

2024
DK FITNESS ARTS'
FIGHT THE FREEZE
MARTIAL ARTS TOURNAMENT

HOSTED BY



SUNDAY
25TH
FEBRUARY
2024



LIONS RECREATION CENTER;
411 S. MAPLE STREET;
MOUNT PROSPECT, IL 60056



MORE INFO/ REGISTRATION
www.FightTheFreeze.com

- COMPETITION IN**
- **POINT SPARRING**
 - **FORMS**
 - **WEAPONS**
 - **SWORD COMBAT**
 - **BOARD BREAKING**

OPEN
TO ALL
STYLES





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Registration available online at: (preferred)

www.FightTheFreeze.com

PLEASE PRINT LEGIBLY - REGISTRATION RECEIPTS WILL BE EMAILED

Competitor Information

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

Payment Information

Cash Check 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 Sword Combat Weapons Form Breaking
 Peewee Division (5yrs & Under) **\$35**

Pre-registration fee is \$85 for one or all events. 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 maybe 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 or complete on-line registration at www.FightTheFreeze.com

Drop-off at: DKFA, 1714 E. Northwest Hwy.; Arlington Heights, IL 60004; (847) 749-2819

Pre-registration deadline: **February 23, 2024**



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411 S. Maple Street
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EVENT INFORMATION

DATE: Sunday, February 25th, 2024

LOCATION: Lions Recreational Center, 411 S. Maple Street; Mount Prospect, IL 60056

HOSTED BY: DK Fitness Arts Taekwondo
1714 E. Northwest Hwy
Arlington Heights, IL 60004

www.dkfitnessarts.com
(847) 749-2819
info@dkfitnessarts.com

DIRECTORS: Master Adam Kielczewski and Master John Sperrazza

EVENTS: Competition in Forms (Open to all traditional styles), Point Sparring, Sword Combat, Weapons and Board Breaking. Divisions shall be divided by age, belt and gender. Peeewe Division (5 & under) available in Forms and Board Breaking (instructor assisted).

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

FEES: With Pre-Registration: **At The Door:** (cash only please)
\$85 for one or all events \$95 for one or all events
\$35 for Peeewe Events (5 & under) \$10 spectator fee, \$5 children 6-12, Free for under 5

REGISTRATION: Pre-Registration is due by 6^{pm}, February 23rd, 2024. Registration Form is attached and may be emailed directly to: info@dkfitnessart.com.
On-line registration available at: www.FightTheFreeze.com (preferred)

EVENT SCHEDULE
8:00-9^{am} - Late Registration
8:45^{am} - Rules Meeting - Officials and Black Belts (14yrs & above)
9:00^{am} - Opening & Competition Begins - all other events follow immediately

more info / registration at:

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POOMSAE (Forms, Patterns)

The poomsae competition welcomes participants from all recognized traditional styles, emphasizing adherence to traditional techniques without incorporating acrobatics or creative/freestyle elements. Divisions are divided by age, belt rank, and gender, with all styles competing within the same divisions. Depending on group size, weight categories and genders may be combined or divided. Competitors are expected to perform the form appropriate to their rank. Color-belt participants are permitted to repeat their forms in the final and Grand Championship Rounds, while Black Belt competitors are restricted from repeating the same form in these 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: Head gear, 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

SWORD COMBAT

Participation in padded sword fighting is available to individuals aged 8 and above, holding a rank of 9th Gup or higher. Scoring will follow point sparring rules, necessitating the use of headgear with face shields, mouth guards, and foam fist guards. The required padded swords will be supplied by DKFA. Please refer to the tournament website for a comprehensive set of rules governing sword combat.

WEAPONS

Weapons competition is open to all traditional styles. We do not permit the use of sharpened weapons nor allow the weapon to leave the hand during demonstration. Divisions will be divided by age then belt rank and all styles shall compete within same divisions. Divisions may be combined or divided depending on the size of the group. Competitors will be judged on balance, stance, focus, technique fluidity and power.

BREAKING

Participants will have three (3) stations to showcase their chosen breaking techniques, each station featuring a single unique technique but allowing competitors to use as many boards as they desire. The demonstrated techniques should align with the competitors' belt ranks. Divisions will be categorized based on age and belt rank. Points will be awarded based on the effectiveness and complexity of the technique, the number of attempts made, and the overall presentation, which encompasses creativity, adherence to protocol, and showmanship. Awards will be presented for 1st and 2nd place, and 3rd place. Boards must be purchased at the tournament.

more info / registration at:

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