

16th Annual
TANG SOO DO KARATE
INVITATIONAL CHAMPIONSHIP



Hosted by Master Jeff Mignogna
Saturday, May 2nd, 2009
Upper St. Clair High School
Upper St. Clair, Pa.



Pre-registration by April 25, 2009

Send to: T.S.D. Karate •P.O. Box 784•Bethel Park, Pa 15102

An additional \$10.00 to register at the door

Spectators \$8.00 Children 5 and under free.

\$35.00 for one event

\$45.00 for two events

\$55.00 for three events

\$65.00 for four events

First, Second and Third Place Trophies Awarded in all divisions:
(All competitors 12 and under receive participation trophies)

☯ *EXCITING MASTER & BLACK BELT DEMONSTRATIONS* ☯

**THERE WILL BE 4 GRAND CHAMPIONS
AND OVER 250 DIVISIONS THIS YEAR!!!**

BREAKING, FORMS, SPARRING & WEAPONS

CHILDRENS DIVISIONS AGES 4-17 (BOYS' AND GIRLS' WILL BE DIVIDED AT 7 YEARS OF AGE)
ALL CHILDRENS DIVISIONS WILL BE DIVIDED BY AGE AND RANK

MENS' DIVISIONS 18-37, 38 & UP.

WOMENS' DIVISIONS 18-37, 38 & UP.

ALL ADULT DIVISIONS DIVIDED BY RANK

SCHEDULE OF EVENTS:

BLACK BELT FORMS AGES 18 & UP 9:00 A.M.

SWORD & OPEN WEAPON COMPETITION 10:00 A.M.

OPENING CEREMONIES & DEMONSTRATIONS 11:00 A.M.

ALL COLOR BELT COMPETITION AND 17 & UNDER BLACK BELTS 11:30 A.M.

RULES:

Sparring

Two minutes or five points

One point awarded for:

Controlled kick or punch to side or front of the body

Controlled kick to face or side of the head

There is no contact allowed to the head or face

You are not allowed to punch to the face or head

There are no points below the belt

There are no points to the back of the head or body

There are no open hand techniques allowed

There are no back fists or sweeping techniques

Breaking

Ages 5 – 12: 2 stations 1 board per station

Ages 13 and up: 2 stations any number of boards

To ensure fairness all boards must be purchased at tournament. Cost - \$2.00 each

Safety Equipment

Sparring competitors must:

- Use a mouthpiece (on sale at Tournament)

- Wear head gear (will be supplied to those without it)

-Wear a cup (male competitors)

Competitors have the option of wearing shin pads,
Hand and foot gear.

Rooms available: Crowne Plaza for \$99./night. Call 412-833-5300 and mention TSD Karate tournament.

Room rates and availability only guaranteed through April 17th, please book rooms as soon as possible.