

# Yi Champions Tae Kwon Do Academy

## 2023 YCTA Inner School Championship

**Saturday, February 25, 2023**

**Black Belt from 9:30 am**

**Color Belt from 11:30 am**

**Date: Saturday, February 25, 2023**

**Place: Yi Champions Tae Kwon Do Academy  
(5513 Mapledale Plaza)**

**Time: 9:30am-3:00pm**

### **Participant Requirements**

- YCTA students and instructors
- It may join a student from other TKD Dojang
- Burning desire to improve oneself
- YCTA White or Black uniform only
- Cheerful and positive attitude from beginning to end
- Your own safety equipment

**Entry Fee** (Includes all events and breaking materials)

**Registration Fee: \$70**

**Additional Family Members: \$60**

**Spectator Admission: Free**

**Make checks payable to "YCTA" (Non-refundable)**

**Register: Deadline -by Fri.**

**February 24, 2023**

### **Benefits & Purpose of the YCTA Inner School Championship**

YCTA Inner-School Championship means competing "within our Academy", but more importantly competing within ourselves. Sometimes we are so focused on how to beat others that we forget about the challenge to be the best that we can be. If we focus on giving our best effort with a learning attitude, every competitor will come out of a championship having gained something. I am not saying that victory over an opponent is not a bad thing, but it is not all that makes a champion. If you enter competitions for the education and experience they foster, honest effort and a good attitude make a true champion, with or without a trophy. Grandmaster Yi strongly encourages all of you to join in on the YCTA Friendship Tournament, to celebrate the spirit of competition and family.

**This event will prove of great benefit to you in the following areas:**

- 1. Improve your positive and winning attitude about life**
- 2. Better understand what it means to be a true champion your life**
- 3. Achieve greater concentration & focus in your action**
- 4. Develop your self-confidence, timing, distance judgment & proper technique**
- 5. Better understanding of the TKD movement**



## Rank Categories and Divisions for Inner-School Friendship Championship

<b>No Gub</b> White Belt	1. Your own form (Ki-Bon 1) 2. Promise sparring 3. Hammer fist breaking	<b>2<sup>nd</sup> Gub to 1<sup>st</sup>Gub</b> High Brown to Red Belt	1. Own level form 2. Controlled free Sparring (1 min x 2 rounds) 3. Own level breaking
<b>9<sup>th</sup> Gub</b> Yellow Belts	1. Your own form (Ki-Bon 2) 2. Promise sparring 3. Front Kick breaking	<b>Bo Dan</b> (Deputy Black Belt)	1. Own level form 2. Controlled Free Sparring (1 min x 2 rounds) 3. Own level breaking
<b>8<sup>th</sup> Gub to 7<sup>th</sup> Gub</b> Orange to Green Belts	1. Own level form 2. Controlled free sparring (50 sec. x 2 rounds) 3. Own level breaking	<b>1<sup>st</sup> Dan</b> Black Belts Optional- Head contact	1. Own level form 2. Controlled Free Sparring (1 min 30sec.x 2 rounds) 3. Own level breaking
<b>6<sup>th</sup> Gub to 5<sup>th</sup> Gub</b> Purple to Blue Belts	1. Own level form 2. Controlled free sparring (50 sec. x 2 rounds) 3. Own level breaking	<b>2<sup>nd</sup> Dan</b> Black Belts Optional- Head contact	1. Own level form 2. Controlled Free Sparring (1min 30sec. x 2rounds) 3. Own level Breaking
<b>4<sup>th</sup> Gub to 3<sup>rd</sup> Gub</b> High Blue to Brown Belts	1. Own level form 2. Controlled free sparring (1 min x 2 rounds) 3. Own level breaking	<b>3<sup>rd</sup> Dan</b> Black Belts  Optional- Head contact	1. Own level form 2. Controlled Free Sparring 3. Own your breaking (1min 30sec. x 2rounds) -One Hand Technique -One Kicking Technique

### How the YCTA Inner School Championship is Organized

Each belt category will be divided into groups of four. Each separate group of four will compete within itself. The four members of each group will be judged in four performance categories: 1<sup>st</sup> Place (1) 2<sup>nd</sup> Place (1) and 3<sup>rd</sup> Place (2). Each member of the group will receive a trophy and a certificate. For example, if we have 16 No Belt students registered, then we will make four groups of four. We have a goal of at least four or more groups of four (minimum of 3 & maximum of 5) in each rank category. As much as possible, the groups will be further divided by age, height, sex and ability. **It is very important that everyone fill out the entry form completely and register as soon as possible so that we can organize the Championship better. If anyone has any questions, please ask one of YCTA staff or Grandmaster Yi.**

**\*\*Save the top section for your information. Fill-out, detach and return the lower section to the office with your payment at Yi Champions TaeKwonDo Academy. 703)583-2000**

### Yi Champions Tae Kwon Do Academy Inner School Championship Entry Form

Participant's Name: \_\_\_\_\_ Age: \_\_\_\_ Gender: M F

Rank: (Gub/Dan): \_\_\_\_ Belt: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Emergency#: \_\_\_\_\_

I hereby submit my application for registration in the annual Yi Champions Tae Kwon Do Academy Inner-School Championship. I agree to waive any claims against any persons connected with the YCTA Inner-School Championship for any injuries I may sustain and likewise assume full responsibility for all actions in connection with the championship. I understand that any pictures of me or my child participating in the championship may be used for publicity without compensation or further consent.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Guardian's signature if under 18 years of age)