

# 2024 INNER-SCHOOL FRIENDSHIP TAE KWON DO CHAMPIONSHIP

**Every Participant Receives A Beautiful Inner-School Championship Medal & Certificate of Place!**

**DATE:** Saturday, FEBRUARY 9th, 2024

**PLACE:** H.K. Lee Academy of TaeKwonDo  
465 Herndon, Parkway, Herndon, VA

**TIME:** 10:00-12:00 pm  
(Plan to arrive no later than 8:45 am)

**ENTRY FEE:** Includes All Events and Breaking Materials

**REGISTRATION FEE:** \$50.00

**ADDITIONAL FAMILY MEMBERS:** \$37.50

**SPECTATORS:** FREE

Make checks payable to "H.K. Lee" (non-refundable)

**REGISTER:** by Wednesday, FEBRUARY 6th, 2024\*

\*\$5.00 late fee after Wednesday, Feb 6th, 2024

## Participant Requirements

1. H.K. Lee TKD students and instructors only
2. Burning desire to improve oneself
3. White uniform only
4. Cheerful and positive attitude from beginning to end
5. Your own safety equipment

## Benefits of Entering the Inner-School Friendship Championship

"Inner-School Championship" means competing "within our academy" but more importantly competing "within ourselves." Remember that I have always asked you to practice internal competition even when you have to face other competitors.

External competition is the feeling many competitors have in tournaments, the feeling of "have to win over others", or "I have to win first place!" Internal competition is within yourself, working to be the best you can be, being better today than you were yesterday.

There is always a loser in external competition but never in an internal competition because everyone always gains something - new knowledge or a better understanding of yourself as long as you do your best and give an honest effort.

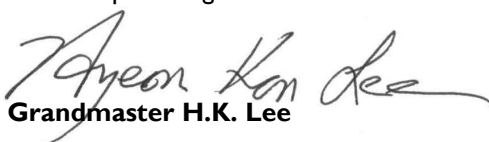
As a TaeKwonDo practitioner, I would like you to always remember what is the true meaning of being a champion. It doesn't mean that winning over another person is bad for you, but do not be obsessed with winning. If you enter competitions for the education and experience they foster, honest effort and a good attitude make a true champion, with or without a medal. Be a champion in your own mind and happy in your heart. Each and everyone of you is an individual and can become the best you in the world at anything you do!

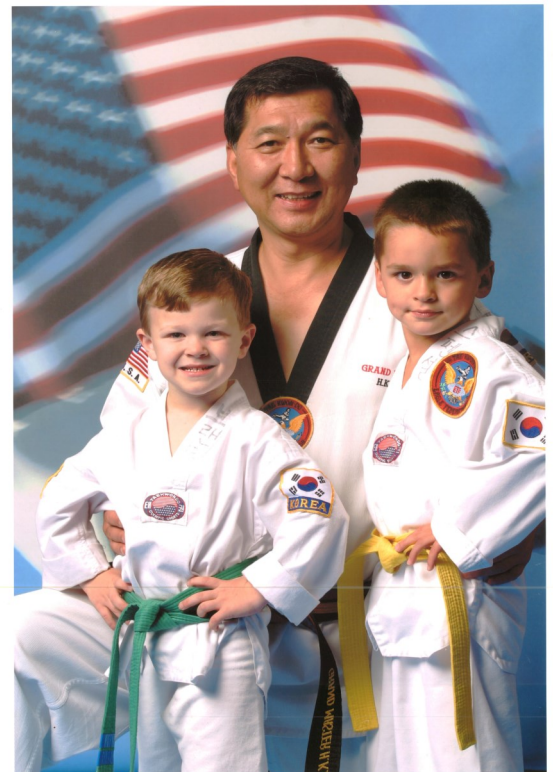
I look forward to seeing everyone participate in this event and know that the benefits gained by all will inspire and promote the strongest team spirit possible at our TaeKwonDo Academy.

"I strongly recommend that all of our Academy students and instructors attend this special event. It will prove of great benefit to you in the following areas:

1. Improve your positive and winning attitude about life
2. Better understand what it means to be a true champion of your life
3. Achieve greater concentration & focus in your action
4. Develop your self-confidence, timing, distance judgment & proper technique
5. Better understanding of the TKD movement

It is also my wish that you have lots of fun with the many great people in our academy and ETF family who feel the way you do about Tae Kwon Do and have the same positive goals."

  
Grandmaster H.K. Lee



<b>Rank Categories and Divisions for Inner-School Friendship Championship</b>			
<b>No Kub No Belts</b>	1) Shield Sparring, 2) 10 Step #1, 3) Own Level Breaking	<b>2nd Kub and 1st Kub Red Belts</b>	1) No Contact Free Sparring, 2) Own Level Form, 3) Own Level Breaking
<b>9th Kub High White Belts</b>	1) Shield Sparring, 2) 10 Step #3, 3) Own Level Breaking	<b>Bo 1st Dan Deputy Black Belts</b>	1) No Contact Free Sparring, 2) Tae Kuk Pal Jang, 3) Own Level Breaking
<b>8th Kub and 7th Kub Yellow Belts</b>	1) No Contact Free Sparring, 2) Own Level Form, 3) Own Level Breaking	<b>1st Dan Black Belts</b>	1) No Contact Free Sparring, 2) Koryu Poomse, 3) Own Level Breaking
<b>6th Kub and 5th Kub Green Belts</b>	1) No Contact Free Sparring, 2) Own Level Form, 3) Own Level Breaking	<b>2nd Dan Black Belts</b>	1) No Contact Free Sparring, 2) Kum Kang Poomse, 3) Own Level Breaking
<b>4th Kub and 3rd Kub Blue Belts</b>	1) No Contact Free Sparring, 2) Own Level Form, 3) Own Level Breaking	<b>3rd Dan &amp; Higher Black Belts</b>	Special Performance (maximum 5 minutes)

### How the Inner-School Friendship Championship is Organized

Each belt category will be divided into groups of four. Each separate group of four will compete within itself. The four members of each group will be judged in four performance categories: Best Performance (1), Superior Performance (1) and Excellent Performance (2). Each member of the group will receive a medal and a certificate. For example, if we have 16 No Belt students registered, then we will make four groups of four. We have a goal of at least four or more groups of four (minimum of 3, maximum of 5) in each rank category. As much as possible, the groups will be further divided by age, height, gender and ability. **It is very important that everyone fill out the entry form completely and register as soon as possible so that we can organize the championship better. If anyone has any questions, please ask your instructor.**

**Save the top section for your information. Fill-out, detach and return the lower section to the Front Desk with your payment at H.K. Lee Academy of TaeKwonDo, 465 Herndon Parkway, Herndon, VA, 20170 \* (703) 437-5111**

*Paper Registration - Check or Cash Only, MyStudio Event - Credit Card Only*

### **H.K. Lee TKD Inner-School Friendship Championship Entry Form**

Participant's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: F M

Rank: (Kub/Dan): \_\_\_\_\_ Belt: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Head Instructor's Signature: \_\_\_\_\_ His/Her Rank: \_\_\_\_\_ Dan

I hereby submit my application for registration in the annual H.K. Lee TKD Inner-School Championship. I agree to waive any claims against any persons connected with the H.K. Lee Academy of TaeKwonDo Inner-School Friendship Championship for any injuries I may sustain and likewise assume full responsibility for all actions in connection with said Championship. I understand that any pictures of me or my child participating in said Championship maybe used for publicity without compensation or further consent.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*(guardian's signature if under 18 years of age)*

Registrar Signature: \_\_\_\_\_ Date: \_\_\_\_\_