

NBT Presents

SPRING FLING Championships

SATURDAY APRIL 3, 2021

Let's take this outside!



WHEN: Saturday April 3rd : 9am-1pm

**WHERE: NBT Parking Lot
2015 N Dobson Rd Ste 5 Chandler, AZ 85224**

**In Person Tournament Events: Poomsae | Sync Up | Speed Kick |
Jump Front Kick | Flying Side Kick | 2020 Armor Sparring**

Online Events: Poomsae | Speed Kick

**Face Masks or Shields will be required for all participating athletes, event team, and volunteers. Sanitization measures will be in place throughout the event. Social distancing and contact regulations will be enforced throughout the event. We thank you for your cooperation in advance.*

EVENTS

Poomsae: Perform your current poomsae against your friends and see who comes out on top! Performance will be based on Presentation, Accuracy of techniques, Power and Speed.

Sync Up: Team up with a partner and perform any 2 poomsaes! Get your “SYNC” on!

Speed Kick: Think you’re fast? Test your speed in this event where competitors will see how many kicks they can do in 30 seconds for Blue belts and under, 45 seconds for Brown belts and up! Instep single kicks, alternating kicks, or DOUBLES!

Jump Front Kick: Battle your friends on who can kick the highest! You may need to practice your jumping front kick! Connect with the paddle and move on to the next round!

Flying Side Kick: Do you have the hops to win this event? Obstacles will be placed in front of the paddle while competitors who clear the obstacle (without touching it) will advance to the next round! Competitors must clear the obstacle AND connect with the paddle!

2020 Armor Sparring: Competitors will wear 2020 Armor Video Game Vests and begin with FULL HEALTH. Each kick or punch to your chest guard will deplete your health meter! Deplete your opponent’s health meter and win the round. Best out of 3!

Online Poomsae: Competitors are to record/upload a video of their current poomsae or previous poomsae. Broadcast of Online Poomsae Competition will be published on our YouTube channel a week after the video submission deadline. To encourage competition, weight divisions and ranks may be merged at the discretion of the tournament organizers.

Online Speed Kick: Competitors are to record/upload a video of them continuously kicking a paddle at belt level. Kicks allowed: front kick with instep, single leg, alternating legs, or doubles. Blue belts & under will kick for 30 sec, while Brown belts & up will kick for 45 sec. Broadcast of Online Speed Kick Competition will be published on our YouTube channel a week after the video submission deadline. To encourage competition, weight divisions and ranks may be merged at the discretion of the tournament organizers.

ONLINE VIDEO SUBMISSION DEADLINE:

SATURDAY APRIL 3 before 11:59pm

EMAIL VIDEO TO: nbtaekwondo@gmail.com

Additional Information for Online Events

The video must be filmed such that the athlete must be completely in-frame of the video at all times. Speed Kick submission must include ready, set, go commands. Missing these elements will result in a -2 kick penalty. Poomsae submission must include “joom-bi” “shi-jak” and “barro” commands. Missing these elements will result in a -.5 from overall score. The camera operator may pan (side-to-side rotation) or tilt (up-or-down rotation) the camera but may not otherwise move the camera. All registered online competitors will be offered a 10-15 minute Virtual/In-person Private Lesson to go over event procedures prior to Video Submission deadline.

Video Recording Guidelines

Videos must be one continuous take for each performance; no splicing or editing allowed. The athlete shall begin directly in front of the camera and facing the camera. Camera location must be fixed (e.g. on a camera tripod, clamped to a stable object, or resting on a stable surface). Horizontal and vertical rotation (i.e. panning and tilting) are permitted. Video must be in wide (landscape) orientation. The light shall be a minimum of 1200 lux to a maximum of 1800 lux, and shall be directed onto the performance area from above the performance area and/or behind the camera. 720p 60FPS minimum required. Full TKD uniform required. No shoes No socks No religious or political displays.

Additional Info:

*Parking: As a courtesy to our neighbors please use McDonald’s and Lee Lee Market parking.

*FREE ADMISSION! Friends and family are welcome but we ask that you limit your group to less than 5 persons.

*All competitors arrive 30 minutes before their designated start time for check-in and warm up.

*Full uniform required to compete in both in person and online events.

*Chest guards will be provided for our 2020 Armor Sparring division. Chest guards will be sanitized and wiped down before every match.

*Awards for online competitors will be ready for pick up at Dojang after the official Online Broadcast.

*For the courtesy of all, please stay home if feeling unwell.

Tournament Awards

EVENTS	1ST	2ND	3RD (2x)
POOMSAE	GRAND CHAMPION TROPHY + DIGITAL CERTIFICATE	MEDAL + DIGITAL CERTIFICATE	MEDAL + DIGITAL CERTIFICATE
SYNC UP	GRAND CHAMPION TROPHY + DIGITAL CERTIFICATE	MEDAL + DIGITAL CERTIFICATE	MEDAL + DIGITAL CERTIFICATE
SPEED KICK	GRAND CHAMPION TROPHY + DIGITAL CERTIFICATE	MEDAL + DIGITAL CERTIFICATE	MEDAL + DIGITAL CERTIFICATE
JUMPING FRONT KICK	GRAND CHAMPION TROPHY + DIGITAL CERTIFICATE	MEDAL + DIGITAL CERTIFICATE	MEDAL + DIGITAL CERTIFICATE
FLYING SIDE KICK	GRAND CHAMPION TROPHY + DIGITAL CERTIFICATE	MEDAL + DIGITAL CERTIFICATE	MEDAL + DIGITAL CERTIFICATE
2020 ARMOR SPARRING	GRAND CHAMPION TROPHY + DIGITAL CERTIFICATE	MEDAL + DIGITAL CERTIFICATE	MEDAL + DIGITAL CERTIFICATE
ONLINE POOMSAE	GRAND CHAMPION TROPHY + DIGITAL CERTIFICATE	MEDAL + DIGITAL CERTIFICATE	MEDAL + DIGITAL CERTIFICATE
ONLINE SPEED KICK	GRAND CHAMPION TROPHY + DIGITAL CERTIFICATE	MEDAL + DIGITAL CERTIFICATE	MEDAL + DIGITAL CERTIFICATE

In Person Tournament Schedule

	Ring 1	Ring 2	Ring 3
9:00am	Poomsae 9 yrs and under	Poomsae 9 yrs and under	Poomsae 9 yrs and under
9:30am	Poomsae 10 yrs +	Poomsae 10 yrs +	Poomsae 10 yrs +
10:00am	Speed Kick 9 yrs and under	Sync Up all ages	Speed Kick 10 yrs +
10:30am	Jumping F-Kick 9 yrs and under	Jumping F-Kick 10 yrs +	Jumping F-Kick 10 yrs +
11:00am	LUNCH BREAK		
11:30am	Flying S-Kick 9 yrs and under	Flying Side Kick 10 yrs +	Flying S-Kick 10 yrs +
12:00pm	2020 Armor Sparring 7 yrs and under	2020 Armor Sparring 7 yrs and under	
12:30pm	2020 Armor Sparring 8-12 yrs	2020 Armor 13 yrs +	

*Tournament schedule is tentative and may change during/before the event.

*Arrive 30 minutes before your event to check in and properly warm up.

**Pie an Instructor and win a chance to win a
\$400 State Bicycle!**

PIE AN INSTRUCTOR
@ the **SPRING FLING** - APRIL 3rd



MASTER JOHNNY

MASTER JENKINS

INSTRUCTOR TIMOTHY

INSTRUCTOR ARA

INSTRUCTOR AVI

CREAM YOUR COACH

1. BUY RAFFLE TICKETS.
2. WRITE YOUR NAME ON THE BACK.
3. FILL UP THE JAR.
4. THE MORE RAFFLE TICKETS COLLECTED, THE MORE INSTUCTORS GET PIE'D.
5. WE DRAW YOUR TICKET, YOU THROW THE PIE!
6. COME WATCH AT THE SPRING FLING

***All proceeds will help fund the NBT Competition Sparring and Poomsae Teams in their upcoming National Events.**

Spring Fling Registration

Competitor's Name _____ Age _____ Rank _____

Weight _____ lbs Taekwondo School _____

Email _____ (To receive Digital Certificate)

Address _____ City _____ State _____ Zip _____

Phone(_____) _____ - _____

1 Event: **\$50**

Each additional Event \$10

Check each event that applies →

Number of Events: _____

Raffle Tickets?: # _____

TOTAL: \$ _____

In Person Events

Poomsae

Sync Up

Speed Kick

Jump Front Kick

Flying Side Kick

2020 Armor Sparring

Online Events

Poomsae

Speed Kick

Early Registration Deadline: **March 27th**

Late Registration Deadline: **April 2nd (\$10 late fee)**

I believe that my child is physically and mentally capable of participating in the NB Taekwondo Chandler, Spring Fling. He/she is in good health and does not have any injury, illness, or disability that will prohibit activity. I verify that my child has permission to participate in physical activities, and to be photographed for promotional purposes. You agree that all exercises and/or courses are undertaken at your own risk. You understand the procedures and exercises involved in instruction and participation as explained to you by the instructors of this in person and online event. You understand that there is a risk of personal injury involved in the course of instruction and with this knowledge agrees to indemnify and save harmless all losses caused by accident or injury to yourself, or to third persons, who may be with you of the instructors, in the event that either the yourself or said third person is injured in any way during the performance and execution of exercises. THEREFORE, I do hereby for myself/ my heirs/ executors/ administrators/ assigns, waives, release and forever discharge any and all rights/ claims for damages which I may sustain in connection with any practice, class, contest, athletic event, or traveling to/ from such endeavors.

Competitor Signature _____ Date ____/____/____

If competitors is under 18 yrs old,

Parent or Guardian Signature _____ Date ____/____/____

ONLINE REGISTRATION: WWW.NBTAEKWONDO.COM/SPRINGFLING2021