

Dear Masters, Black Belts, Instructors, and Other Tae Kwon Do Friends,

It is my great honor and pleasure to invite you and your students to the **19th Annual Lee's Tae Kwon Do of Willmar Invitational**. The tournament is scheduled for *December 1st, 2018*. The tournament will be held at the **New London-Spicer High School in New London, MN**. I am working very hard to make this a fun-filled day for everyone involved. Please bring any fighting gear that you have. All sparring competitors will be required to wear *Head Gear, Chest Protector, Mouth Guard, Shin/Instep Pads, Hand Pads, and all male competitors will be required to wear a groin cup*. There will be some equipment available for sale.

- **All pre-registered competitors will use competitor badges**
- **Register online BEFORE midnight Thursday, November 29th.**
- **WWW.LEESTKDASSOCIATION.COM**
- **\$45 to Pre-register or \$50 to register the day of the event.**

Tournament registration will open at 9:00 am. Please be on time so that we can run the day efficiently. The Black Belt meeting is at 10:30 a.m. The tournament will then begin at 11am.

- **Sparring:** Sparring competition will be modified W.T.F. Rules. Two points for head kick to the legal headgear. One point for a legal body punch or kick. Light/Moderate contact rules. All fights will be stop for point scoring, one 2 minute round in length. Black Belt "Grand Champion" Belts will be up for grabs...
- **Forms:** The competitor will do current rank form demonstrating respect, poise, agility, and power. The previous form will be accepted only if testing has taken place recently and current pattern has not yet been taught to the student. Competitors will be awarded points on a scale of 5-10 by Black Belt Judges using decimal scoring.
- **Weapons:** Competitor will demonstrate any martial arts weapon in a pattern form to be scored by Black Belt Judges.
- **Breaking:** Competitors will be split into divisions.
 - **Check breaking sheet for assigned breaks**

****Push-up Challenge**** Any competitor can report to the push-up station and do as many knuckle push-ups as possible in 30 seconds. Winners will be awarded for ages 5-6, 7-8, 9-10, 11-12, 13-14, Women's 15-35, Women's 36-45, Women's 46+, Men's 15-35, Men's 36-45 and Men's 46+. This is a *free competition*.

Sincerely,

Master Jon Anderson

Lee's Tae Kwon Do of Willmar

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