

**2018 Camas Soo Bahk Do
Mini "Tune Up" Festival and
Tournament**

**Saturday, February 17, 2018
Noon – 4:00 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

**Improve Your Soo Bahk Do Presentation
Get Ready for the Regional Tournament**

Hyung and Sparring Clinics

Three Events

Hyung (with individualized feedback)

Jump Kick Challenge (different jump kicks)

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

One Fee- \$15

Souvenir Camas Festival Medals for all Participants

**Please Register by
February 9, 2018**

Noon – Check-in and Line Up
12:15 pm - Start

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

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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-** \$15 **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 it's 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: _____



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Saturday, February 17, 2018

“Building better communities one student at a time.”

Overview of Events and Format

Schedule (*Closing will occur at 3:45*)

Noon- Check-in and Warm Up

12:15 PM- Line Up, Opening Ceremony, Welcome

12:30 PM- Hyung Clinic

1:00 PM- Hyung Event and Individualized Feedback and Instruction

1:30 PM- Jump Kick Challenge

1:50 PM- Water Break, Human Relations Building

2:00 PM- Sparring Clinic

2:30 PM- Sparring Event

3:30 PM- Awards, Closing Ceremony, Picture

Hyung Clinic- Participants will receive hyung training focused on key concepts to improve hyung performance- power control, tension and relaxation, speed and rhythm control, direction of movements, spirit, power of technique, perfect finish, precision of movements, intent.

Hyung Event- Participants will perform the hyung of their choice individually, and received individual feedback (strengths and areas for improvement). Participants will then have an opportunity to work on their hyung with junior instructors- focusing on the feedback from their performance.

Jump Kick Challenge- Participants will do a progression of jump kicks (moving to the next level after completing the kick- correct kick and hit the target): front kick, side-kick, round kick, crescent kick, double front kick, back kick, spinning crescent kick, helicopter kick (outside/in kick – jump spinning outside/in kick), split kick (front kick – back kick).

Sparring Clinic- Participants will receive training on sparring strategies that are valuable in point sparring and Moo Do Values sparring formats.

Sparring- Participants will be placed in age groups (e.g. 6-7, 8-9, 10-12, 14-adult), and given an opportunity to spar with others their same age (multiple rank levels), using a point 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 1 minute rounds.

Awards All participants will receive a 2018 Camas Festival Medal.

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