation in organized Martial Arts, do hereby willfully acknowledge that my signature below attests to my understanding and agreement that:

Martial Arts is a physical, contact, sport that involves the risk of injury. I assume all risks and hazards associated with my participation in the tournament. I am in proper physical condition to participate in Martial Arts and have no illness, disease or existing injury or physical defect that would be aggravated by my participation. I will inform my coach if this status changes. I further acknowledge that this risk may involve loss or damage to me or my property, including the risk of death, or other unforeseen consequences, including those which may be due to the unavailability of immediate emergency medical care. I have a current medical consent form in force. I will wear properly-fitted safety protective equipment (e.g., mouth-pieces), as described in the tournament rules.

The Martial Arts tournament does not have personal injury insurance that covers my participation. Therefore, I should have a current, active, personal injury insurance policy in force, which covers my participation. Under any condition, I am responsible for any and all medical expenses arising from my participation, and while travelling to and from this tournament. I have the right and responsibility to inspect the equipment and facilities prior to events and, if I believe that anything may be unsafe, I will advise the coach or supervisor of the condition and may refuse to participate. Participation assumes consent.

I authorize my photograph, picture or likeness, and voice to appear in any documentary, promotion (including advertising), television, video, or radio coverage of the league or tournament, without compensation.

I hereby release, waive liability, discharge, hold harmless, indemnify, and covenant not to sue, the Charlotte Mecklenburg School and/or Board of Directors, Premier Martial Arts – Mint Hill, and the tournament, their associated directors, administrators, officers, managers, employees, coaches, trainers, volunteers, sponsors and advertisers, and other agents, estates or executors, from any and all liability incurred in the conduct of, and my participation in, their Martial Arts programs. This includes owners, lessors, and lessees of premises, municipalities, government agencies, successors, heirs, and assigns.

I have completely read this document and fully understand its contents. I acknowledge that I have given up substantial rights by accepting this document and that I do so voluntarily. My signature attests to this on behalf of myself and my executors, personal representatives, administrators, heirs, next-of-kin, successors, and assigns.

For those individuals eighteen (18) years of age and older:

Competitor's Name (PRINT)	Competitor's Signature	Date Signed
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For those individuals under the age of eighteen (18) years (minor):

As the parent and natural guardian or legal guardian of the participant, I hereby agree to the foregoing Waiver of Liability and Release for, and on behalf of, the participant (competitor/minor) named above. I hereby bind myself, the minor, and all other assigns to the terms of the Waiver of Liability and Release. I represent and certify that I have the legal capacity and the authority to act for, and on behalf of, the minor in the execution of this Waiver of Liability and Release.

Parent/Guardian Name (PRINT)	Parent/Guardian Signature	Date Signed
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