



8 South 12th Avenue East Duluth, Minnesota • 55802 • (218)722-1566

December 12, 2011

Dear United States Change Moo Kwan Union Grand Masters, Masters, Black Belts, and Students,

It is our pleasure to invite you, your family, and your Taekwondo students to the **Eleventh Annual** North Shore Invitational Taekwondo Tournament in Duluth, Minnesota.

The tournament will be held Saturday, January 7, 2012 at the University of Minnesota Duluth in the Romano Gym.

Competition events are forms, sparring, breaking, and weapons. Awards will be given for First through Third place.

Competition starts at 11:00 am, with the Black Belt meeting scheduled for 10:30 am.

Please contact either one of us at 218-722-1566 or at info@duluthmartialarts.com with any questions. Additional tournament packets are available on our website at www.duluthmartialarts.com.

Any sparring gear you could bring will be greatly appreciated.

We look forward to being your hosts in Duluth!

Sincerely,

Master Bruce Sodahl

Master Chris Correia

North Shore Taekwondo
8 South 12th Avenue East
Duluth, MN 55812

info@duluthmartialarts.com

**North Shore Taekwondo
Invitational Tournament
January 7, 2012
Duluth, MN**

Where: University of Minnesota Duluth
Sports and Health Center
1216 Ordean Court
Duluth, MN 55812

When: Saturday, January 7, 2012
Registration: 9:00 – 11:00 am
Black Belts meeting: 10:30 am
Competition: 11:00 am

Cost: Competitors: \$40.00 for one or all events.
Spectators: Free!

Sparring: Required equipment: head gear, chest protector, gloves, shin/instep padding, mouth guard, and groin protection (males). One or two rounds with stops for points.

Forms:
Colored Belts: Palgwe and Taeguk forms as appropriate for belt rank. Youth and adult divisions to be determined at tournament.
Black Belts: Black Belt forms as appropriate for Dan rank. Divisions divided by Dan rank.

Weapons:
Youth: Divisions determined at tournament.
Adult: Colored Belt and Black Belt divisions.

Breaking:
Youth:
All youth breaking competitors report to the breaking area prior to 1:30 pm.
5-7 year olds (all belts except Poom)
8-10 year olds (all belts except Poom)
11-14 year olds (all belts except Poom)
Poomes - 10 and under.
Poomes - 11 and above.

Adult:
All adult breaking competitors White-Purple Belt report to the breaking area prior to 1:30 pm.
White, Orange, Yellow Men White, Orange, Yellow Women
Green, Blue, Purple Men Green, Blue, Purple Women

Advanced and Black Belt Breaking to be judged in main arena.
Advanced (Trim, Brown, Red) 6 boards/4 stations max
Black Belt 8 boards /5 stations max

Note: Competition divisions may be added or consolidated as needed during the tournament.

North Shore Invitational Breaking Divisions

5-7 Year Old. All Colored Belts

Front Kick/Front Kick
Timed

8-10 Year Old. All Colored Belts

Side Kick/Side Kick
Timed.

11-14 Year Old. All Colored Belts

Jump Side Kick/Jump Side Kick
Timed

Poom 10 and under

Turn Side Kick/Turn Side Kick
Timed

Poom 11 and above

Leg Over Turn Side Kick/ Leg Over Turn Side Kick
Timed

Men's Adult Novice (10th-7th Gup)

Side Kick/Side Kick
Timed

Women's Adult Novice (10th-7th Gup)

Side Kick/Side Kick
Timed

Men's Adult Intermediate (6th-4th Gup)

Turn Side Kick/Turn Side Kick
Timed

Women's Adult Intermediate (6th-4th Gup)

Turn Side Kick/Turn Side Kick
Timed

Advanced Color Belt (Trim, Brown, Red)

6 boards/4 station max

Black Belt

8 boards/5 station max

**North Shore Taekwondo
Invitational Tournament
January 7, 2012
Driving Directions:**

From the South or West (via Hwy 210 or I35):

- Enter Duluth via Interstate Highway 35.
- Exit at 21st Avenue East (exit 258).
- Turn left on to 21st Avenue East; continue uphill (4 stoplights + one block) to Woodland Avenue.
- Turn right on Woodland Avenue.
- Continue to St. Marie St (3rd stoplight).
- Turn Left on St. Marie St. approx. 4 blocks to University Drive.
- Turn Left on University Drive.

From the North (via US Hwy 2 to MN194):

- Enter Duluth via Highway 53.
- Turn left at Arrowhead Road (Menards).
- Continue on Arrowhead Road 5.52 miles to Woodland Avenue.
- Turn right on Woodland Avenue to St Marie St.
- Turn Right on St. Marie St. approx. 4 blocks to University Drive.
- Turn Left on University Drive.

Lodging:

For motel information and availability, call the Duluth Convention and Visitors Bureau 1-800-438-5884 or see visitduluth.com.

Many area hotels offer special ski and entertainment packages.

**North Shore Taekwondo
Invitational Tournament
January 7, 2012
Duluth, MN**

Registration Form/Waiver

Name _____ Sex: M F Age: _____
City _____ Rank: _____
Taekwondo School: _____
Master Instructor: _____

I WISH TO COMPETE IN THE FOLLOWING

BREAKING _____ FORMS _____ WEAPONS _____ SPARRING _____

I the undersigned, as a registrant and participant in the North Shore Taekwondo Invitational Taekwondo Tournament, to be held on January 7, 2012, at the Sports and Health Center of the University of Minnesota Duluth, voluntarily submit my application for attendance, participation. As a part thereof, I fully recognize and acknowledge that this competition frequently involves hard physical contact that may result in injury to others or me despite the necessary safety precautions and rules. I enter such competition at my own risk and therefore assume full and complete responsibility for any and all damage, injuries, or losses that I may sustain or incur while attending or participating in this competition.

Initials _____

I do hereby release and further discharge North Shore Martial Arts Association, Achievement Enterprises LLC, Bruce Sodahl, Christopher Correia, the University of Minnesota Duluth, all officers, assigns, operators, officials and other competitors for any accidents, suits, damages, claims, or judgements that may result in any personal injury that I may sustain while participating in this competition. I realize and acknowledge that I am solely responsible for any medical attention or treatment that I may need as a result of participating in this competition. I declare that I am free from any physical defects or illness, which may prohibit or inhibit my participation in this competition.

Initials _____

I acknowledge my full understanding that Taekwondo is a contact sport, which may result in injury to me for which I am covered only by my own medical health insurance.

Initials _____

If I am an adult signing this registration and liability waiver as a parent or a guardian of a person under the age of 18 years, I agree to indemnify North Shore Martial Arts Association, Achievement Enterprises LLC, Bruce Sodahl, Christopher Correia, the University of Minnesota Duluth, all officers, assigns, operators, officials and other competitors from all liability loss or damage that said minor child or I may suffer as a result of claims, demands, costs, or judgements arising from any injuries suffered by said child for whom I am signing this liability waiver and indemnification.

Initials _____

Student Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

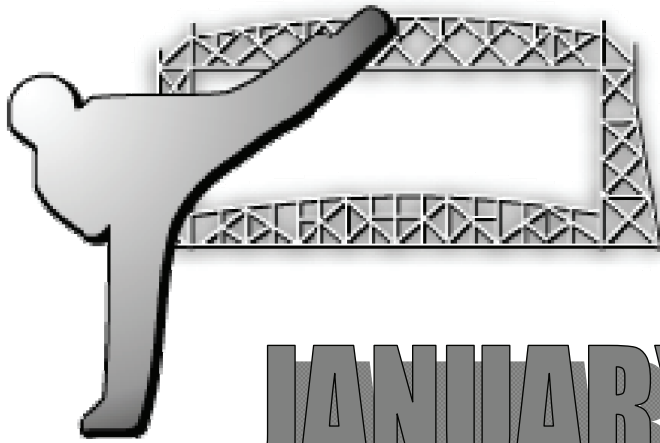
Name _____ Sex: M F Age: _____
City _____ Rank: _____
Taekwondo School: _____
Master Instructor: _____

I WISH TO COMPETE IN THE FOLLOWING:

BREAKING _____ FORMS _____ WEAPONS _____ SPARRING _____

GREENQUIST ACADEMY ASSOCIATION

NORTH SHORE TAEKWONDO



INVITATIONAL TOURNAMENT

JANUARY 7, 2012

**University of Minnesota Duluth
Romano Gym**

**FREE T-shirt
for all
Competitors!**

**Free
Spectator
Admission**

**\$40.00 one or all events
Free Spectator Admission**

Registration 9:00 - 11:00 am. Competition begins 11:00 am.

**For more information contact Master Bruce Sodahl or Master Chris Correia at 218-722-1566
or visit www.duluthmartialarts.com**

Competition for United States Chang Moo Kwan Union members and invited guests only

Sponsored by
Essentia Health



TAEKWONDO IS A CONTACT ACTIVITY

