

# MOUNTAIN ACADEMY OF MARTIAL ARTS

## *SPRING TOURNAMENT*

**Date:** Saturday, April 27, 2019

**Time:** 12:30 warm up, 1 pm start

**Where:** Gilpin County Community Center: 250 Norton Dr. Black Hawk, CO 80422, Phone: 303.582.1453

**Cost:** \$40 day of event, \$30 pre-register before April 13<sup>th</sup>, 2019. Kinder kicks: \$25.00. Make checks out to: Imogene Rich

Mrs. Rich: 303-582-5427, cell: 303-517-4898/imyrrich@yahoo.com

<http://imyfit.gilpincounty.net/>

<http://mountainacademymartialarts.com/>



FORMS, WEAPONS, SPARRING, BREAKING\*, CREATIVE FORMS\*\*

**Come see the Black belt demonstration!**



\*Breaking – All breaks will be combos of 3-5 single boards, no power breaks. We will provide the wood, any other breaking material needs to be supplied by the participant. I.E. ice or concrete.

\*\*Creative Forms – Weapons & traditional. You must compete in the same traditional category to compete in the creative category.

Breaking/creative forms will be judged based on:  
creativity, difficulty, and technique.

A clean uniform is required.

**Potluck afterwards.**



**Name:** \_\_\_\_\_

**School:** Gilpin/Clear Creek   Lakewood   Littleton   Green Mountain   Evolution Martial Arts

**Age\*:** \_\_\_\_\_ **Height\*** \_\_\_\_\_ **Weight\*** \_\_\_\_\_ \*if under 15 years old.

**Rank:** \_\_\_\_\_ **Participants will be grouped by size/rank/age.**

Please circle what you will be competing in:

**Forms   Weapons   Sparring   Breaking   Cr Forms   Cr Weapons   KK sumo wrestling   KK obstacle course**

Please get with your instructor if you have questions. Martial Arts, as with any activity, can be very dangerous. Evolution Martial Arts, Gilpin County, Clear Creek~Gilpin Academy of Martial Arts, Mountain Academy of Martial Arts, or the instructors cannot be held responsible for any injuries. Please check in with the front desk to fill out waivers.