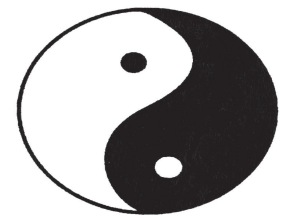


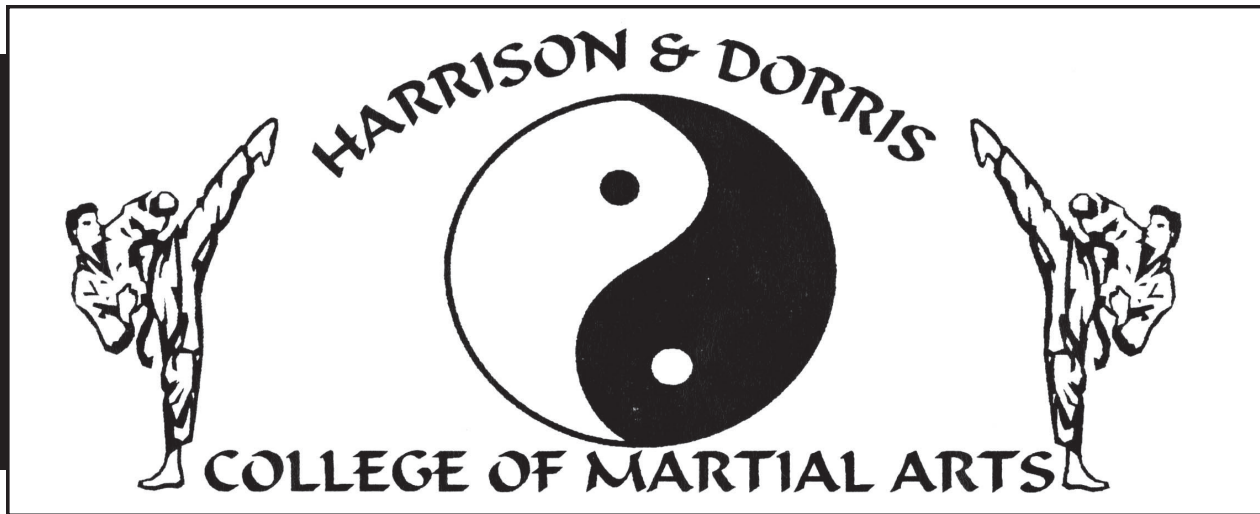
2015



Douglas Grose Memorial Martial Arts Tournament

SPONSORED BY:

Ms. Vera Harrison



Saturday, August 8, 2015

FRIDAY, AUGUST 7 - SEMINARS 12:30 P.M.- 4:30 P.M. AND 6 P.M. - 9 P.M.

8:00 a.m. – 6:00 p.m.

First English Lutheran Church

725 E. Forrest Hill Ave., Peoria, Illinois

Arbitrary Official - Vera Harrison

**AIR CONDITIONED
ELECTRONIC SCORING
MATTED RINGS**



NEW EVENT TIMES TO ELIMINATE CROWD CONGESTION!!!

***Please note all times are approximate

NEW START TIME FOR GRAPPLING

8:30 Grappling: NO GI (Wrestlers are welcome MUST follow grappling rules)

11:00 Special Events Division (ALL EVENTS)

10:30 Karate (or similar style)

Forms
Weapons
Breaking
Point Sparring
Masters' Division

1:30 Tae Kwon Do (or similar style)

Forms
Weapons
Breaking
Olympic Sparring
Masters' Division

Points will be tabulated for the ALLIANCE (Please email results to Leslie Kibler - lesliekibler@gmail.com)

FOR MORE INFORMATION Contact: Vera Harrison at (309)251.8588
PLEASE DO NOT CALL THE CHURCH

FRIDAY DAY AND NIGHT SEMINARS

FRIDAY AUGUST 7, 2014
12:30 - 4:30 AND 6 P.M. - 9 P.M.

2 Sessions

Session 1 Soke Matt Molineux & Shihan James Gifford

Session 2 with The Nair Brothers, Dr. Deepak Nair and Mr. Roopak Nair

Street Wise Self Defense techniques
Close Quarter combat emphasizing basic Okinawan techniques and internal energy utilization
Biomechanics of Striking
Self Defense techniques evolving from the S.P.E.A.R. system created by Tony Blauer

Beneficial for all Martial Artists and Non-Martial Artists Male and Female. Children and Adults!!!

COST IS ONLY \$40 TO PARTICIPATE IN ONE SEMINAR OR \$60 FOR BOTH -

\$5 FOR SPECTATORS

PLEASE MAKE ALL PAYMENT PAYABLE TO VERA HARRISON

IF MAILING PAYMENT (CASHIER'S CHECK OR MONEY ORDER, DO NOT SEND CASH THROUGH THE MAIL), PLEASE MAIL TO:

HARRISON & DORRIS COLLEGE OF MARTIAL ARTS
3526 N. California Ave., Suite A,
Peoria, Illinois 61603

NAME _____ AGE _____

ADDRESS _____ CITY _____ STATE _____

PHONE _____

CHECK IF PARTICIPANT CHECK IF SPECTATOR

CHECK FOR DAY SEMINAR (12:30 - 4:30) CHECK FOR NIGHT SEMINAR (6:00 - 9:00)

CHECK IF ATTENDING BOTH SEMINARS

UNIFORMS NOT REQUIRED, PLEASE WEAR CLOTHING THAT YOU CAN MOVE AROUND COMFORTABLY IN.

I have read and understand this release, and do hereby release and discharge any and all rights and claims for any damage which I may have or which may occur to me, against Vera Harrison/Mary Dorris/Harrison and Dorris College of Martial Arts, First English Lutheran Church and any Instructors in this seminar I am participating at my own risk and I am physically and mentally fit for these events.

I also agree that Vera Harrison/Mary Dorris/Harrison and Dorris College of Martial Arts, First English Lutheran Church, and any Representatives or officials involved in this seminar are not liable for any harm incurred to or on my person in the course of travel to and from this event.

Participant Signature or _____

Responsible Adult if participant is under age 21.

MEET OUR SEMINAR INSTRUCTORS:

Session 1 (12:30 p.m. - 4:30 p.m.)

Soke Matt Molineux & Shihan James Gifford

Soke Matt Molineux (Teaching street-wise self-defense applications)

Head of the International Okinawan Budo-Kai Soke Molineux began his martial arts training in Shorin Ryu Karate in 1974 under Soke Mike Hancock. In March 2001 Soke Hancock promoted Molineux to Kudan. In May of 2001, Master Douglas Grose, of the American Jiu-Jitsu Karate Association International, recognized Molineux's promotion and named Soke Molineux, Chief Technical Advisor to the AJKAI. This was because of Molineux's vast knowledge and experience in both karate and jiu-jitsu. Molineux has been a member of the AJKAI since the early 1970's. Soke Hancock appointed Molineux as the 3rd generation successor—Sokesandai—of Shinmei Shorin Ryu in 1993. Due to the untimely death of Soke Hancock, Molineux was appointed Soke of Shinmei Shorin Ryu in 2006. Soke Molineux has also studied the principles of Hakutsuru, White Crane since 1995, with Shihan Tony Sandoval. Shihan Sandoval is undoubtedly the most skilled Hakutsuru practitioner in the US. Shihan Sandoval recognized Molineux as a Master Instructor and personal representative in Nov 2001. Soke Molineux has traveled extensively to study, train and live with some of the top Karate Masters in the world including Masters Kise and Kuda. Soke Molineux has dedicated his life to serving his Country and is a Colonel in the United States Air Force. He has been deployed all over the world and is now stationed back in the States.

Shihan James Gifford (Teaching Close Quarter combat emphasizing basic Okinawan techniques and internal energy utilization)

Shihan Gifford began his martial arts training in Isshin Shorinji Ryu Okinawa-Te under Shihan Ralph Chirico and Shihan Wayne Ben-Ali in 1979. He switched to Shinmei Shorin Ryu Karate-jutsu under Soke Matt Molineux in 1993, and was promoted to Godan on June 3, 2001.

Shihan Gifford graduated from Rutgers University in 1991 with a Bachelor of Science degree. Additionally, he received an ROTC commission in the United States Air Force on Aug 21, 1991 and entered pilot training at Reese AFB in May 1992. Upon graduation from pilot training, he flew the KC-135R Stratotanker. For the next several years, Shihan Gifford was involved with multiple deployments which took him around the world. Ultimately, he was chosen for the selectively-manned tanker Special Operations mission. The Air Force called and Shihan Gifford accepted a new assignment to Kadena AB, Japan. It was out of Kadena that Sensei Gifford was selected for the "Crossflow" program in which there is keen competition to transfer from heavy aircraft to fighters. He was chosen to fly the F-15E Strike Eagle – undeniably the most advanced fighter in the Air Force inventory– in 1999, and after 18 months of training, he moved to RAF Lakenheath, UK.

Over the next ten years, Shihan Gifford held many command positions and attended several professional military colleges. In 2009, Shihan Gifford was stationed in Oklahoma as an instructor pilot in both the T-38 Talon and the T-6 Texan. After serving as the Operations Officer in two squadrons, Shihan Gifford was selected as the Commander of the 8th Flying Training Squadron. In May of 2010, Shihan Gifford was competitively selected to serve as a Military Aide to the Secretary of Defense, Pentagon. Following the Military Aide assignment, Shihan Gifford attended U.S. Marine Corps War College, Quantico, Virginia, and graduated in 2012. He then moved to Texas where he served as the Vice Wing Commander for the 12th Flying Training Wing, Randolph AFB, until June of 2014. Shihan Gifford then moved back to Virginia and is currently the Director of USAF Defense Sensitive Support, A3OZ, Pentagon.

Shihan Gifford holds the ranks of 8th Dan in Shinmei Shorin Ryu and 8th Dan in Shinto Yoshin Ryu. He had the distinct honor of being tested for Godan in Shinto Yoshin Ryu directly by Master Douglas Grose. He is the A.J.K.A.I. Chief Instructor for Virginia. Interestingly enough, Shihan Gifford taught Shinmei Shorin Ryu on Okinawa, where the style has its roots in the Matsumura lineage. He also holds a 5th Dan in Okinawan Hakutsuru karate from Shihan Tony Sandoval. In June of 2014, Shihan Gifford was recognized as an 8th Dan in Okinawan Karate by Soke Rod Sacharnoski of Jukokai International and successfully passed the exclusive Combat Ki Master's test which involves taking full power blows to vital body parts.

MEET OUR SEMINAR INSTRUCTORS:

Session 2 (6:00 p.m. - 9:00 p.m.)

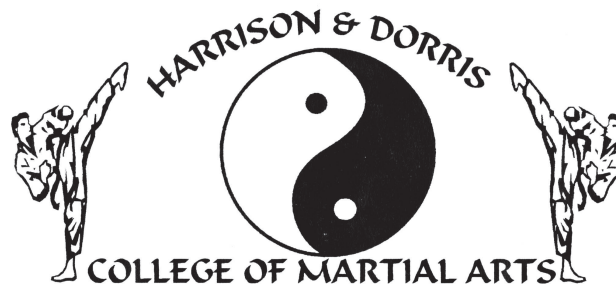
Dr. Deepak Nair and Mr. Roopak Nair

Deepak Nair, MD (Teaching Biomechanics of Striking)

Dr. Nair began his martial arts training in Taekwondo and Karate in 1990 under Hanshi Vera Harrison her sister Master Maryl Dorris. Under their guidance, he earned his Shodan, and he was fortunate to meet and learn from many skilled martial artists, including Master Douglas Grose and Mr. Edward Catchings. Dr. Nair left home to pursue his academic career at the University of Illinois, where he continued his martial training in Aiki-jujutsu and Iaido. After college, Dr. Nair began training in American Kenpo (AKKI lineage), until he earned his first degree black belt while in medical school. Upon completing his medical doctorate, he returned home to Peoria, where he resumed training under Hanshi Harrison and Master Catchings. While continuing his medical training, he has earned a 4th Dan in Taekwondo and a 3rd Dan in Cat Ching Do, respectively. In his medical practice, Dr. Nair chose to specialize in the field of neuroscience, and he is board certified in both Adult Neurology and Neurocritical Care. He is the Director of the TeleNeurology program and the Neuroscience ICU at OSF Saint Francis Medical Center in Peoria, IL.

Roopak Nair (Teaching self defense techniques evolving from the S.P.E.A.R. system created by Tony Blauer)

Roopak Nair also began his martial arts training in both Taekwondo and Karate under Hanshi Vera Harrison and her sister, Master Maryl Dorris, in 1990. Roopak earned his Shodan under their tutelage in 1995. Roopak and his brother Deepak were also very fortunate to learn and train under such skilled martial artists as Master Douglas Grose and Mr. Ed Catchings. In 1997, Roopak moved with his family to Texas where he finished his years in high school. Roopak continued to train in Taekwondo and Karate in Keller, TX where he helped teach at Chang Lee's Taekwondo under the WTF organization. Roopak continued to train in Taekwondo, Karate, and Kenpo Karate along with his brother. Roopak then placed himself through the police academy in 2003 and graduated in December, becoming a Texas Peace Officer. Roopak began working for the city of Highland Village, TX as a police officer in February of 2004. Nair also began his training in Okuri Judo under the guidance of his patrol partner, Master Jorge Mesa. In September of 2005, Roopak left Highland Village, TX and went to work for the city of Denton, TX as a police officer. During his time with the city of Denton, Roopak became a licensed instructor for the State of Texas to teach various Law Enforcement topics. Roopak also became a lead defensive tactics instructor for the Denton Police Department, a title which he holds to this day. Roopak became an instructor in several different defensive tactics systems. Roopak is currently a level 3 Controlled FORCE instructor, a S.P.E.A.R Instructor, a Carotid Neck Restraint Instructor, An ASP Baton and Handcuff Instructor, and a Taser Instructor. Roopak currently holds a Master level Peace Officer License with the State of Texas. Roopak is currently in patrol working the night shift. He also teaches at the Denton Police Academy as one of the head instructors for the Department.



Douglas Grose Memorial Martial Arts Tournament

Saturday, August 8, 2015

First English Lutheran Church, 725 E. Forrest Hill Avenue, Peoria, Illinois

• All styles of Martial Arts welcome •

Events:

Grappling/Forms/Weapons/Breaking/Olympic Sparring/Point Sparring/Special Athletes/Mighty Mites/Special Athletes/Masters division

M/F Grand Champion Sparring (Black Belt adult only) (18 and over) M/F Olympic Sparring and Point Sparring.

Overall Form award for Black Belt Division (18 & over Karate and Tae Kwon Do) and Masters' Division Tae Kwon Do & Karate

Registration:

8:00 a.m. til start of Tournament

Harrison & Dorris School Monday/Wednesday/Thursday 6:00 p.m. – 8:00 p.m.

Fees*:	Competitors:	1-2 Events	\$50.00
		3 Events	\$60.00
		4 Events.....	\$70.00
		5 Events.....	\$80.00
		6 Events.....	\$90.00

Spectator:	Adult (10 & over)	\$6.00
	Children & Senior Citizens.....	\$4.00
	3 Years & Under	Free

NOTE: The sponsors assume no responsibility or liability for any injuries, property damage or any losses that may be sustained or incurred while attending, participating or traveling to or from the tournament.

***Certified Checks or Money Orders accepted. *NO refund of money once registered*.**

***Cash only on day of tournament.**

Equipment:

Safety Equipment Mandatory Participant must provide own: Head Gear, Chest Protectors, Shin/Instep, Fist/Forearm Guard, Support Cup (all males) and mouthpieces. All equipment listed is MANDATORY and MUST be worn during all sparring events!!! Shin and Instep must be covered to spar! Chest Guard Optional for Point Sparring..NOT required.

*SEE ATTACHED SHEET FOR POINT SPARRING RULES AND DIVISIONS

*Please Note: Tournament Director reserves the right to combine ages and/or rank.

Tournament Times: (start with grappling)

GRAPPLING 8:30 A.M.

Black Belt Meeting: 10:00 A.M.

Tournament eliminations begin 10:30 A.M. SHARP!

Awards: Awards will be of the same quality as 2014 with 1st through 4th places in all Adult Divisions. 1st through 8th places all kids.

If you have any questions please contact us at (309)251.8588 Monday, Wednesday, Thursday: 6:30 p.m. – 8:00 p.m.

Tournament Director: Vera Harrison

Mail all entries to:
Harrison & Dorris
College of Martial Arts
3526 N. California Ave., Suite A, Peoria, Illinois 61603
Douglas Grose Memorial Martial Arts Tournament
Open Invitation — All Schools and Styles Welcome

Please make all payments payable to Vera Harrison - Money Order or Cashier's Check ONLY

Registration Time: Beginning 8:00 a.m. • Tournament Time: 10:30 a.m. SHARP!

PRE-REGISTRATION IS NOT MANDATORY BUT IS GREATLY APPRECIATED

Please print all information.

Competitor's Name: _____

Home Address: _____

City: _____ State: _____ ZIP: _____

Phone: () _____

Age: _____ Sex: _____ M _____ F _____ Rank: _____

Martial Arts School Name: _____

Instructor's Name: _____

School Mailing Address: _____

City: _____ State: _____ ZIP: _____

Phone: () _____

PLEASE CHECK HERE IF SPECIAL ATHLETE:

PLEASE CHECK HERE IF MASTER'S DIVISION: (Please see page 7 regarding this division.)

Events:

FORMS WEAPONS BREAKING OLYMPIC SPARRING POINT SPARRING

GRAPPLING

Entry Fees: One or Two: \$50.00 Three: \$60 Four: \$70 Five: \$80 Six \$90

LIABILITY RELEASE

I have read and understand this release, and do hereby release and discharge any and all rights and claims for any damage which I may have or which may occur to me, against Vera Harrison/Mary Dorris/Harrison and Dorris College of Martial Arts, First English Lutheran Church and any Representatives or officials involved in this tournament. I am competing at my own risk and I am physically and mentally fit for these events. I have consulted with my physician and am able to participate. I, the participant assume all risks, including injury and death, I understand that sparring is a contact sport and by participating I may incur injury. By signing this document, I agree to waive any and all claims against the afore mentioned.

I also agree that Vera Harrison/Mary Dorris/Harrison and Dorris College of Martial Arts, First English Lutheran Church and any Representatives or officials involved in this tournament are not liable for any harm incurred to or on my person in the course of travel to and from this event.

Signature of Competitor: _____ Date _____

Or responsible Person/Guardian if competitor is under **age 21**.

GRAPPLING RULES

A. Tournament Rules:

- No professionals;
- No striking at your opponent with any part of the body;
- No biting, pinching, fish-hooking, hair pulling, eye gouging or pressure points;
- No techniques that involve bending or attempting to break fingers or toes or the small joints;
- No slamming of opponent or throwing to the ground as a means to pass the guard.

Competitors will be disqualified from the match if they attempt to injure their opponents by twisting the neck or by lifting opponents and throwing them on their back to the ground etc. or where there is an infraction of the tournament rules. There will be warnings for competitors intentionally rolling out of the ring, stalling (not actively seeking submission or a dominate position) and demonstrating a lack of desire to engage in combat. Three warnings will result in a disqualification.

B. Techniques Summary:

Striking with any part of the body is prohibited. Competitors found to be with intent to strike or cause harm to their opponent will be disqualified and asked to leave the venue.

The following techniques are permitted:

Chokes: Any choke that renders the opponent into submission.

Chokes can be applied with either the arms, legs, or with clothing. Competitors cannot apply chokes by directly squeezing opponent's throat with hand or pushing against throat to cause loss of breath. Ways of submission can be from side, front, and from behind.

Joint Locks: Any technique where pressure is applied against a joint forcing opponent to submit.

Competitors are permitted to use standard arm locks, inverted arm locks, shoulder locks, wrist locks, foot locks, and straight knee locks. Techniques which require twisting of the joint are allowed, but must be controlled.

If you cannot escape from a technique and are experiencing discomfort, submit by visibly tapping the ground or opponent.

We encourage sportsmanship and competitive spirit, so please, if you feel that your move or application is in any way going to harm your opponent, carefully monitor your opponent's reaction.

C. Matches:

The referee will give an overview of the rules to the whole division at one time, at which time you may ask questions. When called to your match, the referee will remind you of the basics. Competitors will begin their match on their feet and then will be instructed to engage. Competitors will not be separated once the match goes to the ground unless submission occurs, time expires, either or both competitors go out of bounds, a competitor is called for stalling, or the referee stops the match for any other reason.

Should you go outside the ring, the referee will stop the time and tell you to maintain your position at which point he/she will drag you back to the center and start time again.

Submission will win the match. Submission is achieved when opponent visibly taps out (either by tapping opponent or mat with hands) due to inability to escape technique that results in a degree of discomfort. The match will also end if a competitor's coach throws in the towel.

Each match will consist of (1) one five-minute round. If neither competitor submits in the (5) five-minute round, then there will be a (1) one-minute rest followed by 1 (2) two minute overtime. If neither competitor submits after the overtime, advantage will be determined by the referee. The referee has absolute and final decision. Advantage will be based on: any take down without technique; any attempt at choke, arm lock, or near submission; reversal of fight without technique; person with more aggressive stance.

D. Attire and Safety Equipment:

Mouth guards and groin protectors are required. Knee pads and head gear are recommended, but not required. No protective gear shall contain metal or hard plastic substances of any sort. No rough, torn or loose equipment will be permitted.

Competitors may use no more than two layers of supportive tape. No grease of any kind on the face or body will be permitted.

Competitors with long hair should tie it behind their head. The nails must be filed properly and cut short. Proper hygiene is in order.

No jewelry is permitted while competing. A clean martial arts uniform may be worn, but a tee shirt must be worn underneath the uniform top. You may also wear a tee shirt and shorts or uniform pants. If your clothing becomes bloodied or torn, you will be asked to replace it immediately or forfeit the match. High-top wrestling shoes are optional. No other type of shoe will be permitted.

GRAPPLING RULES (cont'd)

E. Divisions:

Competitors will be grouped in divisions based on age, weight, and skill level. Weight divisions will be used as needed. Basically, weight will be divided as light weight as 169.15 and under and heavy weight as 170 and over, dividing into groups as needed. A middle weight group will be created if needed. Competitors will not be weighed in, but the referee will size them up in the ring. Divisions may be combined or further divided, depending on the number of competitors. Exhibition matches will be permitted with coach's/parent's permission.

Age Groups:

Boys & Girls: 6 and under, 7 – 9, 10 – 12

Boys: 13 – 15; Girls: 13 – 15

Men: 16 – 34, 35 and over; Women: 16 – 34, 35 and over

Skill Level Breakdown:

The essence of any competition relies on the fairness of the contest. We encourage competitors to enroll at the skill level they feel will offer the highest challenge. By enrolling in a division that is easy for you, you not only deny competitors a fair match but also deny a chance for you to test your true abilities.

Beginner: Those competitors who have limited experience with grappling.

Usually someone in this level has been practicing for up to (6) six months. Competitors here have a limited number of techniques on the ground and really have no previous wrestling experience. Regardless of your ranking in any other Martial Art, your amount of focus on grappling is important. Should you not practice grappling regularly, this is your skill level. In addition, individuals with wrestling experience not at a competitive level qualify at this level. If you have ever taught grappling or competed in public events where grappling is involved, you do not qualify in this division.

Intermediate: Competitors who feel very comfortable with grappling.

Individuals possess a fair amount of techniques to reverse, control and submit their opponents. Individuals here have trained anywhere from (6) six months to (2) two years.

Competitors who have previously won a novice division must enroll in this level.

Wrestlers with tournament experience and provincial ranking should enroll here.

Grappling experience must be possessed but not yet refined. If you have competed in public events where grappling is involved, you must register here or higher.

Advanced: Competitors who have been grappling for quite some time.

Knowledge of various ground techniques is substantial. Tournament experience is sufficient, and training is plentiful.

Intermediate winners should consider enrolling here.

Competitors do not necessarily need to possess the above qualifications but must consider their opposition will be well versed in grappling and have years of experience behind them.

MASTER'S DIVISION

IF YOU ARE A MASTER IN KARATE (6TH DAN AND ABOVE) OR IN TAE KWON DO (5TH DAN OR ABOVE) YOU MAY COMPETE IN THE MASTER'S DIVISION.

PLEASE NOTE, IF YOU COMPETE IN ONE EVENT AS A MASTER, YOU MUST COMPETE IN ALL EVENTS AS A MASTER.

KARATE AND TAE KWON WILL COMPETE SEPARATELY

KARATE EVENTS:

**Forms
Weapons
Breaking
Point Sparring**

TAE KWON DO EVENTS:

**Forms
Weapons
Breaking
Olympic Sparring**

PLEASE BE SURE TO MARK ON REGISTRATION FORM IF COMPETING IN THIS DIVISION

FORMS • WEAPONS

FORMS - WOMEN

AGE	DIVISION
(16-34)	Black Belts and Red/Black Belts
(35-49)	Brown, Red,
(50-60)	Purple, Blue
(60-70)	Orange, Green
(70 and over)	White, Yellow

FORMS - MEN

AGE	DIVISION
(16-34)	2nd Dan & Above Black Belt (Only)
(16-34)	1st Dan Black Belts and Red/Black Belts
(35-49)	Brown, Red
(50-60)	Purple, Blue
(60-70)	Orange, Green
(70 and over)	White, Yellow

CHILDREN

Boys and Girls SEPARATE

AGE GROUPS	DIVISION
Mighty Mites	3 and 4 years. All belt ranks 5 and 6 years. All Belt Ranks
(7, 8, 9)	Black Belts and Red/Black Belts
(10, 11, 12)	Brown, Red, Purple, Blue
(13-15)	White, Yellow, Orange, Green

WEAPONS

ADULTS (16 and older) MEN & WOMEN SEPARATE

Black Belts and Red/Black Belts
Brown, Red, Purple, Blue
White, Yellow, Orange, Green

CHILDREN (15 and under) BOYS & GIRLS SEPARATE

Black Belts and Red/Black Belts
Brown, Red, Purple, Blue
White, Yellow, Orange, Green

RULES FOR FORMS AND WEAPONS

1. Competitors score no less than 6 and not more than 10 (Average = 7.5).
2. Competitors may have 3 tries (Kyu belts) but after 1st try, judges will subtract .2 point for each additional try.
3. Adult BB 2 tries only after the 1st try, judges will subtract .3 point for each additional try.

BREAKING

Men: (16 and older)
2nd Dan Black Belts & Above
1st Dan Black Belts Red/Black Belts
Brown, Red, Purple, Blue
White, Yellow, Orange, Green

Women: (16 and older)
Black Belts and Red/Black Belts
Brown, Red, Purple, Blue
White, Yellow, Orange, Green

Children: (15 and under) Boys and Girls SEPARATE
Black Belts and Red/Black Belts
Brown, Red, Purple, Blue
White, Yellow, Orange, Green

ATTENTION: Wood only for breaking due to competition gym floor.
Competitors must provide own wood.

4 board maximum — Color Belts (three stations only)

8 board maximum — Black Belts (no more than five stations)

For safety of competitor, only 2 attempts allowed (one minute setup time)!

BREAKING RULES

**PLEASE BE SURE YOU READ AND UNDERSTAND THESE RULES BEFORE
BREAKING COMPETITION BEGINS.**

For safety of competitor, only 2 attempts allowed (one minute setup time)!

When the competitor has completed their breaking, they will be classified as A, B or C

A - The competitor broke all boards on their first try. (score on difficulty of break)

B - They missed one break (score on difficulty and missed break)

C - They missed the second time.(score on difficulty and missed break)

**AFTER CLASSIFICATION, IF MORE THAN ONE COMPETITOR IS IN THE SAME CLASS, THE
JUDGING THEN IS BASED ON DIFFICULTY OF BREAK.**

**PLEASE NOTE: DIFFICULTY IN SCORING WILL ALSO INCLUDE SIZE AND THICKNESS OF
WOOD.**

OLYMPIC SPARRING

(Tae Kwon Do or Similar Style)

NOTE: Competitors may only compete in one age division for fairness to all.
Tournament for sparring is continuous sparring. See attached sheet for point sparring

CHILDREN

Mighty Mites 3 and 4: All Belt Ranks
Boys & Girls 5 and 6: All Belt Ranks
(Boys & Girls Separate)

7, 8, 9 YEAR OLD: BOYS
Black Belts and Red/Black Belts
Brown, Red, Purple, Blue
White, Yellow, Orange, Green

7, 8, 9 YEAR OLD: GIRLS
Black Belts and Red/Black Belts
Brown, Red, Purple, Blue
White, Yellow, Orange, Green

10, 11, 12 YEAR OLD: BOYS
Black Belts and Red/Black Belts
Brown, Red Purple, Blue
White, Yellow, Orange, Green

10, 11, 12 YEAR OLD: GIRLS
Black Belts and Red/Black Belts
Brown, Red, Purple, Blue
White, Yellow, Orange, Green

13, 14, 15 YEAR OLD: BOYS
Black Belts and Red/Black Belts
Brown, Red, Purple, Blue
White, Yellow, Orange, Green

13, 14, 15 YEAR OLD: GIRLS
Black Belts and Red/Black Belts
Brown, Red, Purple, Blue
White, Yellow, Orange, Green

FEMALE AND MALE SEPARATE SPARRING

Black Belt/Red and Black

Advanced: Red, Brown

Intermediate: Blue, Green, Purple

Beginners: White Yellow, Orange

AGES: 16 - 17
18 - 32
33 - 39
40 - 49
50 and over

COMPETITION RULES FOR OLYMPIC SPARRING

All Belt Ranks may kick to head with a controlled technique.

TOURNAMENT FORMAT:

Black Belts: 18 – 32	Two rounds, continuous, one & one half minutes each, 30 second rest
Black Belts: 33 & Older	Two rounds, continuous, one & one-half minutes each, 30 second rest
Black Belts: Junior 17 & Under	Two rounds, continuous, one minute 30 second rest
Color Belts: All Ages	Two rounds, continuous, one minute, 30 second rest
Master Division	Two rounds, continuous, one & one half minutes each, 30 second rest

GRAND CHAMPION SPARRING:

Black Belts: 18 – 32	Three rounds, continuous, two minutes, one minute rest per round
Black Belts: 33 – ++	Three rounds, continuous, one & one-half minutes, one minute rest per round

LEGAL TECHNIQUES:

- Fore fist (NO open hand techniques, back fist, palm strike, knife hand, etc. will be allowed)
- Foot (Any part of the foot below the ankle)
- NO sweeps or takedowns permitted

AREAS FOR SCORING:

Head Area (Controlled foot contact only. NO hand techniques to the head are permitted)

Body Area (Includes the area covered by the chest guard. Points will be awarded for effective hand or foot strike)

VALID SCORES:

One point shall be awarded for any legal foot or hand strike executed with proper balance and technique. Corner judges will determine sufficient force for the awarding of a point (i.e. techniques must be delivered with enough power to satisfy the corner judges that a point has been scored).

WARNINGS:

- ANY competitor that executes a kick to the head area that results in a minor injury, (bruising or abrasion) shall receive a one point deduction.
- ANY competitor that executes a kick to the head area that results in bleeding or the inability of the opponent to continue due to the injury shall be disqualified.
- Grabbing the opponent.
- Holding the opponent.
- Pushing the opponent with the shoulder, body or hands.
- Escaping contact by turning the back.
- Stepping out of bounds to avoid contact.
- Attacking with unauthorized implement (knee, elbow, etc.).
- Intentionally falling to avoid contact.
- Attacking the head or face with fist.
- Uttering undesirable remarks, or unsportsmanlike conduct (either by the athlete, coach or any other individual associated with the athlete).
- Gesturing to celebrate a score.

FAILURE TO COMPLY WITH THE RULES
WILL RESULT IN A ONE POINT DEDUCTION OR DISQUALIFICATION
AT THE DISCRETION OF THE CENTER REFEREE.

POINT SPARRING

Divisions will be divided between male and female.

AGE GROUPS

- 5 - 6
- 7, 8, 9
- 10, 11, 12
- 13, 14, 15
- 16 - 32
- 33 - 39
- 40 - 49
- 50 + over

DIVISIONS

Beginner - White, Yellow, Orange
Intermediate - Blue, Green, Purple
Advanced - Red, Brown
Black Belt - Black, Red & Black
Master

MANDATORY - All competitors must wear:

1. Mouth-guard
2. Full hand protectors
3. Full foot protectors
4. Full headgear including a padded top (Headgear that includes padding under and around the chin, or a face shield, will not be allowed. Other than the headgear, no item shall be worn on the head.

Optional - Competitors may wear:

1. Cloth or foam shin, shin/instep protectors
2. Cloth or foam forearm guards
3. Foam dipped/vinyl breast (women) and foam dipped/vinyl rib protectors, at their discretion.
4. All optional equipment must be worn under the dobok.

Compliance - A competitor has 2 minutes to comply with articles above or face disqualification.

POINT SPARRING RULES

1. The duration of a kumite bout is defined as two (2) minutes running time.
2. The timing of the bout starts when the referee gives the signal to start and stops only when the referee designates an official time out. The center referee is the only official who may instruct the time keeper to start and stop time during the bout.
3. The result of a bout is determined by the competitor with the most points when regulation time expires; they are declared the victor.
4. A point is awarded on the basis of good form, correct attitude, vigorous application, perfect finish, proper timing and correct distance.

TARGET AREAS FOR KYU RANK

CHEST, SIDES, ABDOMINAL AREA, KIDNEY, SIDE OF HEAD, BACK OF HEAD, and FACE MASK AREA - (NO TOUCH TO FACE MASK AREA)

TARGET AREAS FOR ADULT BLACK BELTS

FACE MASK AREA - (NO TOUCH), CHEST, SIDES, ABDOMINAL AREA, KIDNEY, SIDE OF HEAD, BACK OF HEAD.

5. A competitor who steps out of bounds or steps on the out of bounds line with one or both feet and is not forced or propelled out of bounds while fighting will be penalized by a point awarded to the opponent for each infraction.
6. Face contact occurs when a competitor is touched in the face area which would normally be covered by a baseball player's catcher mask. Face contact does not include the top, sides or back of the head. Touching any portion of a competitor's headgear which covers any or all of the face mask area is not allowed and will result in a penalty point.
7. Points will not be scored for techniques delivered to the top of the head. The sides and back of the head are legal targets and may be touched with control. Any technique which results in movement of the head will be considered excessive touch and will result in a penalty point or automatic forfeiture of the match (FOUL) based upon the referee's assessment of the severity of the infraction.
8. Face contact is not allowed in all Kyu and junior black belt divisions. Only focused points short of contact will be allowed. If there is light touch to the face, a penalty point will be awarded to the offender's opponent upon the first occurrence. Upon a second occurrence of light touch to the face, the offender will lose due to automatic forfeiture (FOUL). Second time face contact is to be called even if competitors are out of bounds, the regulation time has expired, or after a referee commands a competitor to break or stop the match.

DEFINITIONS OF LIGHT TOUCH: Light touch means no penetration or visible movement of the opponent as a result of the technique. Light touch to the face mask area in all youth and adult Kyu divisions will result in a penalty point awarded to the offender's opponent.

MODERATE TOUCH: Moderate touch means slight penetration or slight movement of the target. Moderate touch to the head in all divisions will result in automatic forfeiture of the match (FOUL). Moderate touch to the body is allowed in all divisions.

EXCESSIVE TOUCH: Uncontrolled technique; any technique to the head or body that causes movement of the target in any direction, deep penetration, injury, unconsciousness, redness, swelling, or bleeding. Penalty for excessive touch is automatic forfeiture of the match (FOUL). Excessive touch foul overrides any and all other calls regardless of the sequence of the infractions.

Prohibited Behavior and Non Legal Techniques

The following is forbidden and will result in a penalty point, automatic forfeiture (FOUL), or disqualification depending upon the referee's assessment of the severity of the infraction:

- ___ Techniques which target the neck or throat.
- ___ Techniques which make excessive touch. All techniques must be controlled.
- ___ Attacks to joints or instep.
- ___ Attacks to the face with open hand techniques (finger or palm strikes).
- ___ Throws or takedowns
- ___ Sweeps

POINT SPARRING RULES (cont'd)

Prohibited Behavior and Non Legal Techniques (cont'd)

___ Techniques which by their nature cannot be controlled and compromise the safety of the opponent.

___ Direct attacks to arms.

___ Wrestling, pushing, or seizing without an immediate follow up technique.

___ Any display of lack of regard for one's own safety.

___ Feigning of injury in order to gain advantage.

___ Any discourteous behavior from a competitor or of an official delegation can earn the disqualification of the individual from the tournament.

___ Blind techniques. Spinning techniques are allowed but the competitor must acquire visual contact with the target prior to the completion of the technique.

___ Any Elbow or Knee Strikes.

___ Any Strikes to the top of the head.

___ Any deliberate attempt to hit an opponent with excessive touch.

___ Any uncontrolled techniques which move through or over the intended target area. All techniques must have a safe stopping point with pullback ability.

___ Any grabbing when the competitor does not immediately execute a single effective scoring technique. Grabbing and executing multiple techniques is not allowed.

___ Any butting or ramming with the head to the opponent's head or body; no choking, biting or hair pulling.

___ Any discourteous behavior or remarks directed to any referee, judge, or other tournament official by a competitor, competitor's instructor, or anyone associated with the competitor may result in the competitor being disqualified from the event and/or the tournament.

___ Coaching is not allowed. If this happens, the referee will issue a warning to the individual committing the offense. A repeat offense will result in the competitor being disqualified.

Penalty Warning, Point Violations or Foul shall be divided into two (2) independent categories: Technical and Personal.

___ Personal Penalties and/or foul violations are those actions of a competitor committed on or directed to another competitor. A personal violation shall be described as but not necessarily limited to failure to promptly respond to commands rendered by the referee, techniques which are unsafe and/or lack control, or any other physical act or omission that may result in any injury to either competitor.

___ Technical Penalties and/or foul violations are those other than personal that shall be described as but not necessarily limited to uniform and/or equipment as required for competition, personal cleanliness, any act or omission which demonstrates a lack of respect to any official or competitor, failing to observe the time and place of competition, failing to adhere to the instructions and/or commands of any tournament official, feigning of any injury, or failing to compete (excessive waste of time or running during a match).

The authority of the referee with regard to personal and technical violations is hereinafter defined:

___ The referee shall have the authority to award warnings or point violations for all technical violations without a majority consensus.

___ The referee shall have the authority to impose a warning (except for touch violations) or penalty point for personal violations without a majority consensus. A conference with the judges may be necessary in this instance prior to judgment

The referee shall have the authority to resolve administrative infractions or errors in an expedient manner consistent with the intent and purpose of the official tournament rules and procedures handbook (i.e., scorekeeping or timekeeping errors).

DIRECTIONS TO THE DOUGLAS GROSE MEMORIAL MARTIAL
ARTS TOURNAMENT AND SEMINAR
FRIDAY DAY AND NIGHT SEMINARS AUGUST 7, 2015
SATURDAY TOURNAMENT AUGUST 8, 2015

FIRST ENGLISH LUTHERAN CHURCH
725 E. FORREST HILL AVE.
PEORIA, IL 61603

PLEASE CONTACT MS. HARRISON NOT THE CHURCH
309.251.8588

HEADING EAST ON I-74

1. TAKE I-74 TO THE UNIVERSITY EXIT
2. TAKE A LEFT ON UNIVERSITY
3. TAKE UNIVERSITY TO FORREST HILL
4. TURN RIGHT ON TO FORREST HILL AND FOLLOW SIGNS

HEADING WEST ON I-74

1. TAKE I-74 WEST TO UNIVERSITY EXIT
2. TAKE A RIGHT ON UNIVERSITY TO FORREST HILL
3. TURN RIGHT ON FORREST HILL AND FOLLOW SIGNS