

*Courtesy*

*Integrity*

*Perseverance*

*Self-Control*

*Indomitable Spirit*



January 6, 2012

Dear Masters, Instructors and Competitors:

On behalf of Adams Taekwondo club, we would like to invite you to take part in our 4<sup>th</sup> annual Adams Taekwondo Tournament. This year, our tournament will take place on Saturday, March 10<sup>th</sup> in Red Deer. The location is Saint Thomas Aquinas Middle School, 3821 – 39st. This is the same location as last year.

We would like to invite you and members of your clubs to come join us in the tournament. We will start our line-up at 9:30am on Saturday morning beginning with patterns at 10:00 with sparring to follow. Students will be assigned divisions based on age, rank and weight.

This will be a very relaxed tournament setting, which means it will be a GREAT opportunity for your inexperienced and experienced students to show their pattern and get into the ring. We will guarantee 2 fights per student.

We hope to see you at our tournament on March 10<sup>th</sup>, in Red Deer. If you have any questions, feel free to contact us at 403-341-5254, or email [adamstkd@hotmail.com](mailto:adamstkd@hotmail.com).

Sincerely,

**ADAMS Taekwondo**  
Radean Adams-Lynch  
Ryley Adams

*“Taekwondo should be a way of life, not a job, hobby, sport, but a part of you and the way you live your life.”*

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- Date:** Saturday, March 10<sup>th</sup>
- Location:** St. Thomas Aquinas Gym  
3821 39th Street  
Red Deer, Alberta
- Time:** 9:00am: Registration  
9:30am: Line up of all patterns and sparring divisions
- Entry fee:** \$45.00 for one or both events      LATE FEE: \$5.00 extra if registered that day  
Please make cheques payable to "Ryley Adams". Registration forms must be received by mail or email no later than March 1<sup>th</sup>. You can email registration forms to: [adamstkd@hotmail.com](mailto:adamstkd@hotmail.com). Payments can be made that morning or can be mailed to 30 Rutledge Cres, Red Deer, AB, T4P 3K2.
- Eligibility:** All competitors must be members of an established WTF school, and be in good standing with the ATA.
- Rules:** WTF Olympic rules will apply  
No head contact for anybody!  
Absolutely no jewelry of any kind may be worn in the ring, this includes piercings.
- Equipment:** All sparring equipment (headgear, chest protectors, shin/arm and groin protectors, mouth guards) are Mandatory and must be supplied by each competitor.  
All competitors must wear a clean white dobuk and belt indicating rank.
- Divisions:** Children's divisions will start at 4 and continue on to 16 years old. Divisions may be adjusted on the day of the competition.
- Matches:** Colored belt matches will be 2 one minute rounds with a 30 second break  
All matches are subject to modification on the tournament date.
- Admission:** Non-competitors:  
\$2.00 per person  
4 years and under free with adult
- Food:** There will be a concession available at the tournament.

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**ADAMS TAE KWON DO INVITATIONAL TOURNAMENT  
Registration Form**

NAME \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

DOJANG NAME \_\_\_\_\_ INSTRUCTOR \_\_\_\_\_

MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ BELT LEVEL: \_\_\_\_\_

BLACK BELT (DAN) \_\_\_\_\_

Completed form must be received by email ([adamstkd@hotmail.com](mailto:adamstkd@hotmail.com)) or mail no later than March 1<sup>th</sup>, 2012. Mail to 30 Rutledge Cres, Red Deer, AB, T4P 3K2

**PLEASE CHOOSE EVENTS PARTICIPATING IN (Circle one or both)**

Poomse Sparring \$45.00 for one event or both.

Payment can be made by cash or cheque  
Make cheques payable to Ryley Adams

Payment Method (Circle one) Cheque Cash

**WAIVER and RELEASE OF LIABILITY**

*I, the undersigned, do hereby voluntarily submit my (or my child's) application for attendance and participation in the ADAMS Taekwondo Invitational Sparring Tournament. I do hereby assume all responsibility for any and all damages, injuries or loss of personal possessions that I (or my child) may sustain or incur, while attending and participating. I hereby waive all claims ADAMS Taekwondo and RDCRD#39 it's officers and directors, the promoters, sponsors, associations, facilitators or other competitors of said tournament individually or otherwise, for any damages, injuries or losses that I (or my child) may sustain or incur. I fully understand that any medical treatment given to me will be by a licensed Emergency Medical Technician (EMT or Paramedic) or certified First Aid Attendant. I hereby give permission that in case of emergency (in the opinion of the EMT or EMT-P or First Aid attendant) that I (or my child) may be transported to the hospital by ambulance for further treatment as a precautionary measure.*

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Parent signature for participants under 18 years of age.

**For Office use only** Date received \_\_\_\_\_ Entry Fee Paid \_\_\_\_\_ Complete \_\_\_\_\_

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Alberta Taekwondo Association  
*Medical Fitness to Compete Form*

This form **MUST BE COMPLETED** or your tournament application will **NOT** be accepted.

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address \_\_\_\_\_ AHC# \_\_\_\_\_

1. I hereby certify that I have not suffered a concussion, head injury, loss of consciousness or blow to the head followed by dizziness, memory loss or headache in any activity in the past 30 days.

Signed \_\_\_\_\_

Under 18 years, Legal Guardian \_\_\_\_\_

Date: \_\_\_\_\_

2. Have you suffered a head injury, loss of consciousness, concussion or blow to the head in the past 6 months?

\_\_\_\_ Yes                      \_\_\_\_ No

3. If YES, were you examined by a physician regarding this injury?

\_\_\_\_ Yes                      \_\_\_\_ No

4. If no to question 3, will you consent to a phone interview by the ATA Medical Doctor?

\_\_\_\_ Yes                      \_\_\_\_ No

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