

# Family Martial Arts Centres

## Tang Soo Do Moo Do Kwan Federation of Great Britain Competition 31<sup>st</sup> March 2012 Bridgewater School, Worsley, Manchester M28 2WQ

REGION.....

CENTRE.....

PRINT IN CAPITAL LETTERS

MR/MRS/MISS FULL NAME .....

Has your email  
changed recently?

E-MAIL ADDRESSES.....

INSTRUCTORS NAME ..... TEL NO ..... AGE.....

GRADE on 31<sup>st</sup> March..... Weight KGs .....

HEIGHT ..... (Please fill in for your child to be entered into the right category)

**PLEASE HAND YOUR FORM IN WITH THE REQUIRED FEE OF £30 TO YOUR INSTRUCTOR**  
**Cost includes all categories. Family Discounts apply.**

**All participants must wear Family Martial Arts Centres approved sparring equipment for sparring category. Thank You.**

<p><b>Please tick if you want a commemorative t-shirt</b> <input type="checkbox"/></p> <p>Please note there is an extra £9.95 charge for t-shirt</p> <p><b>Please circle required size</b></p> <p>3-4    5-6    7-8    9-11</p> <p>12-13   S    M    L    XL    XXL</p>	<p>These are the categories you can participate in:</p>	
	<p>Forms</p> <p>Breaking</p> <p>Sparring</p> <p>Team Forms</p>	<p>Tigers Only</p> <p>Jump Side Kick</p> <p>Jump Front Kick</p> <p>Obstacle Course</p> <p>Leadership Skill Test</p>

### What happens at the competition?

Competitions are a great day out for all the family. It's a friendly environment that allows you to meet people from different centres. There are four categories, you can choose all three or just one it's up to you. You have the chance to win medals, so the more categories you participate in the more chance you have of getting one. The sparring section will be with people of the same grade and age group. The forms category depending on rank can demonstrate Cho Bo Ja, Pyung Ahn Forms or more senior Forms. The final category is board breaking you can break one, two or three boards and choose any hand or foot technique. As a participant of the day you will also receive a medal just for taking part.

### DECLARATION.

I.....hereby confirm that I am a member of, and make application to participate in the Family Martial Arts Centres competition held by the Tang Soo Do Moo Do Kwan Federation of Great Britain. I hereby agree to the rules and regulations of the competition.

Signature of Applicant: ..... Signature of Parent/Guardian .....