

TOURNAMENT PREPARATION

BEFORE THE DAY OF THE TOURNAMENT

- ❖ Pick up your registration forms at the school.
- ❖ Clean and press your uniform.
- ❖ Double check to make sure you packed your Belt.
- ❖ Prepare all of your equipment: Sparring Gear, Competition Weapon, etc.
- ❖ Males who will be sparring must wear an athletic cup or you will not be allowed to compete in sparring events.
- ❖ All competitors in uniform must wear athletic shoes (no crocks, flip-flops, or sandals). Otherwise you will be asked to go barefoot.

DAY OF THE TOURNAMENT

- ❖ Eat a good breakfast to provide your body with the necessary fuel to compete at your best.
- ❖ Arrive 30 minutes prior to your rank/division's staging time to warm up and prepare for competition.
- ❖ All Black Belts (12 years and older) must attend the Judges Meeting.
- ❖ Listen and pay attention to the intercom carefully for instructions on where your ring will be as well as general announcements.
- ❖ If you have more than one child participating (i.e.: Little Dragon & a Karate Kid) you may want to bring along another friend to accompany you in case their rings are competing at the same time.
- ❖ Bring extra funds to pay for T-shirt souvenirs (buy early to secure your correct size), and food and beverage.
- ❖ Be prepared to wait. The Tournament Directors do their best to keep things running smoothly. However, it is not unusual for the tournament to be running a bit behind. Your competition will NOT begin before the published start time.
- ❖ Some School Owners offer special incentives to their students for competing at the tournament! Ask your instructor.
- ❖ Wear your uniform. Non-competing students and family members will have to pay spectator admission (\$5-\$10 each).
- ❖ Competing in a tournament is a great way to make new friends, put your nerves to the test, and show off your skills!