

Sat June 3, 2023 MYSpring Tournament

Tournament location:
First Baptist Church of Hollisterville
23 Pond Rd.
Moscow, PA 18444
Visit www.sktsd.com for more info

Name: _____ Belt: _____ Rank: _____

Address: _____

City _____ State _____ Zip Code _____

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

Instructor: _____ Rank: _____ School: _____

Competition Fee:

\$40 for 1 Competitor, \$80 for Family, pre-register (paid/post-marked) on/before May 20, 2023

\$55 for 1 Competitor, \$110 for Family, pre-register (paid/post-marked) from May 21-28, 2023

\$70 per Competitor. From May 29th - June 3rd, register at the door

Spectator fee (Paid at the door): \$5 Individual, \$10 Family

Pay online at www.sktsd.com, or make checks to SKTSD:

SGRO Karate

2631 Raeford Rd

Fayetteville, NC 28303

10:30am Doors Open

11:00am: Line up!

Check the events you are participating in:

___ Forms ___ Sparring ___ Weapons

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

Waiver of Claim: I hereby submit my application for registration in MYSpring Tournament. I agree to waive all claims against any persons, school, or association connected with First Baptist Church of Hollisterville, and David Sgro. 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

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- 1) **INDIVIDUAL FORMS:** Only recognized Forms Allowed. No splits, gymnastic or acrobatic type moves.
- 2) **WEAPON FORMS:** No splits, gymnastic or acrobatic type moves. No live blades allowed in the Weapons Forms
- 3) **SPARRING:** Safety equipment: Head, Hand, Foot Gear and Mouthpiece. Groin cup for males recommended.

POINTS: All techniques are 1 point. Majority of judges needed to award a point (Not 1 Judge).

ACCEPTABLE TARGET AREA: Front & side of the body and face, from belt up.

UNACCEPTABLE TARGET AREA: Any part of the body below the belt, the back, the back of the neck, top of the head. No contact to the eyes, nose, mouth “triangle area”.

ALLOWABLE CONTACT: Light contact to the body and side of the head.

NON-ALLOWABLE CONTACT: No the top or back of the head or the “face triangle” eyes, nose, mouth

LEGAL TECHNIQUES: Back-fist, Ridge hand, Punch, Kicks (I.e. Front, Round, Side, Crescent, Back Kicks)

ILLEGAL TECHNIQUES: Spin back-fist or open hand (ie palm heels or spear hand) Uppercut, Elbow, Knees.

TIME LIMIT: 2 minutes high score wins. 1-minute rounds to break a tie. (No sudden victory).