

YOUTH KARATE BEGINNER TOURNAMENT REQUIREMENTS

Dear Parents & Students,

Welcome to the One Martial Arts 18th 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 31ST, 2019**

**TOURNAMENT SUNDAY, MAY
5TH 10AM - 3PM
979 BROADWAY #116
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.

- 1) Student's name is called.
- 2) Student replies "Yes sir" or "Yes ma'am."
- 3) Students stands up.
- 4) Student demonstrates "Respect."
- 5) Students walks to blue line on floor.
- 6) Student demonstrates "Respect" again.
- 7) Student delivers "Presentation."
- 8) Student performs "White Belt Phase."

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 White Belt Phase
- 4) With your permission may I begin?
- 5) Thank you judges.