

1st “Co-Founders” Invitational Tournament



Dear Kwan Jang Nim, Sa Bom Nim & Kyo Sa Nim

I hope this letter finds you and your students in good health and spirits! The 1st “Co-Founders” Invitational Tournament will be held on Saturday May 4, 2013 at the Westbrook High School in Walford, MD at the Capital Club House (previous site for the 2008 and 2009 US Goodwill Nationals).

The “Co-Founders” are excited about this year’s event. We are expecting a strong turnout of Tang Soo Do Masters, Dans and Gups, and invited guest. We look forward to meeting and sharing with Instructors and Students from all the greater Mid-Atlantic Region, and beyond!

Please review your student’s applications before they are submitted to ensure all information is correct. Encourage your students to pre-register to keep the cost for them at a minimum. **Early Registration postmarked by April 26, 2013 is \$50. All registrations after this will be “CASH ONLY” at the door.**

Please send entry fee and application to:

Middlesex Tang Soo Do Academy

P.O. Box 557

Old Saybrook, CT 06475

If you have any questions, please contact Kwan Jang Nim Steven Voelker at (860) 388-6300 or Kwan Jang Nim David L. Sgro at dsgro@sktsd.com.

Yours in Tang Soo Do,

Steven Voelker, Kwan Jang

David L. Sgro, Kwan Jang

May 4th 2013 “Co-Founders” Invitational Tournament

**Tournament Site: Capital Clubhouse
3033 Waldorf Market Place
Waldorf, MD**

*“A portion of the fees from this event will be given to Feed The Children”
For more info on “Feed The Children” visit www.goministries.info and click on “GO Eat*

Please Print

Name: _____ **Belt:** _____ **Rank:** _____

Address: _____
Street City State Zip Code

Tel: _____ **Age:** _____ **Wt.** _____ **Sex:** ___ **Male** ___ **Female**

E-Mail _____ **Instructor:** _____ **School:** _____

Competition Fee: Postmarked before April 26, 2013: \$50 Individual, \$60 family

DO NOT MAIL AFTER APRIL 26th, 2013

Must be paid AT THE DOOR (CASH or CHARGE ONLY!!!) \$60 per competitor, no family discount

Spectator fee (Paid cash at the door): \$10 Individual, \$15 Family

No refunds for any reasons!

Return application to: (Make Checks payable to “MTSDA”)

MTSDA (Middlesex Tang Soo Do Academy)

PO Box 557

Old Saybrook, CT. 06475

Check the events you are participating in:

____ Forms ____ Sparring ____ Weapons ____ Team Forms

Divisions will be combined or split at the discretion of the Tournament Director.

All Competitor must be at formal opening line up at 10am

Waiver of Claim:

I hereby submit my application for registration in the May 4, 2013 “Co-Founders” Invitational Tournament. I agree to waive all claims against any persons, school, or association connected with this tournament, to include David L. Sgro, Steve Voellker, and the Capital Club House. I assume complete and full responsibility for any injuries I may sustain, and likewise will assume full responsibility for all my actions in connection with this tournament. I understand further that I will strictly observe and obey the rules and regulations as posted for this tournament. I understand Foam Type Head Gear, Hand Pads, Foot Pads and Mouth Guards are required for all Sparring Divisions. A groin cup is recommended for males.

Signature: _____ **Date:** _____

If under 18 years, guardian must sign

RULES & REQUIREMENTS of May 4th 2013 “Co-Founders” Invitational Tournament

1) FORMS:

Only forms (Hyungs or Katas) that are recognized requirements in any attending school are allowed. Forms must be “Traditional forms” (i.e. No splits, gymnastic or acrobatic type moves)

2) SPARRING:

All competitors must wear molded foam type safety equipment - NO EXCEPTIONS. Safety equipment is to include HEAD, HAND AND FOOT GEAR & MOUTHPIECE (groin cup Males).

ACCEPTABLE TARGET AREA:

The front and side of the body from the belt up.
The head, specifically the front and side of the face.

UNACCEPTABLE TARGET AREA:

Any part of the body below the belt.
Any part of the back (from the seam on the side of the uniform and back).
Back of the neck, top of the head, No contact to the face (eyes, nose, mouth “triangle area”)

ALLOWABLE CONTACT:

Light contact to the body and head. (No contact to the face area: i.e. eyes, nose, mouth, “triangle area”)
Hand techniques include lead punch, reverse punch, Backfist, and ridge hand.

ILLEGAL TECHNIQUES:

No Spin Backfist
No open hand, (ie palm heels or spear hand techniques allowed).
No elbow or knee kicks allowed

TIME LIMIT:

Matches are two minutes, high score wins
If there is a tie after the first round, there will be an additional 1 minute round. Continue with 1 minute rounds until the tie is broken. (No sudden victory. 1 minute tie breaker rounds will be used).

3) WEAPONS:

Any weapon may be demonstrated. Weapons may be inspected by the chief referee and any unsafe weapon will be disqualified for use. NO LIVE (SHARPENED) blades will be allowed.

4) TEAM FORM: (Three – Five Participants)

Teams must have between 3 and 5 participants. Teams will be broken into divisions on the day of the event, based on the numbers and ranks of the teams. Participants may be any rank, age, or sex. The team will select and demonstrate one form. The team will enter the division based on the RANK OF THE SENIOR STUDENT, however, the team must not perform a form (Hyung or Kata) above the rank of the junior student, (i.e. If there is an Orange Belt on the team, the team may not demonstrate a Green Belt form). The senior may not be above 3rd Dan. Teams may change direction, timing, and rhythm. Teams may form patterns or lines with techniques. Teams are not allowed to add or eliminate moves, however, teams may add spins or slight adjustments in foot work to alter footwork distances. Teams may add “Bunkai” (Self-Defense Application), but the “Bunkai” must apply to the movement from the form

For More Information please contact:

Kwan Jang Nim Steve Voelker at (860) 388-6300 or Kwan Jang Nim David Sgro at dsgro@sktsd.com