

2024 Spokane's Open Martial Arts Championship

March 9th, 2024 - 9am to 4pm

Location: Yasuhara Middle School

Only \$60 for ALL main events

Great tournament for beginners!

Individual medals for 1st, 2nd, 3rd

Team trophies for top 3 schools



Main Events:

Sparring
Poomsae
Obstacle Course

Side Events:

Distance Flying Side Kick
Highest Jumping Kick
Creative/Weapons/Pair Poomsae

2024 Winter Spokane Taekwondo Championship

Date: March 9th, 2024

This is meant to be for everyone regardless of their skill level and should be a fun, inspirational tournament and not overly competitive. We are asking that all athletes, coaches, and parents, encourage and assist all athletes in the competition to make a fun pleasurable atmosphere for all athletes. The goal of this tournament is to have each student walk away with about 3 medals and be proud of all their hard work. I hope that this tournament will inspire all students to practice even harder inside and outside of class and each student will have something to work on. No gear is required, we provide all of the required gear to borrow (Shin and instep, forearm pads, head gear, chest protector), but if you have your own, bring it. We recommend that you bring a mouth guard and groin cup. A mouth guard is required for green belts and above. We will ensure you have a groin cup if you are a male and 13 years old and above.

No gear required!*

Tournament Schedule:

9am - Group 1 of Tournament Starts
10:50am – Awards For Group 1
11am – Group 2 of Tournament Starts
12:50am – Awards For Group 2
1pm – Group 3 of Tournament Starts
2:50pm – Awards For Group 3
3pm – Group 4 starts (if needed)
3:50pm – Awards For Group 4 (if needed)

Beginner Friendly!

Good First Tournament!

Inspiration To Train Harder!

Lots Of Fun!

Groups will generally be determined based on lowest rank, then youngest age although there will be some exceptions. If there is a scheduling conflict and one of the times don't work for you, we can work around those times just send us an email to integrityma@hotmail.com. All groups will be pre-bracketed to ensure the tournament goes quickly.

Group 1 generally consists younger and lower ranking students, group 3-4 consists of the higher ranking students. You will be assigned a division within a group at the tournament. Divisions will usually consist of 3 – 4 students. You will know the group you are in a few days before the tournament starts, if you need to know sooner email us at integrityma@hotmail.com.

Bracketing will be done by Master Klinger along with your instructor's input.

Rules:

Main Events:

Sparring:

The sparring tournament will be judged using points for scoring.

1 Point - Punch/Penalty, if you opponent gets a penalty, or if a punch is an extremely good punch. Most punches don't score.

2 Points – Body Kick

3 Points – Head kick, this is for green belts and above and must be light contact

4 Points – Turning/Spinning body kick

5 Points – Turning/Spinning head, green belts and above this must be very controlled and light contact

We will use all of the traditional WT penalties and the fights will be the best of three, one minute fights. Light head contact will only be allowed for green belts and above regardless of age. Most competitors should get the opportunity for sparring at least two different opponents. If for some reason you don't get 2 matches, you can request an additional one and find an opponent or we will try to find you an opponent and we'll try to get you another fight.

Traditional Poomsae:

Poomsae will be graded individually on a scale of 5 to 10 with each judge giving a score between 5 and 10. A competitor may choose to do any form they have learned and will not be penalized on their choice, but it is recommended that it is appropriate to your rank. After all of the competitors are done, the winner will go to the competitor that has the most special points. Special points are calculated by giving 3 points to each judge's 1st pick, 2 points to each judge's 2nd pick, and 1 point to each judge's 3rd pick. In case of a tie, the tiebreaker will be the head Poomsae judge's vote.

Obstacle Course:

The goal of this event is for it to be a fun event where every competitor has a chance regardless of how they perform at the other events. You'll have to move around a series of obstacles and do various moves to complete the course. If you mess up on a course, time penalties will be applied to your final score. The competitor with the least amount of time, wins.

Side Events:

Furthest Flying Kick:

Competitors start with 3 lives and once they are out of lives they are out of the competition. One by one competitors have to jump before a line and then kick the target while jumping over the specified distance. A competitor must stay on their feet and can't touch the ground, kick the paddle, and not overstep the line. If they do not do the former, they lose a life and have to perform the attempt again until they are successful or out of lives. For ties, the competitor with more lives going into the last round wins ties. If it is still tied, the distance will be less for the next round and the tied competitors will be given 1 life for the tie breaker round on the side until there is a winner.

Highest Kick:

Competitors start with 3 lives and once they are out of lives they are out of the competition. A starting height will be measured with a paddle and students will attempt to kick the paddle at that height. Each round the height will be increased by a set amount. A competitor must stay on their feet and can't touch the ground, kick the paddle. If they do not do the former, they lose a life and have to perform the attempt again until they are successful or out of lives. For ties, the competitor with more lives going into the last round wins ties. If it is still tied, the height will be less for the next round and the tied competitors will be given 1 life for the tie breaker round on the side until there is a winner.

Creative/Weapon/Pair Poomsae:

In this event, competitors can do a Poomsae, with a partner, a weapon, or any made up Poomsae. Anything within reason is allowed as long as it remains in a 8 by 8 meter ring, is safe, and will not damage any property. The referee and tournament organizers are allowed to get the final decision. For example, a board breaking routine could be done if desired. If you have any questions, please let us know.

Pricing:

The cost to perform in all of the main events is \$60 total. We encourage everyone to participate in all of the events to make this tournament fun for beginners and give everyone the chance to win. The only way you can get better is to go out there and try it. If you have a concern, please contact us and we'll see if we can do anything to address your concerns. If there isn't, then you don't have to do all of the events.

Each additional side event is \$20 if you are registered for the main event.

Team Competition Trophies:

As the tournament is progressing each competitor's first place medal will score 3 points for their school, their 2nd place medal will score 2 points, and their 3rd place medal will score 1 point. The three schools that have the most points at the end that are not the host school will get a trophy. The more competitors you have and the higher they score the more points your team gets.

Registration:

Normal Registration Ends: Thursday 2/22/24

Late Registration (+\$10) Ends: 3/1/24

Final Registration (+\$15) Ends: 3/4/24

Admissions:

Adults: \$10

Children 4-17: \$5

Children 0-3: Free

Cash only. School owners and people on the volunteer list get free admission.

Sign Up At: www.SpokaneMartialArts.com/2024WinterTournament/

Tournament Location:

Yasuhara Middle School
2701 N Perry St. Spokane, WA 99207

Contact Information:

Integrityma@hotmail.com

Master Klinger: 509-720-8050