

ST MARK'S TAEKWON-DO SCHOOL

EST. 1982

Presents

Team Challenge 2011

16th October 2011



SPARRING

Team Sparring will consist of **8th Kup** members or Higher. Only **3** Members on this Team & must be selected from the **Team** (Any **3** as long as they are Yellow Belt or Higher) each round will be 2 Minutes long (1 ½ Mins for Juniors). If one Team wins the first two matches (Bouts) then that Team will be the Winner.

POWER for SENIORS ONLY

3 Techniques for Power.

Yop Cha Jirugi	3 White Boards
Bandae Dollyo Chagi	2 White Boards
Sonkal Taerigi	2 White Boards

Any **3** members form the Team **6th Kup** and above can perform these.

Official I.T.F. Rules apply Guarding, Measure, Guarding, Break, and Guarding.

The quantity can be increased these are minimum amounts, 3 Points per broken board.

SPECIAL TECHNIQUE for JUNIORS ONLY

3 Techniques

Jump High Kick (Overhead)	240cm
Mid Air Kick (Jump Back Kick) 180°	210cm
Fly-Over Side Kick	150cm X 100cm

Any **3** members form the Team can perform these.

Official I.T.F. Rules apply Guarding, Measure, Guarding, Break, and Guarding.

3 Points per Successful Technique

SELF DEFENCE ROUTINE

1 Person V's up to 6 people (Minimum of 3)

The defender will perform a **defence routine** with the other students acting as attackers. Must last 60 Seconds but no more than 90 Seconds. All members will be in official **DOBOK**

Team can be mixed with male/female, with any members from any Team.

Please note Senior & Junior members CAN be on the same Team!

ST MARK'S TAEKWON-DO SCHOOL

EST. 1982

Presents

Team Challenge 2011

16th October 2011



LITTLE GIANT'S OBSTACLE COURSE

Team of 3 members 8 years and under

There will be an obstacle course that will be performed in a relay with the 3 members, consists of jumping over, crawling under, punches, kicks and finish with a break (Easy white board)

Teams can be mixed with male/female, with any members from any Team. Each member on the team must perform. The fastest team will win.

TKD KIDS OBSTACLE COURSE

Team of 3 members 12 years and under

There will be an obstacle course that will be performed in a relay with the 3 members, consists of jumping over, crawling under, punches, kicks and finish with a break (Easy white board)

Teams can be mixed with male/female, with any members from any Team. Each member on the team must perform. The fastest team will win.

JUNIOR OBSTACLE COURSE

Team of 3 members 17 years and under

There will be an obstacle course that will be performed in a relay with the 3 members, consists of jumping over, crawling under, punches, kicks and finish with a break (white board in the holder)

Teams can be mixed with male/female, with any members from any Team. Each member on the team must perform. The fastest team will win.

SENIOR OBSTACLE COURSE

(As above but finish with a Red Breaker board break in the holder)

Teams can be mixed with male/female, with any members from any Team. Each member on the team must perform. The fastest team will win.

CONTACT MR. KEANE @ 086-8541889

SHOULD YOU NEED ASSISTANCE WITH THE TEAM STRUCTURE

ST MARK'S TAEKWON-DO SCHOOL

EST. 1982

Presents

Team Challenge 2011

16th October 2011



SENIOR TEAM EVENT

(All sections except Obstacle course)

SCHOOL: _____ TEAM NAME: _____

TEAM MEMBERS NAME'S:

GRADE

D.O.B

1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

I agree to abide by the Rules and Regulations and accept the Judges decision as Final.
All Sparring Equipment must be worn: Groin Guards and Gum Shields are Compulsory.

Instructor's Signature: _____ Date: _____

Fees: Cheques payable to St. Mark's Taekwon-Do School Please!

Fee's : All members €20
(you only pay once which covers every event)

Closing Date: Monday 10th October 2011

16th October 2011

St. Mark's Community School. Tallaght, Dublin 24.

Return to Ms Valerie Keane,

32 Alderwood Ave, Springfield, Tallaght, Dublin 24.

ST MARK'S TAEKWON-DO SCHOOL

EST. 1982

Presents

Team Challenge 2011

16th October 2011



JUNIOR TEAM EVENT

(All sections except Obstacle course)

SCHOOL: _____ TEAM NAME: _____

TEAM MEMBERS NAME'S:	GRADE	D.O.B
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

I agree to abide by the Rules and Regulations and accept the Judges decision as Final.
All Sparring Equipment must be worn: Groin Guards and Gum Shields are Compulsory.

Instructor's Signature: _____ Date: _____

Fees: Cheques payable to St. Mark's Taekwon-Do School Please!

Fee's : All members €20
(you only pay once which covers every event)

Closing Date: Monday 10th October 2011

16th October 2011

St. Mark's Community School. Tallaght, Dublin 24.

Return to Ms Valerie Keane,

32 Alderwood Ave, Springfield, Tallaght, Dublin 24.

ST MARK'S TAEKWON-DO SCHOOL

EST. 1982

Presents

Team Challenge 2011

16th October 2011



LITTLE GIANTS TEAM PATTERN EVENT

(Only for the pattern event)

SCHOOL: _____ TEAM NAME: _____

TEAM MEMBERS NAME'S:	GRADE	D.O.B
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

I agree to abide by the Rules and Regulations and accept the Judge's decision as Final.

Instructor's Signature: _____ Date: _____

Fees: Cheques payable to St. Mark's Taekwon-Do School Please!

**Fee's : All members €20
(you only pay once which covers every event)**

Closing Date: Monday 10th October 2011

16th October 2011

St. Mark's Community School. Tallaght, Dublin 24.

Return to Ms Valerie Keane,

32 Alderwood Ave, Springfield, Tallaght, Dublin 24.

ST MARK'S TAEKWON-DO SCHOOL

EST. 1982

Presents

Team Challenge 2011

16th October 2011



TKD KIDS TEAM PATTERN EVENT

(Only for the Pattern event)

SCHOOL: _____ TEAM NAME: _____

TEAM MEMBERS NAME'S:	GRADE	D.O.B
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

I agree to abide by the Rules and Regulations and accept the Judge's decision as Final.

Instructor's Signature: _____ Date: _____

Fees: Cheques payable to St. Mark's Taekwon-Do School Please!

**Fee's : All members €20
(you only pay once which covers every event)**

Closing Date: Monday 10th October 2011

16th October 2011

St. Mark's Community School. Tallaght, Dublin 24.

Return to Ms Valerie Keane,

32 Alderwood Ave, Springfield, Tallaght, Dublin 24.

ST MARK'S TAEKWON-DO SCHOOL

EST. 1982

Presents

Team Challenge 2011

16th October 2011



SELF DEFENCE TEAM EVENT

SCHOOL: _____ TEAM NAME: _____

TEAM MEMBERS NAME'S:

GRADE

D.O.B

1. _____ (Defender)	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____

I agree to abide by the Rules and Regulations and accept the Judges decision as Final.

Instructor's Signature: _____ Date: _____

Fees: Cheques payable to St. Mark's Taekwon-Do School Please!

**Fee's : All members €20
(you only pay once which covers every event)**

Closing Date: Monday 10th October 2011

16th October 2011

St. Mark's Community School. Tallaght, Dublin 24.

Return to Ms Valerie Keane,

32 Alderwood Ave, Springfield, Tallaght, Dublin 24.

ST MARK'S TAEKWON-DO SCHOOL

EST. 1982

Presents

Team Challenge 2011

16th October 2011



LITTLE GIANTS OBSTACLE COURSE TEAM EVENT

SCHOOL: _____ TEAM NAME: _____

TEAM MEMBERS NAME'S:

GRADE

D.O.B

1. _____
2. _____
3. _____

I agree to abide by the Rules and Regulations and accept the Judge's decision as Final..

Instructor's Signature: _____ Date: _____

Fees: Cheques payable to St. Mark's Taekwon-Do School Please!

Fee's : All members €20
(you only pay once which covers every event)

Closing Date: Monday 10th October 2011

16th October 2011

St. Mark's Community School. Tallaght, Dublin 24.

Return to Ms Valerie Keane,

32 Alderwood Ave, Springfield, Tallaght, Dublin 24.

ST MARK'S TAEKWON-DO SCHOOL

EST. 1982

Presents

Team Challenge 2011

16th October 2011



TKD KIDS OBSTACLE COURSE TEAM EVENT

SCHOOL: _____ TEAM NAME: _____

TEAM MEMBERS NAME'S:

GRADE

D.O.B

- | | | | |
|----|-------|-------|-------|
| 1. | _____ | _____ | _____ |
| 2. | _____ | _____ | _____ |
| 3. | _____ | _____ | _____ |

I agree to abide by the Rules and Regulations and accept the Judge's decision as Final..

Instructor's Signature: _____ Date: _____

Fees: Cheques payable to St. Mark's Taekwon-Do School Please!

Fee's : All members €20
(you only pay once which covers every event)

Closing Date: Monday 10th October 2011

16th October 2011

St. Mark's Community School. Tallaght, Dublin 24.

Return to Ms Valerie Keane,

32 Alderwood Ave, Springfield, Tallaght, Dublin 24.

ST MARK'S TAEKWON-DO SCHOOL

EST. 1982

Presents

Team Challenge 2011

16th October 2011



JUNIOR OBSTACLE COURSE TEAM EVENT

SCHOOL: _____ TEAM NAME: _____

TEAM MEMBERS NAME'S:

GRADE

D.O.B

- | | | | |
|----|-------|-------|-------|
| 1. | _____ | _____ | _____ |
| 2. | _____ | _____ | _____ |
| 3. | _____ | _____ | _____ |

I agree to abide by the Rules and Regulations and accept the Judge's decision as Final..

Instructor's Signature: _____ Date: _____

Fees: Cheques payable to St. Mark's Taekwon-Do School Please!

Fee's : All members €20
(you only pay once which covers every event)

Closing Date: Monday 10th October 2011

16th October 2011

St. Mark's Community School. Tallaght, Dublin 24.

Return to Ms Valerie Keane,

32 Alderwood Ave, Springfield, Tallaght, Dublin 24.

ST MARK'S TAEKWON-DO SCHOOL

EST. 1982

Presents

Team Challenge 2011

16th October 2011



SENIOR OBSTACLE COURSE TEAM EVENT

SCHOOL: _____ TEAM NAME: _____

TEAM MEMBERS NAME'S:

GRADE

D.O.B

- | | | | |
|----|-------|-------|-------|
| 1. | _____ | _____ | _____ |
| 2. | _____ | _____ | _____ |
| 3. | _____ | _____ | _____ |

I agree to abide by the Rules and Regulations and accept the Judge's decision as Final.

Instructor's Signature: _____ Date: _____

Fees: Cheques payable to St. Mark's Taekwon-Do School Please!

Fee's : All members €20
(you only pay once which covers every event)

Closing Date: Monday 10th October 2011

16th October 2011

St. Mark's Community School. Tallaght, Dublin 24.

Return to Ms Valerie Keane,

32 Alderwood Ave, Springfield, Tallaght, Dublin 24.