

2024 North Carolina Annual ITF Martial Arts Open Tournament (7 events)

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 judges from various different disciplines and schools to provide the fairest judging.

When: Saturday February 24th, 2024

Where: Westminster Catawba Christian School, 2240 Rosewood Dr, Rock Hill, SC 29732

Fees: See registration form for pricing

Time Schedule:

- 8:00 a.m. Site opens for registration and entry (5-7 year old competitors)
- 9:00 a.m. Judges meeting, rules review, and ring assignments
- 9:30 a.m. Opening Ceremony, 5-7 year old competitors line up, competition begins
- 12:00 p.m. 30-minute lunch break, lunch on site
- 12:30 p.m. 3-4 Year old challenge
- 1:00 p.m. 8 years and older competitors arrive – competition continues until finished

What to expect:

ITF Pattern: 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 Martial Arts ability, not specific “correctness” of movement as detailed by individual styles. (Balance, Power, Speed, Focus, Breath Control and Realism*). In the case of ONLY ITF participants are in the competitive group, ITF standards will be followed.

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. 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 3.

Foam Sword Sparring: Ages 5 and up will be encouraged to participate in this NEW event. We will provide the safety gear for all ages. You will gear up as either the RED or BLACK fighter. You will get 1.5 minutes to strike your opponent more than they strike you. A 2 second pause is needed between hits to have them score. You are allowed to block or dodge the sword strikes, running away is not allowed. If neither opponent is blocking or dodging (meaning just swinging as to cut down a tree, the umpire will step in.) Winner is determined by 3 judges.

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

(704) 819-8304

Flying Side Kick: Ages 5-15 will be asked to jump over a height and break a board. Divisions will be determined by age and height, the older you are the higher you will be asked to jump. Your first attempt will be against a board, you do not have to break the board to continue towards a first place finish. The height will be increased each round until only one competitor remains. Boards are only broken in the first round.

High Kick Challenge: Competition by age, no experience divisions. Simply groups will be determined by age and then a target will be held a bit higher each round until one competitor remains. Rules are as simple as you must touch the target with your foot and land with only use of your feet on the floor. If you do not touch the target or any part other than your feet touches the floor upon landing, you are eliminated.

Individual Challenge: Any Martial Artist that has prepared a routine that lasts under 1 minute 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.

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.

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 or even identical each time.

Beginner - 0-12 months of training, various belt colors

Intermediate - 13-24 months of training, various belt colors

Advanced - 25 or more months of training, various belt colors or degrees of Black Belt

Competitor - You have competed multiple times previously. If you win in the Intermediate or Advanced category you will be invited to compete in the “Competitor” category. This is similar to a Grand Champion

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competition that you can choose to enter. If you have won in previous tournaments, you can challenge yourself and enter directly into this event.

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

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, cash or various cash apps for payment.
- ❖ Tournament T-shirts will be available in limited supply on tournament day, only \$30. You can pre-order your t-shirt for \$25 and it will be waiting for you at the tournament.
- ❖ Your pre-paid 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 tournament T-shirt and FREE lunch. 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 Page), page 6 (Liability Waiver) and payment with Money Order to arrive prior to Feb 15th, 2024 to:

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

Or, you can register online by texting Tournament to 704-819-8304. We will send you a link to register.

Respectfully,

Master Jeremy Kempka, A-8-37
International TaeKwon-Do Federation Certified
Chief Tournament Official

Registration Form - Please use one form per competitor

Competitor Name (First Last) _____ Age _____

Parent Name (First Last) _____

Mailing Address _____

City _____ State _____ Zip _____

Email address _____

Cell Phone 1 _____ Cell Phone 2 _____

- _____ Beginner, 0-12 months of training
 _____ Intermediate, 13-24 months of training
 _____ Advanced, 25 or more months of training
 _____ Competitor, see definition previous page

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

- _____ ITF Pattern
 _____ ITF Sparring
 _____ Foam Sword Sparring, age 5 and up
 _____ Flying Side Kick (break a board), age 5 and up
 _____ Flying High Kick, age 5 and up
 _____ Individual Challenge, age 5 and up
 _____ Challenge Course age 3-4 only

Fees paid prior to arriving Tournament Day:

- \$85, Unlimited events, try them all!
- \$45, One event
- \$5 Spectator fee ages 5 and older paid on tournament day, cash only!

NOTE: Add an additional \$20 fee PER competitor when registering on the day of the event

Venmo, Cash App and Zelle may be used in place of any cash transaction.

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:

My competitor status will be kept in good standing. I will not compromise myself in such a way as to do harm to the league or tournament, knowing that competitors may be dismissed from participation, with possible loss of payment or dues, for violent conduct or unsportsmanlike behavior. I agree to pay for any and all damages to any property or indemnities caused by me willfully, negligently, or otherwise.

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, Westminster Catawba Christian School, 2240 Rosewood Dr, Rock Hill, SC 29732, Premier Martial Arts – Mint Hill, Elite Martial Arts, 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

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