

INSTRUCTOR/FRANCHISEE SECTION

TIGER-ROCK REGIONAL TAEKWONDO CHAMPIONSHIPS
 LINCOLN HIGH SCHOOL • MARCH 12, 2011
 (Complete and return to your Instructor)

NAME RANK AGE M/F

INSTRUCTOR CITY STATE

JUNIOR ADULT

Free Style Form Xtreme Form

Synchronized Form Board Breaking

\$55 Forms/Sparring

\$10 Free Style/Xtreme

\$10 Synchronized Forms

\$10 Board Breaking

DIVISIONS

- | | | |
|---|--------------------------|----------------------|
| __ 01 MEN 4 TH & 5 TH | __ 16 WOMEN L1-L3 Brown | __ 31 Xtreme Jr |
| __ 02 MEN 3 RD | __ 17 WOMEN L1-L3 Blue | __ 32 Xtreme Ad |
| __ 03 MEN 2 ND | __ 18 WOMEN L1-L3 Green | __ 33 FS Team |
| __ 04 MEN 1 ST | __ 19 WOMEN Yellow | __ 34 Xtreme Team |
| __ 05 MEN L1-L3 Red | __ 20 WOMEN White | __ 35 Board Breaking |
| __ 06 MEN L1-L3 Brown | __ 21 JR 3 RD | |
| __ 07 MEN L1-L3 Blue | __ 22 JR 2 RD | |
| __ 08 MEN L1-L3 Green | __ 23 JR 1 ST | |
| __ 09 MEN Yellow | __ 24 JR L1-L3 Red | |
| __ 10 MEN White | __ 25 JR L1-L3 Brown | |
| __ 11 WOMEN 4 TH & 5 TH | __ 26 JR L1-L3 Blue | |
| __ 12 WOMEN 3 RD | __ 27 JR L1-L3 Green | |
| __ 13 WOMEN 2 ND | __ 28 JR Yellow | |
| __ 14 WOMEN 1 ST | __ 29 JR White | |
| __ 15 WOMEN L1-L3 Red | __ 30 TIGER CUBS | |

HOLD HARMLESS AGREEMENT

Notice: TaeKwonDo Academy, TRMAI, and its agents urge all competitors to obtain physical examination from their physicians prior to tournament participation.
 I have full knowledge that by nature, tournament participation can frequently include strenuous exercises and body contact along with associated dangers. In recognition of the possible dangers connected with any physical activity, member(s) hereby knowingly and voluntarily waive any right of cause of action of any kind whatsoever arising as a result of such activity from which any liability may or could accrue to TRMAI or any TRMAI franchised TaeKwonDo Academy, their employees or Instructors.
 I agree to waive claims against any person or organization connected with the TIGER-ROCK REGIONAL TAEKWONDO CHAMPIONSHIPS 2011 for any injuries I may sustain and likewise assume full responsibility for all actions in connection with the said championships.
 I further agree that any pictures taken of or by me in connection with the said championships can be used by tournament directors for publicity or promotion without compensation at this time or any other time. I, the undersigned, do hereby voluntarily submit my application for registration in the TIGER-ROCK REGIONAL TAEKWONDO CHAMPIONSHIPS 2011 in Tallahassee, FL.
 I further state that a current Agreement of Release is on file with my TRMAI franchised academy.

PARTICIPANT

PARENT/GUARDIAN



CHAMPIONSHIPS LOCATION: LINCOLN HIGH SCHOOL

T-SHIRT PRE-ORDERS www.TallyTKD.COM

- | | |
|----------------|--|
| 7:30am | JUDGES MEETING |
| 8:30am | HIGH RANK & INSTRUCTOR TESTING, INTERVIEWS |
| | COMPETITIONS |
| 9:30am | ADULT BLACK BELTS |
| 10:30am | JUNIOR BLACK BELTS |
| 12:30pm | OPENING CEREMONIES, XTREME & SYNCHRONIZED FORMS, BOARD BREAKING |
| 2:00pm | ADULT AND JUNIOR BROWN - RED BELTS |
| 3:30pm | TIGER CUBS, JUNIOR WHITE – L3 BLUE BELTS |
| 5:00pm | ADULT WHITE – L3 BLUE BELTS |

**Blue-Black Belt Free Style competition is AFTER Traditional Forms/Sparring competition.
 **Register for Instructor & High Rank testing online at www.tigerrockonline.com.

COMPETITOR SECTION

REGISTRATION:

\$55—TRADITIONAL FORMS AND ONE-STEPS/SPARRING

\$10—FREE STYLE OR XTREME FORMS

\$10—SYNCHRONIZED FORMS COMPETITION

\$10---BOARD BREAKING COMPETITION

- ❖ ALL COMPETITORS MUST PRE-REGISTER
- ❖ EQUIPMENT: ITA APPROVED SPARRING GEAR ONLY. ALL FREE SPARRING COMPETITORS MUST WEAR HEAD, HANDS, FEET, SHINS, MOUTHPIECE, ELBOW PADS, AND GROIN PROTECTORS (MALES)
- ❖ ALL COMPETITORS MUST WEAR CLEAN, PROPER, FULL ITA UNIFORM
- ❖ NOTE: ALL TIMES ARE ESTIMATED. BE AWARE THAT COMPETITION START TIMES MAY VARY 30 – 60 MINUTES DEPENDING ON THE NUMBER OF ACTUAL COMPETITORS.
- ❖ ALL GUESTS AND NON-COMPETITORS WILL BE CHARGED A \$7 ADMISSION FEE. CHILDREN 4 AND UNDER ARE FREE.

TIGER-ROCK REGIONAL TAEKWONDO CHAMPIONSHIPS 2010

LINCOLN HIGH SCHOOL

3838 Trojan Trail, Tallahassee, FL 32311

March 12, 2011

NAME	RANK	AGE	M/F
------	------	-----	-----

DIVISION

INDIVIDUAL: FSF XTREME BB TEAM: FSF XTREME

INSTRUCTOR	CITY	STATE
------------	------	-------

INSTRUCTOR SIGNATURE

COMPETITOR/PARENT SIGNATURE

Signature above indicates that the Hold Harmless Agreement has been executed.

I understand that there is a \$7 spectator fee, in which part of the proceeds will be donated to a local charity. Initials _____