

# DRAGON WARRIOR - STATE MARTIAL ARTS TOURNAMENT

SATURDAY APRIL 13, 2019

JD LEWIS MULTIPURPOSE CENTER

2245 GARNER ROAD, RALEIGH, NC 27610

## Strongest Punch

### All Belt Levels

Athletes will have 3 chances to punch a "meter" bag that measures their reaction speed. Use any hand strike taught in class. Only hand strikes will be allowed - NO elbow strikes.

## Strongest Kick

### All Belt Levels

Athletes in each age group will have three chances to strike a "meter" bag that measures their reaction speed. Use any strikes taught in class. Only foot techniques allowed - NO knee kicks. No shoes allowed!

## Crazy Attack

### All Belt Levels

Athletes will have 10 seconds to punch and kick a "meter" bag that will measure total hits and power.

## Escape Drill

### White and Yellow Belts

Athletes will be timed individually and "break free" from four different "stranger dangers" applying different grabs: Single-hand grab, Double-hand grab, Front choke and Rear choke. Be sure you use the "proper" release technique learned in class to break free from each grab. The athletes who use the proper techniques and break free the "quickest" are the winners.

## Flag Sparring

### White and Yellow Belts

Athletes are given an opportunity to test their speed, footwork, accuracy and reactions in a safe but competitive setting by grabbing two flags from their opponent.

## Sparring

### Green Belts and Above (Yellow Belts Optional)

All athletes must provide their own sparring gear. (Head, hand, foot, mouth and groin protection) The event is split according to age and belt.

## The Great Escape/Obstacle Course

### All Belt Levels

This event is designed to replicate a dangerous environment where someone is trying to abduct or capture the athlete and will challenge the athlete on how to escape through obstacles. This is a timed event and athletes will be placed based on fastest time. Two seconds will be added for any block, strike or kick that an athlete misses. This course will involve a bounce house unit. Judges will be placed throughout the course where athletes must perform a block, a strike, and a kick to the body shield. Time stops when an athlete completes the course. Athletes must yell "stranger" before performing the blocks, strikes and kicks.

## Board Breaking

### Blue Belts and Above

This event is for athletes to perform a hand, elbow, knee or kicking technique to break a board. Athletes have three attempts to break the board. If not broken by the third attempt, athlete must bow out. Board breaking will be judged on difficulty, style and power in break. Boards will be provided.

## Kata and Weapons Kata

### Yellow Belts and Above

In this event, athletes will perform an open handed CIM Kata. Athletes will be scored on, but not limited to etiquette, perfection of techniques, power, speed, fluidity and fighting spirit.

## Mushin (No-Mind Defense)

### Green Belts and Above

This event is designed for an athlete to defend against impromptu attackers showing multiple self-defense techniques. Instructors will prepare athletes with knowledge of the self-defense techniques available from the following list. The judges will pick 3 of the following self-defense techniques for the athlete to defend against: Bear hug pinned from behind, double one-arm (on forearm), side headlock, straight lapel grab (one hand), cross wrist grab, single straight hand grab (to wrist). Athletes are expected to show an advanced self-defense technique. Event requirement process: proper etiquette throughout. Athletes will be judged on the use of a preemptive and/or a finishing technique with each self-defense technique.

### White and Yellow Belts:

Registration - 9:30-10:15am

Tournament - 10:30-1:30pm

### Green, Blue, Purple, Orange, Red, Brown and Black Belts

Registration - 1:00-1:45pm

Tournament - 2:00-8:00pm