



# Traditions / White Crane Winter Tournament 2017

February 18, 2017

Registration starts at 11:00. Tournament starts at 12:00.



## Rules

This is a Round Robin tournament. Each participant competes against every other participant in his or her division.

Each division will have at least two competitors but not more than 8. Divisions may be combined by rank or age to meet the minimum or split to stay within the maximum number.

### Form competition rules:

Forms will be scored on accuracy, power, control, technique, grace, and rhythm for the competitor's rank. Empty hand forms are limited to traditional forms.

Acceptable weapons used in forms include staff, knife, sword(s), and stick(s).

### Sparring competition rules:

Points will be awarded for strikes or indicated strikes. Check diagram for contact and non-contact areas. Light contact is allowed to chest, stomach, rib cage, back, and side of head.

No contact is allowed to face, top or back of head, spine or groin. Points may be awarded for indicated strikes to these areas.

Techniques that are not allowed: (use of these techniques may result in warning, point reduction or disqualification)

Elbows that make contact  
Knees that make contact  
Sweeping the knee  
Holding

Head butts  
Finger jabs  
Blind techniques  
Take downs or throws

Mouthpiece, groin protector for males, and closed-toed foot and closed-finger hand gear are mandatory for sparring (foam dipped gear is acceptable).

Recommended sparring gear includes head gear, chest protector, and soft material (foam) shin guards. The tournament director is final arbiter of all disputes.

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## Registration

1 event \$15 (before 2/11/17) / \$20 late (after 2/10/17) | 2+ events \$20 (before 2/11/17) / \$30 late (after 2/10/17)

Name: \_\_\_\_\_ Address \_\_\_\_\_ Phone: \_\_\_\_\_

Age: \_\_\_ Gender: Male \_\_\_ Female \_\_\_ Martial Arts School \_\_\_\_\_ Belt color: \_\_\_\_\_

Division: Empty hand form \_\_\_\_\_ Weapons form \_\_\_\_\_ Sparring \_\_\_\_\_

This tournament, seminar and clinics are sponsored by Traditions/White Crane Martial Arts and is not associated with the Nampa School District, City of Nampa or the Nampa Recreation Center. I agree that I accept all responsibility for injury &/or illness that may be incurred during the course of this event. I also agree to hold organizers of this event, presenters and their agents blameless for such injury &/or illness. Pictures or video may be taken and used in future promotion.

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Signature (Parent or guardian if under 18)

## Form and Sparring Divisions

### Empty Hand Forms

<u>Div.</u>	<u>Age</u>	<u>Rank</u>
F1	5-7	White & Yellow
F2	5-7	Orange & Green
F3	5-7	Blue
F4	5-7	Red/Brown
F5	8-10	White & Yellow
F6	8-10	Orange & Green
F7	8-10	Blue
F8	8-10	Red/Brown
F9	11-13	White & Yellow
F10	11-13	Orange & Green
F11	11-13	Blue
F12	11-13	Red/Brown
F13	14-17	White & Yellow
F14	14-17	Orange & Green
F15	14-17	Blue
F16	14-17	Red/Brown
F17	Adult	White & Yellow
F18	Adult	Orange & Green
F19	Adult	Blue
F20	Adult	Red/Brown
F21	Adult	Black Belt - men
F22	Adult	Black Belt - women
F23	Under 18	Black Belt
F24	Under 16	Black Belt – junior

### Sparring

<u>Div.</u>	<u>Age</u>	<u>Rank</u>
S1	5-7	White & Yellow
S2	5-7	Orange & Green
S3	5-7	Blue
S4	5-7	Red/Brown
S5	8-10	White & Yellow
S6	8-10	Orange & Green
S7	8-10	Blue
S8	8-10	Red/Brown
S9	11-13	White & Yellow
S10	11-13	Orange & Green
S11	11-13	Blue
S12	11-13	Red/Brown
S13	14-17	White & Yellow
S14	14-17	Orange & Green
S15	14-17	Blue
S16	14-17	Red/Brown
S17	Adult	White & Yellow
S18	Adult	Orange & Green
S19	Adult	Blue
S20	Adult	Red/Brown
S21	Adult	Black Belt—men
S22	Adult	Black Belt - women
S23	Under 18	Black Belt
S24	Under 16	Black Belt – junior

### Weapons Forms

<u>Div.</u>	<u>Age</u>	<u>Rank</u>	<u>Div.</u>	<u>Age</u>	<u>Rank</u>	<u>Div.</u>	<u>Age</u>	<u>Rank</u>
W1	All	Under belt weapons	W2	All	Red/Brown belt weapons	W3	All	Black belt weapons

(Participation may be limited based upon registration date and availability of qualified judges.)  
 (Fees will be refunded for events not held or not combined with events.)

**Contact point areas:** (black shading) Sides of head, Front-Neck to belt, Back-Armpits to belt

**Non-contact point areas:** (gray shading) Top of head, Face and neck, Belt to groin

**No-contact/no-point areas:** (poke-a-dot shading) Back of head, throat, and spine

### Sparring Point Areas

