

The GTI Cornish Championships



for Sport Relief 2010



Dear Tae Kwon-Do Student

The GTI Southwest Regional Co-ordinator, Mr Liam Broderick would like to invite you to take part in the GTI Cornish Tae Kwon-Do Championships 2010, which will be held at Truro Leisure Centre from 12pm to 4pm on Sunday 21st March. The competition is hosted by Kernow Tae Kwon-Do Academy of Excellence.

This friendly interclub competition will include:

Pattern competitions for all grades

Point stop sparring for all grades

Team patterns for teams of 3 people of any grade

Highest jumping kick for all grades, junior and adult

Destruction for adult blue belts and above

All proceeds will go the charity Sport Relief and there are two ways that you can pay for your entries:

1. A set entry fee of £12 per person.
2. Sponsorship using the accompanying official Sport Relief form, which must be a minimum of £12 per person.

The entry form is on the back of this invitation. Please complete and hand back to your instructor with your entry fee, no later than Friday 12th March.

If you are entering through sponsorship, please hand in your sponsor form with the collected sponsor money no later than Sunday 28th March (also please supply Mr Broderick with an estimated sponsor amount on the completed entry form)

Good luck and have fun!

GTI Tae Kwon-Do Southwest Region Competition Entry Form



Name:	
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GTI School:	
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(age on 21st March 2010)

Date of Birth:	_ _ / _ _ / _ _ _ _	Age:	
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Grade:	Kup/Dan*	Sex:	M / F *
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* delete as appropriate

Height:	cms	Weight:	kgs
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Categories to enter (please tick)

Patterns		Open to all grades. You may perform any ITF pattern or four-directional punching exercise
Sparring		Open to 9 th Kups and above. All sparring is point stop. You may be drawn against competitors of a higher weight class, using a handicap system
Destruction		Open to adult blue, red and black belts, using the standard GTI destruction methodology
Highest jumping kick		Open to all grades.
Team Patterns		Open to all grades. You may perform any ITF pattern or four-directional punching exercise in teams of 3

I understand that there may be some risks to my health and well being by competing at this tournament. I acknowledge that as part of the Health and Safety at Work Act 1974, I must always be responsible for my personal well-being. I also recognise that the GTI will ensure, wherever practicable, that all risks are considered and minimised within the Tournament areas. There is currently no reason why I cannot participate in this event and I confirm that I am currently the holder of an up-to-date licence/insurance. I agree to comply with the rules and regulations of the GTI as per the constitution. As a condition of acceptance to the event, I agree not to hold the GTI, my Instructor or any other students legally responsible for any injury that I may sustain whilst participating in this event. I will wear appropriate safety equipment and understand that mats are no longer used and elbow protection is recommended. (This statement does not effect your statutory and legal rights.) NB. Photographic/video equipment will be in use on the day. Images captured may be used for training/promotional purposes. GTI Instructors reserve the right to refuse admission

Entry payment enclosed:	£	Estimated sponsorship or extra donation:	£
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In signing this form I agree to the above statement

COMPETITOR'S SIGNATURE.....

PARENT/GUARDIAN SIGNATURE (if under 18yrs.).....

Entries to: L Broderick
133 Polwhele Rd, Newquay, TR7 2SZ

DATE: _ _ / _ _ / _ _ _ _