

MYFEST 23! Testing, Training, Tournament

Fri Oct 13 and Oct Sep 14, 2023

Hope Bible Church, 1900 Ft Bragg Rd, Fayetteville, NC

Information Sheet

What is “MYFEST23!”? MYTSD (Moo Yea Tang Soo Do Association) hosts a yearly event called “MY (Moo Yea) FEST”. It’s MYFESTIVAL or “MYFEST” for short. MYTSD focuses on the “3 T’s and the C”. The 3 “T’s” are “Training, Testing, and Tournament” and the “C” is “Community”. So MYTSD exists to provide training, testing, and tournaments in our community. MYFEST is a 3 day event. This year it’s The Oct 12 - Sat Oct 14, 2023 in Fayetteville, NC

Below is a listing of all the MYFEST events, and their prices. There is also a “Sweet Total Price Package Deal” to make the weekend more affordable.

Post Dated on or before Oct 7, 2023

Add \$10 per item if mailed AFTER Oct 7, 2023.

Registration closes Thu Oct 12, 2023

Friday Oct 13th. Clinic, Black Belt Test 5:30 - 8:30pm.

___ **9am - Noon Business Clinics** (All ranks) ___ \$40 Gups ___ \$75 Dans

___ **9am - Noon Training Clinics** (All ranks) ___ \$40 Gups ___ \$75 Dans

___ **1pm - 4pm Training Clinics** (All ranks) ___ \$40 Gups ___ \$75 Dans

___ **Black Belt Test Spectator Ticket** \$10 single, \$20 family Doors open at 5pm

Sat Oct 14th. Clinics, Tournament, Banquet

___ **9am - Noon Training Clinics** (All ranks) ___ \$40 Gups ___ \$75 Dans

___ **Tournament Noon-5pm** ___ \$45 Gups (Color Belts) ___ \$75 Dans

___ **Awards Banquet 7pm** ___ \$50 If you’re promoting please wear a Suit/Tie (men), Dress/Business suit (ladies). If you’re a guest, Business attire.

Payment Option 1) \$ ___ Enter Total Price

Option 2) “Sweet” Package for everything!: ___ \$150 Gups ___ \$200 Dans

NOTE: IF you competed in the 9/9/23 Back To School Tournament take \$25 off your total price!

Tournament Spectator fee paid at the door: \$10 Individual, \$20 Family

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Name: _____ Belt: _____ Rank: _____

Address: _____

City _____ State _____ Zip Code _____

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

Instructor: _____ Rank: _____ School: _____

Check the events you are participating in:

GUPS Color Belts White - Green Belts, all ages: _____ Forms _____ Sparring

Red/Brown Belts, Black Belts and Masters: _____ Forms _____ Sparring _____ Weapons

Pay online at www.sktsd.com (Then click "MYFEST23!") and mail your application to SGRO Karate. OR Mail your tournament application and check made out to "SKTSD" to:

SGRO Karate c/o "MYFEST23!",

2631 Raeford Rd

Fayetteville, NC 28303

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

Director.

Waiver of Claim: I hereby submit my application for registration in MYFEST23! Tournament. I agree to waive all claims against any persons, school, or association connected with Hope Bible Church, SGRO Karate, 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

RULES

1) **INDIVIDUAL AND WEAPON FORMS:** Only recognized Forms allowed. No splits, gymnastic or acrobatic type moves. No live blades allowed in the Weapons Forms

2) **SPARRING:** Foam Gear Safety equipment: Head Gear, Hand Gear (Thumbs must be covered), Foot Gear (Toes must be covered). Mouthpiece and Groin cup for males recommended. For competitors choosing NOT to wear either, there is a release form they must sign at the ring

POINTS: All techniques are 1 point. More than 1 judge is needed to award a point.

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

UNACCEPTABLE TARGET AREA: Anything below the belt; the back and 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 striking the top or back of the head or the “face triangle” (eyes, nose, mouth)

ILLEGAL TECHNIQUES: No Spin backfist or open hand, (ie palm heels or spear hand). No elbow or knee kicks allowed

TIME LIMIT: 2 minutes, high score wins. 1-minute rounds until a tie is broken. (No sudden victory).

JUDGES 5 HAND CALLS (

Majority of judges required to call a point. Judges raise red or blue flag.

- 1) “Point”: Points to whom scored.
- 2) “No point”: Low X Block
- 3) “No see”: Covers hands over eyes
- 4) “Out of bounds”: Point to the floor.
- 5) “Contact”: Judges strike the flags together to signify excessive contact.

WARNINGS (i.e. Excessive Contact, Illegal Techniques)

Excessive Contact, Illegal Techniques, Unacceptable

1st Warning: Verbal warning

2nd Warning (same category): A point is awarded to the Opponent

3rd Warning: Disqualification.