

One MARTIAL ARTS

EXCELLENT KIDS TOURNAMENT SKILLS REQUIREMENTS Sunday, April 22nd, 2018 Millbrae Location

All participants of the Excellent Kids Karate tournament will compete in four different events: **Balance, Fitness, Focus** and **Teamwork**. Their combined scores for all four events will equal their total score. We highly recommend you to purchase a red square target from the pro shop to practice at home with your child.



Each Excellent Kid will see how many times they can kick a red pad, through a plastic hoop, while standing on a rubber circle and balancing on one leg. They must remain still, on the circle and kick in and out of the hoop making contact with the red pad. Each

Excellent Kid will get three attempts, and we will take their highest score.



Each Excellent Kid will have 30 seconds to complete the run. They will run in one direction for a distance of 24 feet. That is equal to 4 points. They will continue to run back and forth between two markers for 30 seconds. We will add up how many times they can do in the

time limit, and record their score.



We set up a 2 foot by 2 foot taped square on the mirror. Each Excellent Kid will stand at a distance based upon their age. They will have 10 attempts to punch a red pad, while in a horse stance, into the middle of the taped square. Their score will be based upon the

number of pads they punch inside the square.



The facilitator places ten red square targets on the matted area. Participant must pick up as many pads as they can in a ten second period and place them in a designated area. Their score is based upon how many pads they pick up in the allotted time.

After all four events have been completed, we will add up each Excellent Kid's score. The highest total scores will be awarded 1st, 2nd and 3rd place trophies, as well as participant trophies to every single student! Each student will have their name announced over the loud speaker and proudly awarded their trophy by Professor Beliso in the staging area. The Excellent Kids will complete in a positive and encouraging environment, and have tons of fun in the process!