



2015
Camas Soo Bahk Do
Martial Arts
Festival and Tournament

"Building better communities' one student at a time"

Saturday, February 21, 2015

9:00 AM – 2:30 PM

Camas Community Education Gym
841 N.E. 22nd Avenue, Camas WA

Public Welcome
Admission is Free

9:30 ***Forms and Application Events***

11:00 ***Public Clinic***

12:30 ***Sparring Event***

Exciting and Fun Format !

Four Events



Sparring Application
(Movement, Defense, Counter Attack)

Forms
(Group Harmony)



Jump Kick
(Form and Height)

Moo Do Values Sparring
(Round-robin format)

For more information
Visit us on the web at camaskarate.com
Or call 971.228.5740

**2015 Camas Soo Bahk Do
"Tune Up" Festival and Tournament**

Saturday, February 21, 2015

9:00 AM – 2:30 PM

JDZ School- Camas Community Education Gym
841 N.E. 22nd Avenue, Camas WA



"Building better communities one student at a time."

www.camaskarate.com

**Please Register by
February 8, 2015**

8:30 am – Check-in and Warm Up
9:00 am - Line Up

**Spectators Are Welcome!
Admission is Free!**

**Improve Your Soo Bahk Do Presentation
Get Ready for the Regional Tournament
Sparring Clinic and Clinic for Visitors**

Four Events

Hyung (with individualized feedback)

Jump Kick (form and height)

Sparring Application- Defense/Counter (movement & accuracy)

Moo Do Sparring (round robin format, grouped by age)

One Fee- \$35 (includes lunch)

1st, 2nd, and 3rd Place Medals based on overall performance

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Mail: Charles Smith 14120 SE Parmenter Dr. Milwaukie OR 97267 Fax: (503) 653-9474 E-Mail: charles.smith@gowebway.com

Name: _____ Age: _____ Studio: _____

Email: _____ Phone: _____

Rank (Circle): 10th 9th 8th 7th 6th 5th 4th 3rd 2nd 1st 1stDan 2ndDan 3rdDan

Gup ID or Dan Number: _____

Registration Fee- \$35 # of additional lunches (\$5 each): _____ Total: \$ _____

Make checks payable to Camas Soo Bahk Do

Camas Soo Bahk Do - Release & Waiver of Liability Agreement

1. The undersigned hereby stipulates that he/she is physically sound enough to proceed with a normal routine of Soo Bahk Do training.
2. The undersigned further stipulates that he/she is either insured by an accident or medical insurance policy or accepts personal responsibility for the cost of any personal injury or illness that may occur as a result of activities related to his/her participation as a student of Camas Soo Bahk Do.
3. Camas Soo Bahk Do and its instructors, as well as the leasers or owners of premises used to conduct any events, shall not be held responsible for accidents, injuries, illness or loss of personal property, suffered by the undersigned while on school premises during classes, demonstrations, tournaments, and other Soo Bahk Do related activities conducted away from the premises of the school.
4. The undersigned grants Camas Soo Bahk Do the right to take photographs of me and my family in connection with participation in Soo Bahk Do events. Additionally, the undersigned authorizes Camas Soo Bahk Do, its assignees and transferees to copyright, use and publish the same in print and/or electronically, and agrees that Camas Soo Bahk Do may use such photographs for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content.

Participant's Signature: _____ Date: _____

Printed Name of Parent or Legal Guardian: _____

Signature of Parent or Legal Guardian: _____ Date: _____



2015 Camas Soo Bahk Do “Tune Up” Festival and Tournament Saturday, February 21, 2015

“Building better communities one student at a time.”

Overview of Events and Format

Schedule (*Closing will occur at 2:30 or earlier*)

8:30 AM- Check-in and Warm Up

9:00 AM- Opening Ceremony, Welcome

9:10 AM- Hyung Preparation

9:30 AM- Dan Hyung and Tanto Defense Events

10:00 AM- Gup Hyung Event, Jump Kick, Sparring Application

11:00 AM- Moo Do Values Sparring Clinic (*Gup*) – Moo Do Values Sparring Judges Clinic (*Dan*)

11:00 AM- **Breathing and Movement Clinic** (*for all visitors*)

12:00 PM- **Lunch** (sandwiches, chips, fruit, water)

12:30 PM- Moo Do Values Sparring Event

2:00 PM- Demonstrations

2:15 PM- Awards, Closing Ceremony

Hyung Preparation- Participants will practice their selected hyung in a group for 20-minutes; with guidance from a senior Dan member, focusing on 5 key elements for high quality hyung demonstration (**stance, shi sun, ho hup, contraction/expansion, control of power**). Groups will work on developing harmony and oneness in applying these 5 key elements.

Hyung Event- Participants will perform the hyung of their choice as a group. Group members will receive a “group” score from the judges based on **harmony/togetherness and breathing (ho hup)**. Participants will also receive individual bonus points for stance, shi sun, contraction/expansion, control of power, and correct hyung sequence.

Dan Tanto Defense Event- Participants defend against 5 random knife attacks. Judging will be based on initial defense, securing the knife/suppression, and counter attack.

Jump Kick Event- Participants will do a jump side-kick (White and Orange belts may do a jump front kick). The kick will be evaluated based on the quality of the **body position (form), height of the kick, and accuracy**. There will be a “practice” period. A score between 1-10 will be awarded.

Sparring Application- Defense and Counter Event- Participants will do 3 rounds of defense and counter moves: single attack; double attack; triple attack. Participants will defend followed by 2 counter attacks. Judging will be based on **movement** (*use of hips, avoiding the attack*), **blocking** (*accuracy, quality, use of hips*), and **counter attack** (*accuracy, continuous flow from defense to offense*).

Moo Do Values Sparring Clinic- Participants will receive training on sparring strategies for the new Moo Do Values sparring format. Dan members will learn how to judge sparring matches in the new Moo Do Values sparring format.

Moo Do Values Sparring- Participants will be placed in age groups (e.g. 6-7, 8-10, 11-13, 14-adult), and given an opportunity to spar with others their same age (multiple rank levels), using the new Moo Do Value sparring format. Matches will be conducted in a round robin format, with each person getting a chance to spar multiple times. Matches will consist of 3- 25 second rounds. 1 point will be awarded for winning the match. A modified sparring drill will be used if the participant has no free sparring experience.

Awards

All participants will receive awards. Participants will be grouped by age and belt color (age 6-7, 8-10, 11-13, 14-Adult; White-Orange, Green, Red, Dan). Three levels of awards will be presented based on total points accumulated.

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