

MOUNTAIN ACADEMY OF MARTIAL ARTS

SPRING TOURNAMENT & POTLUCK

Date: April 20, 2013

Time: 11:30 warm up, 12 pm start

Where: 320 Hwy 103, Idaho Springs

Cost: \$40 day of event, \$30 pre-reg

We'll provide the activities & prizes, just please bring a dish to share!



FORMS, WEAPONS, SPARRING, BREAKING*, CREATIVE FORMS**

Participants will be grouped based on rank and size

Expected divisions (subject to change based on participation)

Kids: White/Yellow, Green/Blue, Red/Black

Adults: White/Yellow, Green/Blue, Red, Black

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

***Advanced Breaking** – Red Belts & up, anything goes, but you provide the materials

****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

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Name: _____

Age: _____

Rank: _____

Please circle what you will be competing in:

Forms | Weapons | Sparring | Breaking | Adv Breaking | Cr Forms | Cr Weapons