

Dear Tae Kwon Do Students, Black Belts, and Families:

Please join us for the **9th Annual Regional Tae Kwon Do Invitational Tournament.**

The tournament will again be held at the **ROCORI High School Gym in Cold Spring, MN.** The tournament date is **Saturday, May 18, 2019.**

Competition will include sparring, forms, weapons and breaking. This year, we will again have the practice station for breaking. It will be held in the main gym and available from 9:00-10:00 am.

If you preregister online, the entry fee is \$50 for one or all events (\$60 at the door). Paper pre-registration deadline is May 16, 2018 (to your head instructor) and checks payable to "**Regional Tae Kwon Do**".

Registration forms, links and maps are available from your instructor and online, at the Alliance website: www.RMAA4U.com. **Online** pre-registration is open until Thursday, May 16, 2018. All competitors who preregister for the tournament will have their Competition ID Badge waiting for them at the pre-registration table.

The Agenda for the Day:

8:00 am: Registration Opens (\$60 registration at the door)

9:00 am: Open Practice for Breaking

10:00 am: Demo Team Performance

10:30 am: Black Belt Meeting

11:00 am: Opening Ceremonies

11:15 am: Black Belt Breaking

Please bring your own sparring gear or borrow a set from your Instructor. There will also be sparring gear for sale at the equipment table.

I strive to advance and update this Tournament every year, offering competitors the chance to enjoy a fun, safe, confidence-building day. Be sure to stay for the competition, at the end of the day, for the travelling, **Grand Champion Belt.**

Check out our FaceBook page, <https://www.facebook.com/RMAA4U/> for updates and specials! If you have any questions, please call or email me directly.

Best Regards,

젠 인형

Master Jen Lourey

President, Regional Martial Arts Alliance

P.S. Mandatory sparring equipment: chest protector, head gear, elbow pads and foam hand pads -or- WTF gloves and forearm guards, shin/instep pads, mouth guard, and a groin cup for males. There will be equipment available for purchase. We accept credit cards at the equipment table (\$5 minimum purchase). Modified WTF rules apply. Rules, regulations and code of conduct listed in the Tournament Program.



Dear Head Instructors

It is my honor to invite you to the

9th Annual REGIONAL Tae Kwon Do Invitational Tournament Saturday, May 18, 2019 ROCORI High School, Cold Spring, MN

We are looking forward to another great day of friendship and competition. Tournament pre-registration is \$50 (one or all events). Online registration is available on our website. Again, this year there will be **ID Badges for all pre-registered competitors**. If students turn in pre-registrations to you, please email me their information by Thursday, May 16th, for the \$50 pre-registration pricing. You can then bring the forms and payment with you Saturday morning. This will ensure they have an ID badge waiting for them at the pre-registration table. For any Black Belt, 4th Dan and higher, competition is FREE (complete the enclosed *Master Liability Waiver*).

The Agenda for the Day:

- 8:00 am: Registration Opens (\$60 at the door)
- 9:00 am: Open Breaking Practice
- 10:00 am: Demo Team Performance
- 10:30 am: Black Belt Meeting
- 11:00 am: Opening Ceremonies

Black Belt Breaking will be the first event following opening ceremonies. There is no additional fee for the Black Belts competing in creative breaking. We will provide pine boards, bricks and demo boards.

By keeping your students excited and informed, they are more likely to attend, so please forward all of the Student and Black Belt emails I send you. Encourage everyone to “Like” our FaceBook page (<https://www.facebook.com/RMAA4U/>), so they can stay on top of all the news, specials and deadlines regarding the tournament. Please share our posts to your page(s).

Following the tournament, all Black Belt referees **and** their families are invited, to the Black Belt Dinner at the Riverside Convention Center in Cold Spring. It will be my opportunity to say “thank you”!

If you have students competing in sparring, please send a **complete set of gear** with them (required: hand pads/elbow pads -or- WTF Gloves/Forearm guards, shin/instep pads, mouth guard, chest protector, head protector and groin cup (males). I will have a few sets to borrow along with a fully-stocked equipment table.

Please call or email me with any questions. I look forward to seeing everyone on May 18, 2019!

Master Jen Lourey

President, Regional Martial Arts Alliance

307 Ivy Avenue SE • Richmond, MN 56368 • Phone (320) 597-7422 • Mobile (320) 290-5255

E-mail: Drjenloureyl@gmail.com

Website: www.RMAA4U.com

FaceBook: [Regional Tae Kwon Do of Richmond](#)

Regional Martial Arts Invitational 2019

*All colored belt breaking is timed competition

Youth Divisions are ages 4 to 15 and use re-breakable boards

4, 5 & 6 year olds (Includes Kid Kickers/Crickets)

Stomp, Turn, Stomp
Yellow Yellow

7 & 8 year old Novice (White thru Blue)

Stomp, Run Side
Yellow Yellow

7 & 8 year old Advanced (Purple thru Poom)

Turn Side, Run Side
Yellow Orange

9 & 10 year old Novice (White thru Blue)

Turn Side, Turn Side
Green Green

9 & 10 year old Advanced (Purple thru Poom)

Turn Side, Turn Side
Green Blue

11 & 12 Novice (White thru Blue)

Turn Side, Turn Side
Green Green

11 & 12 old Advanced (Purple thru Poom)

Leg Over, Turn Side
Green Blue

13, 14 & 15 year old Novice (White thru Blue)

Turn Side, Turn Side
Blue Blue

13, 14 & 15 year old Advanced (Purple thru Poom)

Turn Side Right Leg, Turn Side Left Leg
Brown Brown

Adult Divisions are ages 16 & up and use real boards

Women Novice (White thru Blue)

Turn Side (2 Boards), Turn Side (2 Boards) - Timed

Women Advanced (Purple thru Black*)

4 Stations, 8 Boards max., 1 Minute Set-up
Score 1-10 on boards broken & difficulty

Men Novice (White thru Blue)

Turn Side (2 boards), Turn Side (2 boards) - Timed

Men Advanced (Purple thru Red)

4 Stations, 8 Boards max., 1 Minute Set-up
Score 1-10 on boards broken & difficulty

Adult Black Belt

***5 stations, any combination of 10 items (boards, bricks, demo boards)
Scoring first based on number of items broken, second on creativity/difficulty

Regional Martial Arts Invitational MASTER'S REGISTRATION FORM

TOURNAMENT RELEASE OF LIABILITY

Name _____ Phone _____

Address _____ City _____

State _____ Zip _____ Birthday ____/____/____ Age _____

TKD School/Club _____ Instructor _____

Weapons _____ Sparring _____ Forms _____ Black Belt Breaking _____

Read Carefully Before Signing!!

Adult Participants:

I fully recognize and acknowledge that Tae Kwon Do is a contact sport and may result in physical injury to myself and/or others. I wish to participate in this tournament at my own risk. Therefore, I am fully responsible for any and all damages or injuries that I may sustain or incur, if any, while participating in this tournament. I do hereby release and further discharge Regional Tae Kwon Do Inc; Master Jen Lourey and any assistant instructors and Black Belts, individually and/or otherwise, from any liability for personal injuries that may be sustained while attending this tournament. I acknowledge that neither Regional Tae Kwon Do, Master Jen Lourey nor any assistant instructors and Black Belts, shall be liable for medical expenses or damages arising out of my participation in this tournament. I agree to indemnify and hold harmless Regional Martial Arts Alliance, Regional Tae Kwon Do Inc, Master Jen Lourey, any assistant instructors and Black Belts for any claims or judgment resulting from personal injuries sustained at this tournament.

Signed _____ Date _____

Master _____ Gender: _____ Age _____ Rank _____ th Dan

Weapons _____ Sparring _____ Forms _____ Black Belt Breaking _____

Regional Martial Arts Invitational 2019

TOURNAMENT RELEASE OF LIABILITY

Name _____ Phone _____

Address _____ City _____

State _____ Zip _____ Birthday ____/____/____ Age _____

TKD School/Club _____ Instructor _____ Rank _____

Weapons _____ **Sparring** _____ **Forms** _____ **Colored Belt Breaking** _____

Black Belt Breaking _____

Read Carefully Before Signing!!

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Signed _____ Date _____

Parents/Guardians:

I fully recognize and acknowledge that Tae Kwon Do is a contact sport and may result in physical injury to my child and/or others. I wish to have my child participate in this tournament and at my own risk. I am fully responsible for any and all damages or injuries that my child may sustain or incur, if any, while participating in this tournament. I do hereby release and further discharge Regional Martial Arts Alliance, Regional Tae Kwon Do Inc, Master Jen Lourey, and any assistant instructors and Black Belts, individually and/or otherwise, from any liability for personal injuries that my child may sustain while attending this tournament, and I acknowledge that neither Regional Martial Arts Alliance, Regional Tae Kwon Do Inc, Master Jen Lourey, any assistant instructors and Black Belts shall be liable for medical expenses or damages arising out of my participation in this tournament. I agree to indemnify and hold harmless Regional Martial Arts Alliance, Regional Tae Kwon Do Inc, Master Jen Lourey, any assistant instructors and Black Belts for any claims or judgment resulting from personal injuries sustained at this tournament.

Signature of Parent/Guardian _____ Date _____

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Name _____ Gender _____ Age _____ Rank _____

TKD School/Club _____ Instructor _____

Weapons _____ **Sparring** _____ **Forms** _____ **Colored Belt Breaking** _____

Black Belt Breaking _____

Directions to ROCORI High School, Cold Spring, MN:

From the West: Take MN-23 E, take a left on County Road 2/Red River Avenue South (first set of lights in Cold Spring). Go thru town and up the hill. Take the first exit in the traffic circle and follow County Road 2 to the North. ROCORI High School will be on the left.

From the East or I-94: Take Exit 164 for MN-23 towards Paynesville/Waite Park. Turn Left at MN-23 W. Take a right on County Road 2/Red River Avenue South (second set of lights in Cold Spring). Go thru town and up the hill. . Take the first exit in the traffic circle and follow County Road 2 to the North. ROCORI High School will be on the left.

From the North (I-94): Take Exit 153 for County Highway 9 towards Avon. Turn Right at County Highway 9/County Road 9. Take 1st left onto County Road 159/County Road 50. Take the 2nd Right onto County Road 50. When you come into Cold Spring, ROCORI High School will be on your left. Go past it, into the traffic circle and take your second exit, heading North. The High School will be on your left.

or

Exit 160 towards St. Joseph/Cold Spring. Turn Right on County Road 2. When you come into Cold Spring, ROCORI High School will be on your Right.

**ROCORI High School
534 N 5th Avenue East
Cold Spring, MN 56320**

Directions to ROCORI High School, Cold Spring, MN:

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or

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**ROCORI High School
534 N 5th Avenue East
Cold Spring, MN 56320**