

YOUNG AMERICANS SCHOOLS OF SELF-DEFENSE

Proudly Announces

The Minnesota State Spring 2010 Self-Defense Tournament SATURDAY, APRIL 17, 2010



Tournament Registration: 11:00 – 1:00 P.M.
Tournament Events Will Begin Promptly at 1:00 P.M.

Jefferson Senior High School Gymnasium

4001 West 102nd St, Bloomington, Minnesota

I. Order of Tournament Events

(participants are grouped into the following events by age and belt rank)

1. **Escapes:** Participants may demonstrate an escape technique for any attack of their choosing.
2. **Best Kick:** Any three kicks of the participant's choosing; judged on form, speed, and power.
3. **Kata:** Performance of Young Americans Kata requirements at participant's current belt level.
4. **Light Contact Sparring:** Point sparring with light contact only between the chin and belt.

II. Additional and Optional Wushu Events

(participants are grouped into age divisions for the following events)

5. **Empty Hand Forms:** Participants may demonstrate any wushu non-weapons form.
6. **Weapons Forms:** Participants may demonstrate any fan, sword, spear, or meteor ball form.



*Every participant will receive a trophy for participating –
Yes, that's right, everyone will get a trophy!!!
EVERY PARTICIPANT IS A WINNER!!!*



Directions to Jefferson Senior High School Gym

Take Interstate 35W to the 98th Street Exit in Bloomington. Go WEST on 98th Street, and SOUTH on France Avenue South, and WEST on 102nd Street. Jefferson Senior High School is on the Southwest corner of 102nd Street and France Avenue South.

Registration Information

You may pre-register and avoid waiting in registration lines by mailing this form to:

Young Americans Schools of Self-Defense
14870 Granada Ave., #318
Apple Valley, MN 55124

The registration fee is \$8.00 per event. If you choose to participate in all six events, the cost is \$39. Admission for spectators ages 12 and older is \$3.00 (children 11 and younger are free). Food and drinks will be available in the concession area.

*****Please complete the registration form below, but do NOT detach this form*****

Name _____ Age _____ Boy or Girl _____

Location of Your Current Young American Self-Defense Class _____

I want to enter the following events:

(please check your choices)

Escapes

Best Kick

Kata

Sparring

Empty
Hand

Weapons
Forms

Total Amount Enclosed \$ _____ (\$8.00 per event; \$39 for all six)

Checks can be made payable to "Young Americans"

