

Hosted By:



**FIGHT TO THE  
FREEZE**

**MARTIAL ARTS TOURNAMENT  
OPEN TO ALL STYLES IN:**

**FORMS**

**POINT SPARRING**

**WEAPONS**

Plus Board Breaking

**SUNDAY FEBRUARY 23<sup>rd</sup>, 2020**

**WINDSOR ELEMENTARY SCHOOL**  
1315 E. MINER ST, ARLINGTON HEIGHTS, IL 60004

More info/registration at:  
[www.dkfitnessarts.com/FREEZE](http://www.dkfitnessarts.com/FREEZE)



**DK FITNESS ARTS**  
TAEKWONDO



3<sup>rd</sup> Annual  
**FIGHT THE FREEZE**  
Martial Arts Tournament

**Sunday - February 23<sup>th</sup>, 2020**  
Windsor Elementary School, 1315 E. Miner St.  
Arlington Heights, IL 60004

**PLEASE PRINT LEGIBLY - REGISTRATION RECEIPTS WILL BE EMAILED**

**Competitor Information**

Participant's Name: \_\_\_\_\_ (First) \_\_\_\_\_ (Last) Current Rank: \_\_\_\_\_  
DOB / Current Age: \_\_\_\_\_ / \_\_\_\_\_ ☐ Male ☐ Female  
Street Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
School Name / Address: \_\_\_\_\_  
Instructor Name: \_\_\_\_\_ School tel: \_\_\_\_\_

**Payment Information**

☐ Cash ☐ Check ☐ Money Order ☐ Credit  
Card Holder's Name: \_\_\_\_\_ (First) \_\_\_\_\_ (Last)  
Card Number: \_\_\_\_\_ Exp Date : \_\_\_\_ / \_\_\_\_ 3-Digit Code: \_\_\_\_\_  
Billing Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_

**Event Information**

I Wish To Participate In: ☐ Forms ☐ Point Sparring ☐ Weapons Form ☐ Breaking

**Pre-registration fee is \$65 for one or two events. \$10 for each additional event. There will be additional service fees for registration at the door.**

**All participation fees are non-refundable once registration is processed.**

**LIABILITY WAIVER**

In consideration of your acceptance of my entry in this tournament, I do hereby on behalf of myself, my heirs, executors, administrators waive, release and forever discharge any and all rights and claims for damages which I may have against DK Fitness Arts, Inc. (DKFA) and members of the tournament and their respective officers, agents, representatives, successors, and/or assigns, and against any competitor for any and all damages which may be sustained by me in connection with my association with or entry in the above athletic meet, and which may arise out of traveling to, participating in, and/or returning from such athletic meet. I fully understand that Martial Arts is a body-contact sport and that injuries can occur during competition. I understand that I may be dismissed from the premises without compensation if my conduct is not cooperative for the successful operation of the tournament. I agree that any and all photographs taken by the officials' tournament actions are the sole property of DKFA officials, to be used as they wish and without providing compensation. I further acknowledge having received and reviewed a copy of the rules of this competition. I fully understand the competition rules and agree to fully abide by them. I fully understand any medical treatment given to me will be of FIRST AID TREATMENT only. In the event this application is for a minor, I warrant and represent that I am the parent or legal guardian of such applicant and that I waive any and all rights and claims for damages claimed for competitors contained herein.

Note: This release, consent and assumption of risk, has important legal consequences. If the competitor, whose name appears above, is under the age of 18, his/her parent or legal guardian must execute this document. (DKFA regulations will govern these championships for forms, breaking, and sparring players)

Each Competitor over the age of 18, Parent or legal Guardian if under the age of 18 must sign the waiver to compete:

Parent or Guardian Signature \_\_\_\_\_ Print Name \_\_\_\_\_ Date \_\_\_\_\_

Email form to: [info@dkfitnessarts.com](mailto:info@dkfitnessarts.com) or complete on-line registration at [www.dkfitnessarts.com/freeze](http://www.dkfitnessarts.com/freeze)  
Drop-off at: DKFA, 1714 E. Northwest Hwy.; Arlington Heights, IL 60004; (847) 749-2819  
Pre-registration deadline: **February 21st, 2020**





3<sup>rd</sup> Annual  
**FIGHT THE FREEZE**  
Martial Arts Tournament

**Sunday - February 23<sup>rd</sup>, 2020**  
Windsor Elementary School, 1315 E. Miner St.  
Arlington Heights, IL 60004

## **EVENT INFORMATION**

**DATE:** Sunday, February 23<sup>th</sup>, 2020

**LOCATION:** Windsor Elementary School, 1315 E. Miner St., Arlington Heights, IL 60004

**HOSTED BY:** **DK Fitness Arts Taekwondo**  
1714 E. Northwest Hwy  
Arlington Heights, IL 60004  
[www.dkfitnessarts.com](http://www.dkfitnessarts.com)  
(847) 749-2819  
[info@dkfitnessarts.com](mailto:info@dkfitnessarts.com)

**DIRECTORS:** Master Adam Kielczewski and Master John Sperrazza

**EVENTS:** Competition in Forms (*Open to all traditional styles*), Point Sparring, Weapons and Board Breaking. Divisions shall be divided by age, belt and gender.

**AWARDS:** 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in all divisions. Grand Championship for Forms for Color Belts and Black Belts; youth and adult.

**FEES:** **With Pre-Registration:** \$65 for one or two events  
\$10 for each additional  
**At The Door:** (*cash only please*)  
\$75 for one or two events, \$15 for each additional  
\$10 spectator fee, \$5 children 6-12, Free for under 5  
Arlington Height's SD25 students & teachers are free with  
paying adult and school ID.

**REGISTRATION:** Pre-Registration is due by 6<sup>pm</sup>, February 21<sup>st</sup>, 2020. Registration Form is attached and may be emailed directly to: [info@dkfitnessart.com](mailto:info@dkfitnessart.com).  
On-line registration available at: [www.dkfitnessarts.com/freeze](http://www.dkfitnessarts.com/freeze)

**EVENT SCHEDULE:** 9:30-11<sup>am</sup> - Late Registration  
10:30<sup>am</sup> - Rules Meeting - *Officials and Black Belts*  
11:00<sup>am</sup> - Competition Begins - *all other events follow immediately*

**HOTEL INFO:** **Holiday Inn Express** - Arlington Heights  
2111 S. Arlington Heights Rd., Arlington Heights, IL 60005  
(847)956-1400

*\* a discounted rate of \$79/room is available until 2/17/20 for participants of our tournament*



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### **POOMSAE** (*Forms, Patterns*)

Poomsae competition is open to all traditional styles (a recognized style containing traditional techniques, no acrobatics). Divisions will be divided by age, belt rank and gender and all styles shall compete within same divisions. May combine or divide weight categories depending on the size of the group. Competitors should perform the form appropriate to their rank. Color-belts may repeat their forms in the final and Grand Championship Rounds. Black Belt competitors may not repeat same form in the final and Grand Championship Rounds. Competitors will be judged on balance, stance, focus, technique fluidity and power.

### **POINT SPARRING**

Traditional Taekwondo point sparring rules will be used at this event. LIGHT/CONTROLLED head contact will be allowed by hand and foot techniques only to the areas covered by headgear, excluding the back of the head - face contact is not allowed. Single points shall be awarded for any clean/successful strikes to the body by either hand or foot as well as clean/successful hand strikes to the head under above restrictions. Two points shall be awarded for any clean/successful strikes by the foot to the head under the above restrictions. Matches shall be single elimination, one round and have a total run time of two minutes.

**Mandatory Sparring Equipment:** Headgear, foam fist guards, foam foot protectors, mouth guard and groin cup (males).

**Optional Sparring Equipment:** face shields, chest protectors, shin/forearm protectors

*DKFA provides no competitor gear. We will not require any particular color gear*

### **WEAPONS**

Weapons competition is open to all traditional styles. No sharpened weapons are permitted. Weapons may not leave competitor's hands at any time during competition. Divisions will be divided by age, belt rank and gender and all styles shall compete within same divisions.

### **BREAKING**

Competitors will have 3 stations to demonstrate a breaking technique. Each station may have as many boards as competitor wishes. Techniques demonstrated should be appropriate to competitors belt rank. Divisions will be divided by age, belt rank and gender and trophies shall be awarded for 1st and 2nd place while medals will go to 3rd, 3rd and 3rd. Boards must be purchased at the tournament.

more info / registration at:

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