

2017 Annual Capital City JAM!!!

A Martial Arts Invitational Tournament



Saturday, September 23, 2017

10:00 a.m.

St. James High School Gym

6010 Vaughn Road

Montgomery, Alabama

Hosted by Docarmo's Taekwondo Center

334-220-5835

Events:

Forms*Olympic Sparring*Board Breaking

Docarmo's Taekwondo Center

3447 Malcolm Dr.

Montgomery, AL 36116

(334)220-5835

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Dear Masters, Instructors, Students & Families,

Docarmo's Taekwondo Center is excited to invite you to the **12th Annual Capital City JAM Tournament** to be held on September 23, 2017.

The tournament will be held at the beautiful St James High School Gym on 6010 Vaughn Road in Montgomery.

This year's tournament will include Form, Olympic Sparring, and Board Breaking. Our goal is to have all participants leave this event with a smile and a great experience! We will try to achieve this by creating an event that allows all competitors to experience success; no more than 4-6 competitors in a division by skill level and all competitors will leave with a medal...this is a terrific beginners tournament!

Level A Referee Makesha Yarbrough will again be the Referee Chair Person.

All participants will be required to pre-register no later than September 18, 2017; this will allow us to have all divisions bracketed prior to the competition, and make the event more efficient.

Super excited about the changes to this years competition; can't wait to see you the 23rd!

Best of luck!

Master Anne Docarmo

dtecmontgomery@gmail.com

2017 Capital City Jam

General Information

- ◆ **Hosted By:** Docarmo's Taekwondo Center
- ◆ **Date:** Saturday, September 23rd, 2017
- ◆ **Venue:** Saint James School Gym 6010 Vaughn Rd, Montgomery, AL 36116
- ◆ **You must Pre-Register for this tournament...ALL REGISTRATIONS MUST BE SUBMITTED BY SEPTEMBER 18TH!!!**
- ◆ **Register Online** at <http://www.register4tkd.com> or submit a paper application postmarked NLT September 18, 2017. Make certified check or money order payable to "DTC"...no personal checks accepted.
- ◆ **Divisions Offered:** Form, Olympic Sparring, Board Breaking
- ◆ **Entry Fees:** \$30 for Form/\$30 for Sparring/\$35 for Board Breaking/\$75 for all 3
- ◆ **Awards:** Custom Medals will be awarded for 1st, 2nd, & two 3rd place winners in all divisions
- ◆ **Spectator Fee:** Adults=\$5/Children 6-12=\$3/Children 5 & Under=FREE
- ◆ **Coaches:** 3 Coaches Passes will be distributed to each school and may be picked up at the check-in desk. No one will be allowed to coach without a pass.
- ◆ **Check –In:** Check-in will begin at 8:30 a.m.
- ◆ **Equipment:** All sparring competitors must have the following items before they are allowed to spar: headgear, mouthpiece, shin & foot pads, hand pads, cup (for males), forearm guards, chest gear for Olympic-style sparring. Fingernails & toenails must be trimmed.
- ◆ **Tournament Schedule:**
 - Check-in @ 8:30 a.m.
 - Coaches will meet at 9:00 a.m.
 - Referees will meet at 9:30 a.m.
 - Line up and greetings at 10:00 a.m.
 - 11 & under staging will begin at 10:15 a.m.
 - 12 and over staging will begin at 12:30 p.m.
- ◆ **Concessions:** Will be available for tournament competitors/families as well as Pro Shop items.
- ◆ **Contact:** Master Anne Docarmo at 334-220-5835 or dtecmontgomery@gmail.com

2017 Capital City Jam
Competition Rules

Forms

1. Competitors will participate in double elimination form; all styles of form are welcome.

Olympic Sparring

1. Duration of match will be 2 1-minute rounds for all competitors 14 & under; participants 15 years + will compete in 2 1.5 minute rounds. Rest period will be 30 seconds for all divisions.
2. Single elimination divisions.
3. Electronic scoring system will be used to recognize points during this portion of the event.
4. USA Taekwondo rules will govern this portion of the event; no modifications at all.

Board Breaking

1. The Judges shall award a score on a scale of 5 to 10 (10 being the highest) to each contestant by displaying the scorecard. Any tenth of one point may also be awarded as part of the score. (i.e. 9.9)
2. Each competitor will receive a total of 2-4 boards according to their rank.

White & Yellow

Ax Kick and Hammer Fist

Orange - Blue

Step Side Kick and Elbow Strike

Red & Above

Two Kicks and One Hand Technique of your choice

3. Competitors will have 1 minute to set up and break
4. **Boards will be supplied by tournament host; no exceptions!**

Age/Rank Brackets

4-5 Years	6-7 Years	8-9 Years	10-11 Years
12-14 Years	15-17 Years	18-32 Years	34 +

Beginner: White, Yellow, Orange Belts

Intermediate: Green, Blue, Purple Belts

Advanced: Red, Brown Belts

Black Belts

2017 Capital City JAM Tourney

September 23, 2017

Official Registration Form

Name _____

Address _____ Date of Birth _____

City _____ State _____ Zip _____ E-Mail _____

Phone # _____ Sex _____ Age _____ Weight _____ Rank/Dan or Gup _____ Belt Color _____

Instructor Name _____

TKD School Name _____

Check the events that you will participate in:

____ FORM \$30 _____ BOARD BREAKING \$35

____ OLYMPIC SPARRING \$30 _____ ALL 3 DIVISIONS \$75

TOTAL: \$ _____

Make checks payable to:

Docarmo's Taekwondo Center or DTC & Mail To

3447 Malcolm Drive, Montgomery, AL 36116 by September 18, 2017

Consent: I, the undersigned do, hereby voluntarily submit my application for registration in the 2017 Capital City JAM Tournament. I agree to waive claims against any person or organizations (including Docarmo's Taekwondo Center, LLC) connected with the event for any injuries I may sustain and likewise assume full responsibility for all my actions in connection with these events. I further agree that any picture of me or by me in connection with these events can be used by event directors for publicity or promotion without compensation at any time. I understand that NO refunds will be given for advanced registrations.

Applicant Signature _____ Date _____

Guardian Signature _____ Date _____