

# Rutland Family Tae Kwon Do School Society.

## Fall Invitational Tournament 2004.

Boys and Girls Club, 355 Hartman Road, Kelowna.

December 4th, Saturday, 9 a.m. to 12 noon.

Cost: 1 event \$25, 2 event \$45, 3<sup>rd</sup> or more events \$45 + \$15 each additional event.

Medal will be awarded regardless of placing for kids age 12 & below.

Points from this tournament goes toward 2004 Grand Champion Trophy.

1<sup>st</sup> Place- 6 points, 2<sup>nd</sup>- 4 points, 3<sup>rd</sup>- 2 points. Daniel Choo, Tel: 317-5886 cell.

### Registration and Release Form.

Participant's Surname: \_\_\_\_\_ First name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Town: \_\_\_\_\_

Province/State: \_\_\_\_\_ Postal Code/Zip: \_\_\_\_\_

Telephone #: \_\_\_\_\_ Age \_\_\_\_\_ Belt \_\_\_\_\_

In case of emergency, contact: \_\_\_\_\_ Telephone #: \_\_\_\_\_

Doctor's Name: \_\_\_\_\_ Telephone #: \_\_\_\_\_

Medical details (allergies/disabilities): \_\_\_\_\_

Parent/Guardian Name/ Telephone (if under 19): \_\_\_\_\_

Participant's School: \_\_\_\_\_

Events: Pattern ..... Sparring..... Board Breaking ..... Jump Front or Flying Side Kick.....

Creative Pattern..... Group Pattern..... Musical Pattern..... Self Defense.....

Fundamental block & punch Age 7 & Up.....

I, \_\_\_\_\_, hereby state that I am physically fit to undertake the prescribed tournament. I acknowledge the existence of certain risks of personal injury in participating in this tournament and that I am unequivocally, free and voluntarily assuming these risks and without any liability to Rutland Family TaeKwon-Do School Society, Boys and Girls Club, Daniel Choo, participants, cooperators or assistants. I hereby release and forever discharge all the foregoing parties from all liability arising out of any possible injuries to myself incurred pursuant to said tournament. I hereby authorize the staff at the tournament to act for me according to their best judgment in any situation requiring medical attention. I have no knowledge of any physical or mental impairments which would/could be affected by my participation in this tournament. The organizers have the right to refuse any entry or participation to the tournament or the premises.

Signature of Participant (Parent/Guardian if participant is under 19)

Date (day month 2004)

#### Rules :

Global Tae Kwon Do Federation, GTF rules, Similar to ITF.

Punch to head NOT allowed . Kick to head allowed but NO contact .

Light contact to body. Continuous sparring, 2, 1 minute round.

head, hands and feet gear, mandatory. Chest Guard provided , not mandatory to use.

Groin protector for all males. Mouthguard for all.

3 points for jumping or flying kick directed to high section. Both feet off ground.

2 points for kick to high section, jumping or flying kick to mid section.

1 point for punch to mid section, kick to mid section.

No punching to head.