



GOODWILL TAEKWONDO CHAMPIONSHIPS

American River College

4700 College Oak Drive
Sacramento, CA 95841



December 7, 2019

EARLY REGISTRATION: 1 EVENT \$65

LATE REGISTRATION: 1 EVENT \$75 REGISTRATION AT DOOR: 1 EVENT \$85

\$20 EACH ADDITIONAL EVENT

POINT SPARRING * FORMS/POOMSAE * WEAPONS * OLYMPIC SPARRING * BOARD BREAKING * ONE STEP SPARRING

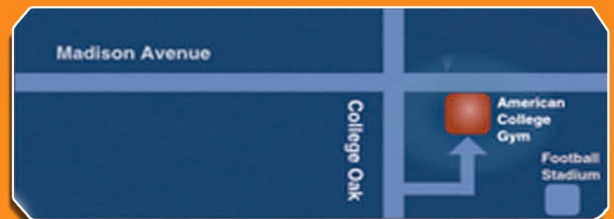
MANDATORY PROTECTION EQUIPMENT:

- Head gear
- Foot pads (dipped foam only)
- Hand pads (dipped foam only)
- Groin protector
- Mouth piece
- Chest protector

SCHEDULE of EVENTS:

8:00AM Competitor Check-in
8:00 AM Late Registration
8:00AM Officials Meeting
Competition begins
(see schedule on reverse)

All sparring gear must be in good repair. no tape overly worn equipment will be allowed. All competitors must wear acceptable martial arts uniform, no tank tops or T-shirts



80 east to reno, exit madison avenue (turn right) to college oak (turn right). turn left at fourth traffic light after turning onto college Oak Arc Gym left past football stadium.



Register at: MATournaments.com

FOR MORE INFORMATION

CONTACT: YOUR INSTRUCTOR

EARLY REGISTRATION: 11/16 LATE REGISTRATION: 11/30

General Admission \$10 Children 4 & Under FREE

COLLEGE DAILY PARKING PASS: \$2.00



PARTICIPATION AWARDS
TO ALL CHILDREN
COMPETITORS!
EVERYONE IS A WINNER!



1ST, 2ND, 3RD PLACE
MEDALS IN ALL DIVISIONS

FINAL 4 POINTS AWARDED

SANCTIONED BY:



Pre-Registration: All entries must be postmarked no later than November 30, 2019.

PLEASE READ CAREFULLY, INCLUDE ALL INFORMATION AND PLEASE PRINT OR TYPE

NAME _____ PHONE: () _____

HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____

DATE OF BIRTH ____/____/____ AGE _____ SEX _____ WEIGHT _____ HEIGHT _____

SCHOOL NAME _____ Black Belts must put age as of Sept 30, 2019 INSTRUCTOR _____

BELT COLOR: _____

REGISTER AT YOUR SCHOOL TODAY!

CIRCLE EVENT(S) YOU WISH TO ENTER FORMS POINT SPARRING WEAPONS CHAIN WEAPONS NON-CHAIN CREATIVE BREAKING POWER BREAKING SIDE KICK & BACK KICK JUMP KICK BREAKING OLYMPIC SPARRING (RED BELTS & ABOVE ONLY) ONE STEP SPARRING (YELLOW & BELOW ONLY)

EVENT FEE SCHEDULE: One Event Early Registration \$65 Registration after Nov. 16th One Event: \$75 Registration at Door: \$85
Each additional event \$20

TINY TIGERS/LITTLE DRAGONS: One Event Early Registration: \$45 Registration after Nov. 16th One Event \$55 Registration at Door: \$65
Each additional event \$20

Total Amount of Participation Fee (s) \$ _____ Enclosed (NO REFUNDS)

LIABILITY WAIVER

I hereby submit this registration and liability waiver form to participate in the 25th Goodwill Taekwondo Championship. I certify that the above information is true and correct and hereby release, discharge and waive any and all responsibility of American River College, Los Rios Community College District, Robinson's Taekwondo, UWTA Schools, the Tournament Organizing Committee, tournament directors, referees, instructors, coaches, medical staff and other competitors from liability for any injury, including death, and for damage to or loss of property which may be suffered by myself arising out of, or in any way resulting from or attributing in whole or in part to my traveling to, training for, being coached in, using any sports equipment, or participating in the 25th Goodwill Taekwondo Championship

PARTICIPANT'S SIGNATURE _____ PARENT/LEGAL GUARDIAN SIGNATURE _____

| DATE | AGE | RANKS | DIVISION | CHECK IN TIME |
|--|------------|------------------------------|--------------------------|---------------|
| Saturday, December 7th | | Judges & Time Keeper Meeting | | 8:00 AM |
| Saturday, December 7th | All Ages | Late Registration Begins | | 8:00 AM |
| Saturday, December 7th | 15 & Over | Black Belts | Poomsae & Point Sparring | 9:00 AM |
| Saturday, December 7th | All Ages | All Ranks | Poomsae Only | 10:30 AM |
| Saturday, December 7th | All Ages | All Ranks | All Breaking | 11:15 AM |
| Saturday, December 7th | All Ages | All Ranks | Point Sparring | 11:30 AM |
| Lunch Break 12:00 PM - 12:30 PM | | | | |
| Saturday, December 7th | 10 & Above | Red Belt & Above | Olympic Sparring | 12:30 PM |
| Saturday, December 7th | All Ages | Red Belt & Above | Pairs Poomsae | 12:30 PM |
| Saturday, December 7th | All Ages | All Ranks | Weapons | 1:00 PM |
| Saturday, December 7th | All Ages | Red Belt & Above | Team Poomsae | 1:00 PM |

BLACK BELTS Compete according to their age as of September 30, 2020