

# MOUNTAIN ACADEMY OF MARTIAL ARTS

## SPRING TOURNAMENT

**Date:** Saturday, April 16, 2011

**Time:** 11:30 warm up, 12 pm start

**Where:** Clear Creek's former middle school: 320 Highway 103, Idaho Springs CO 80452, (see website for directions)

**Cost:** \$40 day of event, \$30 pre-register before April 15<sup>th</sup>, 2011. Make checks out to: CCMRD

(Clear Creek Metropolitan Recreation District).  
Idaho Springs Recreation Center Phone 303-567-4822  
Mrs. Rich: 303-582-5427, cell: 303-517-4898



## FORMS, WEAPONS, SPARRING, BREAKING\*, CREATIVE FORMS\*\*

Participants will be grouped based on rank and size

**Kinder Kicks can participate in sumo wrestling and obstacle course**

**Come see the Black belt demonstrations!**

\*Breaking – All breaks will be combos of 3-5 single boards, no power breaks

\*\*Creative Forms – 2 categories: Weapons & Forms. You must compete in the same traditional category to compete in the creative category

Breaking/creative forms will be judged based on: creativity, difficulty, technique

A clean uniform is required.

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**Name:** \_\_\_\_\_ **School** \_\_\_\_\_

**Age\*:** \_\_\_\_\_ **Height\*** \_\_\_\_\_ **Weight\*** \_\_\_\_\_ \*if under 15 years old.

**Rank:** \_\_\_\_\_

Please circle what you will be competing in:

**Forms Weapons Sparring Breaking Cr Forms Cr Weapons KK sumo wrestling KK obstacle course**

Please get with your instructor if you have questions.

Martial Arts, as with any activity, can be very dangerous. Clear Creek Metropolitan Recreation District, Clear Creek~Gilpin Academy of Martial Arts, Mountain Academy of Martial Arts, or the instructors cannot be held responsible for any injuries.