

HOSTED BY

DK FITNESS ARTS

TAEKWONDO



*SWORD COMBAT*



*FORMS*



*WEAPONS*



*POINT SPARRING*



*BOARD BREAKING*

**SUNDAY, FEBRUARY 23, 2025**



**SOUTH MIDDLE SCHOOL, 400 S HIGHLAND AVE,  
ARLINGTON HEIGHTS, IL 60004**



**MORE INFO/ REGISTRATION  
WWW.FIGHTTHEFREEZE.COM**

**OPEN  
TO ALL  
STYLES**



**EVENTS  
WE OFFER**

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



**2025**  
**DK FITNESS ARTS'**  
**FIGHT THE FREEZE**  
**MARTIAL ARTS TOURNAMENT**

**Sunday - February 23<sup>rd</sup>, 2025**

South Middle School  
 400 S. Highland Ave.  
 Arlington Heights, IL 60004

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 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.FightTheFreeze.com](http://www.FightTheFreeze.com)

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

Pre-registration deadline: **February 21, 2025**



**2025**  
DK FITNESS ARTS'  
**FIGHT THE FREEZE**  
MARTIAL ARTS TOURNAMENT

**Sunday - February 23<sup>rd</sup>, 2025**

South Middle School  
400 S. Highland Ave.  
Arlington Heights, IL 60004



## ***EVENT INFORMATION***

**DATE:** Sunday, February 23<sup>rd</sup>, 2025

**LOCATION:** South Middle School, 400 S. Highland Ave.; 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, Sword Combat, Weapons and Board Breaking. Divisions shall be divided by age, belt and gender. Peewee Division (5 & under) available in Forms and Board Breaking (instructor assisted).

**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:** \$85 for one or two events  
\$10 each additional event  
\$35 for Peewee Events (5 & under)

**At The Door: (cash only please)**  
\$95 for one or two events  
\$10 each additional event  
\$10 spectator fee, \$5 children 6-12, Free for under 5

**REGISTRATION:** Pre-Registration is due by 6<sup>pm</sup>, February 23<sup>rd</sup>, 2024. Registration Form is attached and may be emailed directly to: [info@dkfitnessart.com](mailto:info@dkfitnessart.com).  
On-line registration available at: [www.FightTheFreeze.com](http://www.FightTheFreeze.com) (preferred)

**EVENT SCHEDULE**  
8:00-9<sup>am</sup> - Late Registration  
8:45<sup>am</sup> - Rules Meeting - *Officials and Black Belts (14yrs & above)*  
9:00<sup>am</sup> - Opening & Competition Begins - *all other events follow immediately*

more info / registration at:

[www.FightTheFreeze.com](http://www.FightTheFreeze.com)



**Sunday - February 23<sup>rd</sup>, 2025**

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Arlington Heights, IL 60004

### **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:

[www.FightTheFreeze.com](http://www.FightTheFreeze.com)



# 2025 DK FITNESS ARTS' FIGHT THE FREEZE MARTIAL ARTS TOURNAMENT

Sunday - February 23<sup>rd</sup>, 2025

South Middle School  
400 S. Highland Ave.  
Arlington Heights, IL 60004

## RULES SUMMARY

### SWORD COMBAT

- 8yrs+ AND rank 9th Gup (Yellow Belt) or higher
- 2-minute matches
- No physical contact is allowed, except for contact with the sword
- **Required Gear:** Mouthguard, Headgear w/ face shield, Foam fist guards
- Both hands must remain on the sword at all times
- Sword must stay below eye level & in front of the body during swings & attacks (ok when blocking)
- Swinging past eye level (baseball swing) is illegal & results in a warning
- Stabbing to stomach only, no head/face/throat
- **Illegal Targets:** Groin, face, hand, throat **Legal Targets:** Anywhere else on body
- **Points:** 1-point legal body strikes, 2-points legal head strikes
- **Penalties:** 1st warning: Verbal warning / 2nd warning: Opponent awarded 1 point / 3rd warning: Disqualification

### POOMSAE (Forms, Patterns)

- **Judging:** Flag system w/ 3 judges per ring, 5 for grand championship
- All competitors perform in pairs, except for grand championship finale
- No intros; competitors wait for the referee's instructions
- Competitors aged 16 and above compete in the "Adult" division for Grand Championship
- Forms must be recognizable as traditional belonging to a specific style or association recognizable beyond the individual school
- No creative forms or music allowed
- Competitors will be judged on: Balance, stance, focus, technique, fluidity & power
- Color belts may repeat forms in finals and grand championships
- Black belts may not repeat forms in finals and grand championships
- Under 6 can perform with judge's count (once with count, once without)

### POINT SPARRING

- **Judging:** 3 referees (1 chief and 2 corners), must have 2 to score point
- 1 round, 2-minute matches or 7-point lead, sudden death for ties
- **No coaching allowed**
- **Points:** 1-point legal/clean hand strike to head/body, foot strike to body, 2-points legal/clean, controlled foot strike to head
- **Scoring elements:** Intended to score, attacker not vulnerable, balance maintained, focused/controlled, attacker can continue, extension/return/accuracy
- **Illegal Target Areas:** Face (color-belts), top of head, back of head, throat, groin, spine, below the belt, eyes
- **Illegal Techniques:** No face contact for color-belts, no leg sweeps, attacks to top or back of head, stepping out of bounds, face contact, elbows, knees, headbutts, open-hand strikes, blind attacks
- **Gear:** Mandatory: Headgear, foam fist guards, foam foot protectors, mouthguard, groin cup (males) Optional: Face shields, chest protectors, shin/forearm protectors.
- Specific color uniforms are not required
- **Penalties:** 1st warning: Verbal warning / 2nd warning: Opponent awarded 1 point / 3rd warning: Disqualification
- **Warnings for:** Leaving ring, fighting after break, low kick, face contact, open-hand strikes, malicious attacks, blind techniques, poor sportsmanship, influencing referee

### BREAKING

- **Scoring:** Three judges score each competitor from 6.0 to 10.0
- **Judging Criteria:** Success of the break, technical difficulty, number of boards broken (multiple boards allowed per station), presentation (focus on breaks, not theatrics)
- **Stations:** Competitors perform at three (3) breaking stations
- Three attempts are allowed per technique per station
- Only referees, judges, assigned holders, and competitors are allowed on the mat
- **Holding Restrictions:** No demonstrations or modified holders from other competitors in the division
- **Boards:** (Purchased on-site) 9 years and younger: 9mm boards / 10-15 years: 12mm boards / 16yrs+ & Black Belts: 20mm boards

### WEAPONS

- No sharpened weapons allowed
- Weapons must remain in the competitor's hands at all times
- Scoring by three judges on a score from 6.0-10
- Competitors perform individually

**Rules are subject to change and may be adjusted or modified**