



# INTEGRATED MARTIAL ARTS/ DEVELOPMENT ACADEMY



## 2021 Martial Arts Friendship Challenge

### PARTICIPATION FORM

The annual Friendship Challenge is an inspirational Martial Arts Event that has been created to provide a character building challenge for all of the Martial Arts students involved. This event will allow each participant the chance to test themselves and one another in an adrenalin-pumping Martial Arts challenge that will involve all elements of their training including Kickboxing, Karate, Submission Wrestling, Jiu-Jitsu and more.

It is a fun and challenging format to be involved in and is made extra safe by the use of protective equipment and also a rule that does not allow any striking towards the head (*except in the Muay Thai & Boxing matches*). The rules will be further clarified during the participant registration.

Each bout will consist of 2 x 2 minute rounds of martial arts sparring action.

During each bout, all participants are required to wear the following protective equipment:

- \* Mouth Guards
- \* Martial Arts Gloves (*grappling style for MMA*) or (*16oz boxing gloves for Muay Thai or Boxing*)
- \* Shin/Instep Guards (*slip-on style for MMA*) or (*sturdier protective style for Muay Thai*)
- \* Groin Guard \* (*Head Gear for those doing the Muay Thai or Boxing*)

**Date of event:** Saturday the 11<sup>th</sup> of September 2021

**Venue:** Integrated Martial Arts Centre (87 Islander Rd, Pialba)

**Time:** Participants weigh-in at **10:15 am** ; Event goes from 10:30 am till 2:30 pm

**Participation Fee:** The registration fee for each participant is \$ 20 \* *Please return bottom section of this form along with the \$20 payment, thank you* \*

◆ *For more information please contact Michael on 4125 3997 or Mobile: 0402992074.* ◆

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**Participants Name:** \_\_\_\_\_

**Age:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_

**Current Body Weight:** \_\_\_\_\_ **Weight you will be participating at:** \_\_\_\_\_

**Experience:** (approx years/months training) \_\_\_\_\_ **Other Event Experience:** (circle Yes or No)

Upon signing this form each participant agrees to abide by all safety rules and regulations of the tournament and to demonstrate good sportsmanship towards their opponents at all times. The Annual Friendship Challenge is a friendly, safe and enjoyable event whereby each participant will be able to practice and test their various martial arts skills and techniques between one another in a controlled and supervised environment.

Participants Signature: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

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



"Have the Courage to follow your Heart"