

AMERICAN KANG DUK WON ANNUAL TOURNAMENT

COMPETITOR'S INFORMATION ~ 2019

All competitors need to be at JCC by 10:00 a.m. for competitor's orientation.

Bow-In is at 10:30 a.m.

Kata competition begins immediately following a brief warm up which will include all competitors. Rings will be assigned.

Please check the Kata Division sheet posted to be sure your name, belt, and division are accurate. If there is a discrepancy, please go to the *Head Scoring Table*, or see your instructor, or any Black Belt judge.

Black Belt demonstrations will be done at various times during the day

Sparring competition starts at 3:00 p.m. You will need mouth guard, hand gear and foot gear.

Applications must be received by March 25, 2019.

If you have any questions please see your instructor or call the main office at 315-788-8402.