

USA – KIA

PLEASE BE FAMILIAR WITH OUR RULES LIGHT CONTACT – CONTROLLED TECHNIQUES

All foot techniques to a legal target area are awarded two points.

All hand techniques to a legal target area are awarded one point.

Matches are seven points or two minutes running time; in case of a tie, the next point wins.

Black belt matches will be two minutes, or a spread of ten points.

Legal target areas are: chest, stomach, side of the body and head gear area.

No face contact under adult brown belt. No groin contact. No ground fighting.

Minus points awarded for: face contact, accumulation of two warnings, accidental heavy contact.

Disqualification for: malicious attacks, two minus points, unsportsmanlike conduct, disrespect to officials, excessive contact or causing swelling or bleeding of opponent.

Important Note: Martial Arts is a contact sport with a degree of risk of injury.

All participants must agree to assume that risk.

PRE – REGISTRATION FORM

Please complete and mail form with check or money order by February 27 for \$40 to:
Jefferson City Area YMCA, 525 Ellis Blvd., P.O. Box 104176, Jefferson City, MO 65110-4176

Entry fee is \$45 after February 27. Mailed pre-registration must be received by March 1.

Division/Belt Rank _____ Style _____

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

Birth Date _____ Age _____ Sex _____ Weight _____ Height _____

Karate School _____ Phone _____

Address _____

City _____ State _____ Zip _____

Instructor _____