

YOUTH KARATE BEGINNER TOURNAMENT REQUIREMENTS

Dear Parents & Students,

Welcome to the One Martial Arts 16th Annual Inter School Tournament. This event is a unique opportunity for our **Beginner Students** to experience healthy competition in an atmosphere of respect and fun. Everyone who competes will receive an impressive trophy for their outstanding efforts. Above all, our goal is for each student to build their confidence, develop public speaking skills, and experience good sportsmanship. We hope to see you there and look forward to sharing this special event with our entire martial arts family.



**APPLICATION DEADLINE
IS MARCH 4TH, 2018**

**TOURNAMENT IS
SUNDAY, APRIL 22ND,
2018 MILLBRAE**

Tournament Skills for Youth Karate **BEGINNER** White Belts

These are the requirements for Youth Karate White Belts to perform in the tournament. Please memorize the presentation (on the right) and practice the required skills. We will also practice this with our students in class.

Presentation

White Belt Phase (Complete with Presentation.)

or

White Belt Skills (Any 3 Stripes You Would like.)

Basic Punching (Beginner Orange & Green Stripe)

5 Count Kicking (Beginner Blue Stripe)

White Belt Phase (Beginner Red & Brown Stripe (As much as you know.)

Presentation

(Student must memorize and announce this to judges prior to performing their skills.)

- 1) My name is _____.
- 2) My school is One Martial Arts.
- 3) I will be performing:
 - a) White Belt Phase or
 - b) White Belt Requirements
- 5) With your permission, may I begin sir/ma'am?