

MYFEST25! Tournament
Grandmaster Jong Hwan Lee Special Guest!

Tournament Fee: On/before Feb 21, 2025: \$55. \$65 at the Door

8:30 am Doors Open

9:00 - 11:00 am Clinics (Included with Tournament Fee)

11:00 am Line up

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

Tournament location: Hope Bible Church, 1900 Ft Bragg Rd, Fayetteville, NC

Name: _____ Belt: _____ Rank: _____

Address: _____

City State Zip Code

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

Instructor: _____ Rank: _____ School: _____

Pay online (www.sktsd.com, then Click on MYFEST25!)

Or make checks out to "SKTSD" and mail to:

SGRO Karate

2631 Raeford Rd

Fayetteville, NC 28303

Check the events you are participating in:

Forms Sparring Weapons Form Padded Weapons Demo

Tiny Tigers: \$30. Forms Belt Sparring Pool Noodle Sparring

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

Waiver of Claim: I hereby submit my application for registration in MYFEST25! 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 Head Gear, Hand Pads (non-MMA style), Foot Pads and Mouth Guards are required for all Sparring Divisions. A groin cup is recommended for males.

Signature (parents if participant is a minor)/Date

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MYFEST25! Tournament Rules

1) INDIVIDUAL FORMS: Only traditional and recognized Forms Allowed

2) SPARRING: Safety equipment: Head, Hand, Foot Gear and Mouthpiece. Groin cup for males (recommended).

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: 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 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 4 HAND CALLS: 2 Judges required to call a point.

Judges raise red or blue flag.

1) “Point”: Points to who scored.

2) “No point” Low X Block.

3) “Out of bounds”: Points to the floor.

4) “Excessive Contact”: Judges strike the flags together

WARNINGS (i.e. Excessive Contact, Illegal Tech, Running out of the ring)

1st Warning: Verbal warning

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

3rd Warning: Disqualification.

3) WEAPON FORMS: Only traditional Weapon Forms Allowed. No live blades. NO EXCEPTIONS!

4) PADDED WEAPONS: Safety equipment: Head, Hand, Foot Gear and Mouthpiece. Groin cup for males (recommended).

POINTS: All techniques are 1 point. 2 judges needed to award a point.

Drop Weapons: 1st and 2nd Time: Point to opponent. 3rd thme: DQ

ACCEPTABLE TARGET AREA: Front & side of the body, face. Legs front/back

UNACCEPTABLE TARGET AREA: The back, the back of the neck, top of the head. No contact to the eyes, nose, mouth “triangle area”)

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ALLOWABLE CONTACT: Light contact to target areas allowed. .

ILLEGAL TECHNIQUES: No thrusting to the head. No striking or kicking. No grabbing the weapon

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

JUDGES 4 HAND CALLS: 2 Judges required to call a point.

Judges raise red or blue flag.

1) "Point": Points to who scored.

2) "No point" Low X Block.

3) "Out of bounds": Points to the floor.

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