



Greetings Masters and Instructors,

Rising Sun TKD, in association with the AITFC are pleased to invite you and your youngest students to the ITF Kids Shadow Warrior Invitational tournament as well as a Provincial Seminar (for senior belts) to be held on May 25, 2025 at the Crossfield and District Community Centre. The tournament will run from 10am – Noon, and the seminar from 2pm – 5pm. (Complete information packages about the seminar will be sent out shortly by the Alberta Technical Committee)

This tournament is specifically designed for students ages 3-7. There will be divisions for kids to demonstrate techniques as prompted or patterns (both ITF and in house patterns) as well as belt game. We will also be offering a breaking division which will consist of a stomp.

Our goal is to provide our youngest martial artists an opportunity to showcase their skills as well as give them a taste of what competition will be like as they continue on their TKD journey. It will also give parents and caregivers a chance to see what their little ninjas have been learning.

There will be an obstacle course for the participants to run through and ribbons or medals for all competitors. Some fantastic raffle prizes will be on display with one ticket handed out to each family upon entry and more available for purchase.

Registration forms are attached separately, please have parents fill them out and return them directly to Mrs Gabriel and they will be sent payment

information/options. Mark the date on your calendar, we look forward to seeing you all May 25th in Crossfield.

KIDS TOURNAMENT RULES

All divisions will be run as a single elimination format with gold, silver and bronze medals being awarded to the top three competitors. The “on deck” area will be an obstacle course where the athletes can run through and volunteers can take attendance. Each competitor in the division will be given a coloured headband they can take home as a souvenir and will help to keep each group organized.

TECHNIQUE DEMONSTRATION

In this division the competitors will be asked to step forward to the count while executing a punch, low block, rising block, or front kick/guarding block as indicated by the centre referee. Each pair will demonstrate three of the skills listed per round. A volunteer stands to the side of the ring and, when necessary, gives cues/demonstrates the moves along with the competitors so they have someone to follow if they get confused or overwhelmed by nerves. Judges award the win to the competitor that demonstrates the most accurate technique.

PATTERNS

In this division the competitors will perform their pattern. This may include ITF patterns such as Saju Jirugi, Saju Magki, or Chon-Ji, or it may be in house patterns that have been established in an individual club. Judges will choose the winner based on who performs the more accurate technique. Please note, an ITF pattern will not give a competitor an advantage, this is based solely on how each technique in the pattern is performed (crossings, pre-action, focus, etc.)

BELT GAME

Each competitor will have two small strips of a belt or flags tucked into either side of their belt. The object of the game is to take the other person's flags without losing your own. Rounds will end when one competitor succeeds in getting both of their opponent's flags or after one minute. Head gear will be provided.

BOARD BREAKING

Competitors who choose to take part in this division will be performing a stomp on a re-breakable board of varying degrees of difficulty. If they break the lightest board in one attempt they get to try a more difficult board. This continues through as many board strengths as the competitor can break. At the end of the day whoever breaks the most will win the division. In the event of a tie, the competitors may be asked to rebreak with the stomp or, with permission from their instructor, attempt a front kick starting on the lightest board and progressing as before.

Instructors please explain to your students which category is appropriate for them to help lead to less confusion.

REGISTRATION

This event will be capped at 100 participants. Each competitor (parent/caregiver) will register directly through Mrs Gabriel of Rising Sun TKD. Once the registration has been accepted, payment details will be sent and can be made via etransfer. Entry fees will be \$25 for technique or pattern, belt game, and breaking. Please note, registration is being done this way as a means to control the attendance cap of 100 entries.

SPECTATORS

Admission by donation will be a non perishable food item for the Crossfield Food Bank. One raffle ticket will be gifted to each family upon entry, additional tickets will be available for purchase for \$1 each, 3 for \$2, or 10 for \$5.

VOLUNTEERS

Each of the four rings will need a minimum of 5, ideally 6 volunteers; three to judge, one to fill out the draw sheets, and one or two to help get the correct competitor up when called, demonstrate the techniques, and help with head gear for the belt game. Additionally we will need two people to help with the board breaking, and as many as possible, at least six, to work on the on deck area. It would be greatly appreciated if you could send help. This doesn't have to be limited to your ITF Kids instructors, feel free to include any students who could come and be a part of a fun day.

If there are any questions or concerns, please don't hesitate to contact Mrs Gabriel at tkdrisingsun@gmail.com

Looking forward to seeing everyone soon!

Beth Gabriel V Dan

Owner/Head Instructor

Rising Sun TKD Club