



# Concord Kung Fu Academy

## 13<sup>th</sup> Annual Skills Day Tournament - Saturday, July 11, 2020



PLEASE FILL OUT COMPLETELY

Name: \_\_\_\_\_ Age: \_\_\_\_\_ M/F: \_\_\_\_\_ Weight: \_\_\_\_\_ Height: \_\_\_\_\_  
 Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_  
 Plum Blossom School: \_\_\_\_\_ # Years Training / Rank: \_\_\_\_\_

Pre-Register by: July 6, 2020 – Registration at Door: \$50 & \$20/Event - SPECTATOR TICKETS \$20 @ THE DOOR (buy in advance)

**\$35 First Event** (\$45 After 7/6) = \$ \_\_\_\_\_ Spectator Tickets: 13+ Years \$10 X \_\_\_\_\_ = \$ \_\_\_\_\_  
**\$15 Each Add'l Event** (\$20 After 7/6) X \_\_\_\_\_ = \$ \_\_\_\_\_ 5-12 Years \$ 5 X \_\_\_\_\_ = \$ \_\_\_\_\_  
 (Black Sash Club - 10% Disc.) 4 and Under Free Spectator Total = \$ \_\_\_\_\_

**FORMS GRAND CHAMPION \$70:** Hand, Short Weapon, Long Weapon (Detail on back) **Eligibility deadline: Wednesday, July 8, 2020**

Tournament Total \$ \_\_\_\_\_ Grand Total \$ \_\_\_\_\_

Phone-in Credit card: 925-672-9800, or, Send checks to: CKFA 5434 Ygnacio Valley Rd #170, Concord, CA 94521

**NEW TOURNAMENT LOCATION:** Seven Hills School•975 N. San Carlos Drive•Walnut Creek, CA 94598

Clearly fill in the circle next to each division and confirm your choices with your Instructor or Sifu.

**7 Years and Under - Tigers / Cubs**

- K0 - Siu Jin Kuen (Form 1 PARTIAL)
- K1 - Siu Jin Kuen (Form 1)
- K2 - Siu Pau Ying Kuen (Form 2)
- W61 - Weapons Sparring Boys/Girls
- P73 - Push Hands Boys/Girls

**Ages 7-9 Years**

- K3 - Siu Jin Kuen (Form 1)
- K4 - Siu Pau Ying Kuen (Form 2)
- K5 - Ng Lun Chui (5 Wheel Fist)
- S50 - Point Sparring Boys/Girls Beginner
- W62 - Weapons Sparring Boys/Girls Beginner
- P74 - Push Hands Boys/Girls Beginner

◆ Intermediate & Advanced

- K6 - Int. Hand \_\_\_\_\_
- K7 - Int. Short Weapon \_\_\_\_\_
- K8 - Int. Long Weapon \_\_\_\_\_
- K9 - Adv. Hand \_\_\_\_\_
- K10 - Adv. Short Weapon \_\_\_\_\_
- K11 - Adv. Long Weapon \_\_\_\_\_
- S51 - Point Sparring Boys/Girls Int/Adv
- W63 - Weapons Sparring Boys/Girls Int/Adv
- P75 - Push Hands Boys/Girls Int/Adv
- D96 - Two-Person Form \_\_\_\_\_
- GC1 - Hand, Short & Long Weapon - Age 7-9

**Ages 10-12 Years**

- K12 - Siu Jin Kuen (Form 1)
- K13 - Siu Pau Ying Kuen (Form 2)
- K14 - Ng Lun Chui (5 Wheel Fist)
- S52 - Point Sparring Boys/Girls Beginner
- W64 - Weapons Sparring Boys/Girls Beginner
- P76 - Push Hands Boys/Girls Beginner

◆ Intermediate & Advanced

- K15 - Int. Hand \_\_\_\_\_
- K16 - Int. Short Weapon \_\_\_\_\_
- K17 - Int. Long Weapon \_\_\_\_\_
- K18 - Adv. Hand \_\_\_\_\_

**Liability Waiver:**

I, the undersigned/or the competitor, by submitting this application understand that I am consenting to release this event promoter Iron & Silk, Inc. dba Concord Kung Fu Academy "CKFA", Seven Hills School®, and all other persons associated with this event from any liability arising out of injury, damages, or losses that I may incur as a result of my attendance or my participation in this event, and I also hereby waive all claims to any injuries sustained from such an event. I fully understand that a competitor who executes a fouling technique which is deemed malicious with the intent of causing injury above and beyond what is expected in competition, may be subject to bearing the medical as well as related recovery and recuperation expenses of a competitor who is injured as a result of a fouling technique. I, clearly understand that the fighting aspects of this sport and competition involve bodily contact and that no contact is allowed to the head and groin area. I hereby certify to the best of my abilities that I am mentally and physically fit to participate and compete in this event, and I also understand that any medical treatment will be of the First Aid type only. Furthermore, I hereby permanently waive any compensation whatsoever for the use of pictures, videos, media coverage, etc., utilized by those associated with this event which may be used for profit-making purposes.

Signature of Competitor: X \_\_\_\_\_ Date: X \_\_\_\_\_ Signature of Parent/Guardian: X \_\_\_\_\_  
 (if competitor is under 18 years of age)

- K19 - Adv. Short Weapon \_\_\_\_\_
- K20 - Adv. Long Weapon \_\_\_\_\_
- S53 - Point Sparring Boys/Girls Int/Adv
- W65 - Weapons Sparring Boys/Girls Int/Adv
- P77 - Push Hands Boys/Girls Int/Adv
- D97 - Two-Person Form \_\_\_\_\_
- GC2 - Hand, Short & Long Weapon - Age 10-12

**Ages 13-17 Years**

- K21 - Siu Jin Kuen (Form 1)
- K22 - Siu Pau Ying Kuen (Form 2)
- K23 - Ng Lun Chui (5 Wheel Fist)
- S54 - Point Sparring Boys/Girls Beginner
- W66 - Weapons Sparring Boys/Girls Beginner
- P78 - Push Hands Boys/Girls Beginner

◆ Intermediate & Advanced

- K24 - Int. Hand \_\_\_\_\_
- K25 - Int. Short Weapon \_\_\_\_\_
- K26 - Int. Long Weapon \_\_\_\_\_
- K27 - Adv. Hand \_\_\_\_\_
- K28 - Adv. Short Weapon \_\_\_\_\_
- K29 - Adv. Long Weapon \_\_\_\_\_
- S55 - Point Sparring Boys/Girls Int/Adv
- W67 - Weapons Sparring Boys/Girls Int/Adv
- P79 - Push Hands Boys/Girls Int/Adv
- D98 - Two-Person Form \_\_\_\_\_
- GC3 - Hand, Short & Long Weapon - Age 13-17

**Ages 18 Years and Above**

- K30 - Siu Jin Kuen (Form 1)
- K31 - Siu Pau Ying Kuen (Form 2)
- K32 - Ng Lun Chui (5 Wheel Fist)
- S56 - Point Sparring Men Beginner
- S58 - Point Sparring Women Beginner
- W68 - Weapon Sparring Men Beginner
- W70 - Weapon Sparring Women Beginner
- P80 - Push Hands Men Beginner
- P82 - Push Hands Women Beginner

◆ Intermediate & Advanced

- K33 - Int. Hand \_\_\_\_\_
- K34 - Int. Short Weapon \_\_\_\_\_
- K35 - Int. Long Weapon \_\_\_\_\_
- K36 - Adv. Hand \_\_\_\_\_
- K37 - Adv. Short Weapon \_\_\_\_\_
- K38 - Adv. Long Weapon \_\_\_\_\_
- S57 - Point Sparring Men Int/Adv
- S59 - Point Sparring Women Int/Adv
- W69 - Weapon Sparring Men Int/Adv
- W71 - Weapon Sparring Women Int/Adv
- P81 - Push Hands Men Int/Adv
- P83 - Push Hands Women Int/Adv
- D99 - Two-Person Form \_\_\_\_\_

- GC4 - Hand, Short & Long Weapon - Age 18-44
- GC5 - Hand, Short & Long Weapon - Age 45+

**Tai Chi (2 Minute Limit)**

- T85 - Yang 4 or 8 Beginner
- T86 - Yang 16 Beginner
- T87 - Left/Right Fan Form Beginner

◆ Intermediate & Advanced

- T88 - Int. Hand Form \_\_\_\_\_
- T89 - Int. Short Weapon \_\_\_\_\_
- T90 - Int. Long Weapon \_\_\_\_\_
- T91 - Adv. Hand Form \_\_\_\_\_
- T92 - Adv. Short Weapon \_\_\_\_\_
- T93 - Adv. Long Weapon \_\_\_\_\_
- T94 - Int./Adv. Other Weapon \_\_\_\_\_
- D100 - Two-Person Form \_\_\_\_\_

**Instructors**

- K39 - Hand Form \_\_\_\_\_
- K40 - Weapon Form \_\_\_\_\_
- S60 - Point Sparring \_\_\_\_\_
- W72 - Weapon Sparring \_\_\_\_\_
- P84 - Push Hands \_\_\_\_\_
- T95 - Tai Chi Hand/Weapon Form \_\_\_\_\_
- D101 - Two-Person Form \_\_\_\_\_

For all sparring and push hands divisions competitors will be divided up by weight and rank at the time of the competition  
 Men - Light: 160 and under Middle: 161-185 Heavy: 186 and above Women - Light: 130 and under Middle: 131 and above  
 Sparring - Mandatory Equipment (Provided by Competitor): Head, Hand, Shin and Foot Guards (No Shoes during Sparring Events),  
 Mouthpiece, Protective Cup. Lack of proper gear disqualifies you from participation. Events may be combined. NO REFUNDS.



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### COMPETITION SCHEDULE

- 8:30 AM - Competitor check-in
- 9:00 AM - Doors Open
- 9:30 AM - Opening ceremonies
- 9:45 AM - Tournament begins
- Competition starts with youngest competitors, followed by youth and adults as rings become available

### RANKING GUIDELINES

- Beginner: 0 to 2 years
- Intermediate: 3 to 5 years
- Advanced: 6+ years



### DIRECTIONS

#### FROM SF & East Bay

- Continue on US-101 N. Take I-80 E and CA-24 E to Ygnacio Valley Road Exit
- Take Ygnacio Valley Rd. East approx. 2.1 miles
- Left on San Carlos Drive at Heather Farms
- Continue on San Carlos Drive through a gate to the end of the road at Seven Hills School

#### FROM San Rafael Area

- Continue on I-580E/CA-24E OR 580/80/4 to 680S to Ygnacio Valley Rd Exit
- Take Ygnacio Valley Rd. East approx. 2.1 miles
- Left on San Carlos Drive at Heather Farms
- Continue on San Carlos Drive through a gate to the end of the road at Seven Hills School

#### FROM South Bay

- Continue on I-880 N and take CA-24 E to Ygnacio Valley Road Exit
- Take Ygnacio Valley Rd. East approx. 2.1 miles
- Left on San Carlos Drive at Heather Farms
- Continue on San Carlos Drive through a gate to the end of the road at Seven Hills School

### PARKING

Parking is available in the designated parking lots adjacent to the gymnasium.

The lots will open/close an hour before/after the event begins/ends.

### GYM RULES

Only water is allowed in gym. Food and drinks are allowed in lobby area.

### COMPETITION INFORMATION

#### Competitors:

Please go to the registration table to pick up your wristband. This wristband will indicate your competition divisions. If there are any mistakes, please go to the Head Table immediately.

All Divisions will be further broken into appropriate age ranges and ranking where applicable.

#### Rules:

See "Tournament Rules" column

#### Ring Assignments:

Ring assignments and divisions will be announced several times during the competition.

Please listen as you will still be able to compete if your division has started.

#### Weapons:

It is recommended that competitors bring their own weapons to compete. Weapons will be checked for safety.

#### Sparring:

All competitors must have their own sparring equipment: head guard, sparring gloves, shin guards and foot guards, mouthpiece, cup, and chest protector.

Competitors are matched by skill level and size before the division starts.

Head guards for weapon sparring will be available for competitors in that division only.

#### Disqualifications:

Any display of a lack of good sportsmanship conduct, disrespect of judges or staff from competitors, parents or spectators will result in immediate disqualifications and ejection from the competition area.

Use of excessive force in any sparring division will result in a maximum of two (2) warnings to the competitor, followed by disqualification.

#### Arbitration:

Parents and coaches will be allowed to file complaints in a respectful and courteous manner. All arbitrations must be started before trophies are given out. Once the medals/trophies are given out decisions are FINAL.

\* NOTE: Some divisions may be combined if there are not enough competitors in a division. Competitors will be given a choice to compete, or not.

#### \* Grand Champion:

Requires competing with a Hand Form, Short Weapon and Long Weapon Forms.

\* Scoring of medals is as follows:

- Gold - 4 points
- Silver - 3 points
- Bronze - 2 points
- Copper - 1 point

Note: Competition is ONLY against other grand champion contenders. Competing in other divisions is encouraged at a discount of \$10/ division, but scores in additional divisions will not count toward Grand Champion trophy.  
• Division is listed as "GC1," "GC2," "GC3," "GC4," or "GC5" under the appropriate age category.

### TOURNAMENT RULES

#### Point Sparring

Competitors must wear all required sparring equipment.

Catch and release of kick nullifies point.

Legal target areas:

- Front and side of body
- Outside of thigh

1 Point – All legal areas

Illegal target areas (warnings/penalties):

- Head
- Back
- Groin
- Inside of thigh
- Knee

Winner is first to five points.

#### Two-person Forms

Two-person forms are listed under the division by age for hand, short weapon, or long weapon divisions. Write in the name of the form and the name of the partner.

#### Weapon Sparring - Single Foam Sword

Competitors must wear their own or provided head guard with cage or face shield.

No thrusting at face. Only light contact to head allowed.

Legal target areas:

- Torso, limbs and top and side of head.

Illegal target areas (warnings/penalties):

- Thrusting to Face
- Neck
- Groin

2 Points – Head

1 Point – All other legal areas

First competitor to obtain 5 points wins.

#### Stationary Push hands

Goal: Use proper techniques to uproot opponent.

- No steps allowed
- No shoving
- No sudden attacks
- No grabbing
- Shoes required

1 minute on each side.

1 Point to make the opponent off balance.

Competitors circle hands 3 times, then the judge will call "Go" or "Begin" to start the competition.

The competition is ONLY open to Plum Blossom International Federation schools.



NO REFUNDS