

MOUNTAIN ACADEMY OF MARTIAL ARTS

SPRING TOURNAMENT

Date: Saturday, April 27, 2019

Time: 12:30 warm up, 1 pm start

Where: Gilpin County Community Center: 250 Norton Dr. Black Hawk, CO 80422, Phone: 303.582.1453

Cost: \$40 day of event, \$30 pre-register before April 13, 2019. Kinder kicks: \$25.00. Make checks out to: Imogene Rich

Mrs. Rich: 303-582-5427, cell: 303-517-4898/imyrrich@yahoo.com

<http://imyfit.gilpincounty.net/>

<http://mountainacademymartialarts.com/>



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

Come see the Black belt demonstration!



*Breaking – All breaks will be combos of 3-5 single boards, no power breaks. We will provide the wood, any other breaking material needs to be supplied by the participant. I.E. ice or concrete.

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

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

A clean uniform is required.

Potluck afterwards.



Name: _____

School: Gilpin/Clear Creek Lakewood Littleton Green Mountain Evolution Martial Arts

Age*: _____ **Height*** _____ **Weight*** _____ *if under 15 years old.

Rank: _____ **Participants will be grouped by size/rank/age.**

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. Evolution Martial Arts, Gilpin County, Clear Creek~Gilpin Academy of Martial Arts, Mountain Academy of Martial Arts, or the instructors cannot be held responsible for any injuries. Please check in with the front desk to fill out waivers.