



Dear Students, families and friends,

It is with great pleasure that I invite you to HK Taekwondo's In House Tournament on April 22nd, Saturday. This will be hosted by HK Taekwondo's Performance Team.

Our school strives to improve and push our students to be better. So, this one is very logical step for our school! Part of the profit will benefit our performance team, for travel this year to Detroit, Il in July

I welcome each of you to come, participate, invite others and support your competitors, in whatever capacity you are able, in the true *Spirit of Taekwondo*. Please join with me in looking forward to an even brighter future for HK Taekwondo with this 1st ever In House Tournament.

Sincerely,

Hyun Kim

General Information

Saturday - Doors Open at 12:00PM. There will be Hotdog, and Hamburger for sale. Competition starts 1:00PM

Fee: \$20 for One Event, \$30 for Two Events.

Registration deadline - April 19th.

Competition Rules:

1. Sparring - blue belt and under no head shot. Body shot 1 point. Head shot 3 points. Bracket will be made upon kids skill level, weight, and level. Round Robin Method.
2. Poomse - competitor can pick one form to perform. Single elimination method. If you are Little Tiger Students you will be performing Basic form number one up to 12 steps.
3. If you you are youth program students(6 - 12 years Old), you will be performing

Basic Form #1 (white Belt students)

Taegeuk #1 (Yellow to Orange students)

Taegeuk #3 (Green to Purple students)

Taegeuk #5 (Blue to Brown Students))

Taegeuk #7 (Red to Poom Form)

4. Equipment and Uniform. - competitor must wear clean white uniform with V-neck top. male sparring competitor must have a groin cup. All the competitors must have chest gear, shin/instep guard, helmet and mouth piece for sparring. Helmet can be provided if extras are available.

5. Awards - 1st to 3rd place will be awarded with a Medal.

6. There will be 2 bonus competitions. anyone can compete in these 2 challenges.

1) 45 second kicking target challenge

2) 45 second sit up challenge

There will be medals awarded for top 3.

Please return this page after filling

Name of the student: _____

Belt Level: _____

Age: _____

Approx Weight: _____

Circle the events you are competing in **SPARRING** **FORM** **BOTH**

Liability Waiver. By my signature below, I acknowledge that I or my dependent(s) have voluntarily applied to participate in HK Taekwondo Inc.'s Tournaments a student. I affirm I have no medical condition(s) that would jeopardize my participation in the course. I am aware that during instruction, demonstration and performance, there will be contact with other persons including employees and other students. As lawful consideration being permitted by HK Taekwondo, Inc. to participate in the course and to use its facilities, I hereby agree that my heirs, guardians, legal representatives, and assigns we will not make any claim against HK Taekwondo, Inc. for injury or damage resulting from the negligence or other acts, however caused, by any employee or agent, as the result of my participation in these activities. Further, I release and discharge HK Taekwondo, Inc., its employees and/or agents from all actions, claims or demands that I, my heirs, guardians, legal representative or assigns now have or may in the future have for injury or damage resulting from my participation in the course and related activities whether or not resulting from the negligence, gross negligence, or misconduct of any person. Further, I take full responsibility for my action in connection with course. Further, I authorized HK Taekwondo, Inc. to take photograph(s) of me participating in the course for use in promotional materials and/or advertising without compensation.

I have carefully read this agreement and fully understand its contents. I am aware that this is a release of liability and I have signed it of my own free will.

Parents Sign _____ Date _____

