



Rising Dragon Martial Arts



Spring Tournament 2014

Saturday April 12, 2013 starting at 8:30 am

At *Rising Dragon Martial Arts* 3429 W. Greenfield, Milwaukee WI 53215

For More info contact: 414 383 7727 or info@risingdragonmartialarts.com

Name _____ Parents _____

Address _____ City _____ Phone _____

Age _____ Martial Art Style _____ Years Training _____ Rank _____

Event Competitions

Kung Fu Form Kenpo Form Tai Chi Form Weapon Form
 Point Fighting Push Hands Hard Push Hands San Shou Kickboxing (weight _____)
 Chinese Wrestling (weight _____) Self Defense Crane Stance Horse Stance

Cost

Non- Members: 1 event \$35 2 events \$45 3 events \$55 4 events \$65 5 or more events \$75
WLA Members: 1 event \$25 2 events \$35 3 events \$45 4 events \$55 5 or more events \$65
(White Lotus Association)

\$5 additional **discount** for early registration by or before April 1, 2013

\$5 per spectator (tickets will be given for entry. Tickets may also be purchased at the door)

Payment Made

Release Form

Please read this form carefully and sign below. All minors (under 18) MUST have the signature of a guardian. Thank you!
The participant agrees to comply with the rules of the tournament and acknowledges that competition in the martial arts event is physical, and participation in such competition can result in injury to the participant. The participant consents to allow any reproductions of likeness created in any manner whatsoever; photographed, filmed or video taped in connection with this event to be used by Rising Dragon Martial Arts, LLC and waive any and all compensation in regards thereto. The participant hereby waives any claim of damage or injury against Rising Dragon Martial Arts, LLC or any of its agents, employees, or any individual connected with the organization, promotion or sponsorship of the tournament and expressly assumes all risks, of whatever nature, resulting from participation in or traveling to or from this event.

Signature _____ Date _____

Competition Rules

All participants are expected to maintain respect to judges and fellow competitors. Inappropriate behavior or dress can result in dismissal – good sportsmanship is a must! Participants should be ready and on time for all events they are in. Proper safety gear is required for all events. For Point Fighting this includes mouth piece, helmet, gloves, and groin protection.

Judging

Forms in Kung Fu, Kenpo Tai Chi, weapons or another style are judged by 3 criteria: 1) **Good Technique** according to style. All styles should show good stance, posture and technique. Kung Fu long hand should reflect fluid and powerful motions of each animal; Kenpo also reflecting animals but with more rhythmic explosiveness. Tai Chi should be balanced, harmonious and reflecting internal power and chi. Other styles shall be judged for their ideals of expression. 2) **Good Energy** displayed inwards and outwards. Low powerful stances, good posture, good waist motion preceding technique, good hand and foot technique as well as strong internal display through attitude, delivery and Chi. 3) **Good Protocol** toward participants and judges. Proper bowing, attitude, language and use of proper titles affect scoring. Scores will range from 6 -10 for advanced (4 years or more training) 6 – 9 for intermediate ranks (2-4 years) and 6-8 for beginners in order to reflect difficulty of material. Utilizing the full scale a 10 is perfect in all three categories'. A 9 reflects one minor mistake from one of the categories. An 8 reflects 1 major or 2 minor mistakes. A 7 reflects 2 major mistakes, and so on down. Contact the school for more information on all criteria.

Point Fighting matches are 3 to 5 points depending on the field size. Continuous point fighting is usually the best 2 of 3 rounds of 30 seconds to one minute depending on field size. Scoring on the body targets include the front and sides of the forehead (high gate), the front belt/sash up to the shoulders as well as the front sides (mid gate) and outside thigh (low gate). All techniques must be “clean” which means 1) they strike a legal target, 2) they recoil back to fighting guard 3) they are not blocked or partially blocked, 4) they do not strike with excessive force and 5) they are performed within the outlined parameters (at least one foot of the opponent is still in the ring). Punches and Kicks count equally of one point. Sweeps are allowed at the foot but must be followed by a legitimate scoring technique. Bows to judges and opponents must show respect. A handshake or hug congratulations after the match shows good sportsmanship. Behavior to the contrary within the ring can result in point deductions and/or disqualification. Excessive contact can result in point deduction and /or disqualification. The referee and judges will determine excessive force. Sparring protective gear is mandatory.

Chinese Wrestling matches are held on a small 5x5 rings approximately. Starting position is standing with each opponent gripping the waist and/or shoulders of the opponent. The goal is to get the opponent to step outside the ring (1 point) or take them down on the mat with one of their hands or knees touching scores (one point). Acceptable take down techniques include inside/outside leg checks and/or trips at the thigh or calf (no knee) or waist. No flipping is allowed for safety. Excessive force on take downs may result in point deduction and/or disqualification. Controlled arm bars at the elbow only are allowed.

Push Hands matches begin with one hand inside and one outside the wrists of the opponent. 3 harmonious circles are created prior to trying to dislodge the opponents balance through pushing and pulling, leg checks and through chi. Energy should be fluid and firm. Excessive change of speed or towards hard energy rather than redirection of an opponent's energy may result in a warning and then point deductions. A small dislodge results in ½ a point. Full dislodge or causing an opponent to take a step results in a full point. Matches are to five points within a 3 minute time limit.

Self Defense is a partner competition. A pair must demonstrate at least 3 -5 defense techniques or a series of fight techniques of at least 10 moves between the partners (choreographed fight) -- the same criteria as forms competition is used; in addition the convincing nature of applications, speed and closeness of technique application will result in higher scores. Any injury may decrease score or result in disqualification. Safety is paramount.

Crane and Horse Stance competitions demonstrate the skill, determination, and training effort of competitors. Horse stance is low enough to put a pole on the legs without it rolling off, toes straight ahead and posture straight. Crane stance is one legged with the knee kept as high as the sash/belt. Hopping or base foot motion to keep balance disqualifies. The competitor who maintains the stance the longest properly wins.