

# Beyond Sport Taekwondo Fall Brawl

September 30<sup>th</sup>, 2017

Princeton, MN

- Where: Princeton High School  
807 8<sup>th</sup> Avenue South  
Princeton, MN 55371
- When: Saturday, September 30<sup>th</sup>, 2017  
Registration/Check-in 9:00am-10:30am  
Black Belt Meeting 10:30am  
Competition 11:00am
- Cost: Competitors after 9/15 \$50 (after 9/15)  
Early Registration by 9/15 \$40 (Optional Tournament Shirt \$15 if registered by 9/15)  
Spectators \$3
- Sparring: One point for kick or punch to body. Two points for turning kick to body. Three points for head kicks. No head contact rules will be enforced for all youth divisions age 11 and younger. All competitors are required to wear: mouth guard, head gear, WTF approved body protector, groin protection (males) and sparring gloves. World Taekwondo Federation/USAT style sparring gloves are allowed in place of dipped foam gloves only if competitor is wearing forearm pads.
- Forms: Colored Belt and Black Belt Divisions will be divided based on age, rank, and sometimes gender. Divisions determined on site so all participants are in a contended division.
- Color Belts: Palgwe or Taeguk forms are allowed in accordance with colored belt rank.
- Black Belts: Black belt patterns in accordance with dan rank.
- Weapons: Beginner and Advanced creative weapons division. We will add divisions based on participation.
- Breaking: Divisions for Youth and Adult as well as Beginner, Intermediate, and Advanced

**Tournament directors hold the right to add or consolidate divisions as needed**

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Phone: (763) 267-8887

Email: [info@crossfitbeyondsport.com](mailto:info@crossfitbeyondsport.com)

## Princeton, MN

**Youth Color Belt Divisions will be further divided by age. Age division will determine number of boards.**

### **All Youth Beginner (w, o, y)**

Run Jump Side Kick

### **All Youth Intermediate (g, b, p)**

Turning Side Kick (tie breaker, 2 boards, then opposite leg, etc)

### **All Youth Advanced (pt, b, r)**

3 Stations

Front Kick, Turn Side Kick, Backspin

**-Timed-**

### **Poom 10 and under**

Turn Side Kick Right, step, Turn Side Kick Left

**-Timed-**

### **Poom 11 and above**

6 board/4 station max

### **Men's Adult Novice (10<sup>th</sup>-7<sup>th</sup> Gup)**

4 Board Knifehand

### **Women's Adult Novice (10<sup>th</sup>-7<sup>th</sup> Gup)**

Turn Side Kick

### **Men's and Women's Adult Intermediate (6<sup>th</sup>-4<sup>th</sup> Gup)**

Turn Side Kick Right, Step, Turn Side Kick Left

### **Advanced Color Belt (Trim, Brown, Red)**

6 boards/4 station max

### **Black Belt**

10 boards (provided). Unlimited Bricks. 6 Station max. Bricks available for sale or bring your own.

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## Fall Brawl 2017 Waiver of Liability

Name: \_\_\_\_\_ Email: \_\_\_\_\_ Shirt Size: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone Number: \_\_\_\_\_

I the undersigned, of the above address as a registrant and participant in Beyond Sport Tae Kwon Do 2017 Tournament, on September 30<sup>th</sup>, 2017 in Princeton, MN, voluntarily submit my application for attendance and participation and as a part thereof. I fully recognize and acknowledge that this competition frequently involves hard physical contact and might result in injury to myself and others, despite the necessary safety precautions and rules, and I enter such tournament at my own risk. I assume full and complete responsibility for any and all damage, injuries, and/or losses that I may sustain or incur, if any, while attending or participating in this tournament. I do hereby release and further discharge Beyond Sport Tae Kwon Do, Princeton Community Education, Tournament operators, instructors, and other participants, individually and/or otherwise, for any accidents, suits, damages, claims, or judgments that may result in any personal injury that I may suffer while participating or attending this tournament. I realize and acknowledge that I am solely responsible for any medical attention or treatment that I may need as a result of participating in this tournament. I declare that I am free from any physical defects or illness which might prohibit or inhibit my participation in this tournament. Once again, I acknowledge my full understanding that Tae Kwon Do is a contact sport, which may result in injury to me for which I am covered only by my own medical health insurance. If I am an adult signing this registration and liability waiver, as a parent or guardian of a person under the age of 18 years of age, I agree to indemnify Beyond Sport Tae Kwon Do, all tournament operators, instructors and other participants, individually or otherwise for all liability, loss or judgments arising from any injuries suffered by said child for whom I am signing this liability waiver and indemnification.

Signed by Competitor \_\_\_\_\_ Date: \_\_\_\_\_

Signed by Parent/Guardian if under 18 \_\_\_\_\_ Date: \_\_\_\_\_

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Name: \_\_\_\_\_ Age: \_\_\_\_\_ Rank: \_\_\_\_\_

Martial Arts School: \_\_\_\_\_ Instructor: \_\_\_\_\_

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## Hotel Listings

### **AmericInn Lodge & Suites**

910 S Rum River Dr  
Princeton, MN 55371  
(763) 389-9312

7 minutes (0.3 miles) from Princeton High School

### **Super 8**

635 10<sup>th</sup> Ave SE  
Milaca, MN 56353  
(320) 983-2660

19 minutes (16.3 miles) from Princeton High School

### **Country Inn & Suites by Carlson**

18894 Dodge St NW  
Elk River, MN 55330  
(763) 241-6990

20 minutes (18.4 miles) from Princeton High School

### **Holiday Inn Minneapolis**

9200 Quaday Ave NE  
Otsego, MN 55330  
(763) 656-4400

25 minutes (21 miles) from Princeton High School