

Unified I.T.F.



Valentine's Tournament 2012



Presented by Hwang's Tae Kwon Do

When: **Saturday February 11, 2012**

Time: Competition Starts at **9:00am**

Doors Open at **8:30am**

Location of Event: 1221 N. 2nd Street
El Cajon, CA 92021

Competitor fee: **\$10 per event****

Food will be available on site for purchase

****All Competitors MUST preregister by February 3rd, 2011****

ITF Patterns :

ITF pattern competition will focus upon correct execution as detailed in the encyclopedia of Taekwon-Do written by Gen. Choi Hong Hi.

ITF Regulated Free Sparring:

The ITF sparring rules will be used in this event. Safety equipment to include helmet, hand pads, footpads, mouthpiece, and groin cup for males is required for this event.

Light contact will be necessary to score a point.

Board Breaking :

Flying Side Kick over an obstacle, Power & Specialty Breaking

For More Information Contact :

Ms. Beth R. Oliver, IV'Dan UITF

Tournament Director

1221 N. 2nd St El Cajon, CA 92021

619-825-5134

Email: betholiver1978@yahoo.com Website: www.hwangstkdc.com