



Presents

One for One Kicking Tournament Knock Out Patterns Championship Jump Front Kick Competition

Sunday 7th February 2010

At **Carronshore Community Centre**, Main Street, Carronshore, Falkirk, FK2 8EX

Start 10.00am

One for One Kicking Tournament

Competitors are matched by age and grade. The players perform One for One Kicking for 30 seconds (no contact, all techniques allowed). The match is judged by 5 senior black belts who decide who performed the best kicking technique. The winner progresses to the next round.

9 Divisions
Gold, Silver and 2 Bronze
in each division

Knock Out Patterns Championship

Competitors are matched by age and grade. The players perform any pattern of their choice. The match is judged by 5 senior black belts who decide who performed the best pattern. The winner progresses to the next round.

9 Divisions
Gold, Silver and 2 Bronze
in each division

Jump Front Kick Competition

Competitors are split by age and grade. The players perform a jump front kick on a breaking board at a set height. The players who break the board progress to the next round. The board is set at a greater height each round. The winner is the player who performs the best break at the final height.

9 Divisions
One award in each division

DIVISIONS

A Class 9th to 7th Kup
B Class 6th to 3rd Kup
C Class 2nd Kup & above

1 Children up to 9 yrs
2 Cadets 10 to 13 yrs
3 Junior/Senior over 14 yrs

ENTRY FEES

£6.00 TO ENTER ONE CATEGORY
£10.00 TO ENTER TWO CATEGORIES
£12.00 TO ENTER THREE CATEGORIES

ENTRY DETAILS

TEAM:

Deadline for Entries **Thursday 5th February 2010.**
Draw for all categories will be made Friday 6th February.

No.	Name	Grade	Age	M/F	Division Eg: A1, B3	One For One (Tick)	Patterns (Tick)	Jump Front Kick (Tick)	Entry Fee £6, £10 or £12
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2									
3									
4									
5									
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Please send details to:

Central Taekwondo
28 Robert Kay Place
The Inches
Larbert
FK5 4FQ

Or email entries to info@centralkd.co.uk

Cheques made payable to "Central Taekwondo"