

***BOK Vision: Provide a safe and fun competition that unites Martial Artists in a service project for families in need.***

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## AWARDS

Awards will be presented in each category for 1st, 2nd, & 3rd placements, BUT the greater emphasis of the competition will be on participation. Each pre-registered participant earning a total of 10 + merits from a combination of Martial Arts & Fitness events will be awarded a handsome 4 foot trophy.

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## SERVICE PROJECT

The Battle of Kennesaw has partnered with local service organizations to provide food, toys and gift certificates to needy families. Each participant will receive merits for turning in can food donations, toy donations or gift cards. ETO and service organizations will provide gift baskets to special families who are in need.

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## MARTIAL ARTS SCHOLARSHIPS

“Modern Day Warrior 2019” scholarship award nominations/applications (ages 12 - 20) may be submitted no later than January 20th. Include a brief write -up of how the individual demonstrates the true spirit of martial arts in the training room and in the community. \$100.00 savings bonds will be awarded to the winners announced on event day .

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## DIRECTIONS TO BATTLE OF KENNESAW

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From I -75 North: traveling North on I -75, take Exit 273, Wade Green Rd., and turn right. Follow Wade Green until it dead ends into Highway 92. Turn left onto Highway 92, and FPS is on the left, about ½ mile down. Pass the school on the left, make a U - turn at the next left turn lane, and the school entrance is on your right.

From I - 75 South: traveling South on I - 75, take Exit 273, Wade Green Rd. and turn left. Follow Wade Green until it dead ends into Highway 92. Turn left onto Highway 92, and FPS is on the left, about ½ mile down. Pass the school on the left, make a U -turn at the next left turn lane, and the school entrance is on your right.

From I -575 North: traveling North on I - 575, take Exit 7 (Highway 92). Turn left onto Highway 92. Follow Highway 92 just past Wade Green Rd. Once you pass Wade Green Rd. (a left hand only turn), FPS is about ½ mile down on the left. Pass the school on the left, make a U -turn at the next left turn lane, and the school entrance is on your right.

From I -575 South: traveling South on I - 575, take Exit 7 (Highway 92). Turn right onto Highway 92. Follow Highway 92 just past Wade Green Rd. Once you pass Wade Green Rd. (a left hand only turn), FPS is about ½ mile down on the left. Pass the school on the left, make a U -turn at the next left turn lane, and the school entrance is on your right.

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# 16th Annual Battle of Kennesaw

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## MARTIAL ARTS & FITNESS CHAMPIONSHIPS & SERVICE PROJECT

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### Date:

Saturday February 9, 2019  
Registration begins @ 8:00 AM  
Competition begins @ 9:00 AM

### Where:

Furtah Prep School  
5496 Highway 92 - Acworth GA 30102

### Contact Information :

Energy Tae Kwon Do Organization 2689  
South Main Street Kennesaw GA 30144  
Missan Edwards - Program Director  
770 -528 -9821 (ETO)/404 -550 -8772 (C )  
Email: edwards.mc@pg.com  
websites www.myeto.com

## GENERAL INFORMATION

**Date:** Saturday February 9, 2019 Registration begins 8:00 AM Competition begins 9:00 AM Judges Orientation @ 8:30 AM (Judge's application deadline is 1/20/19)

**Place:** Furtah Prep School

**General Admission:** Adults 13 & Up \$7.00, Children 6-12 \$5.00, and 5 and Under FREE

**Fees:** Pre-registration by 1/19 (\$55.00 for 1+ events) by money order/credit card only Pre-Registration by 1/25 (\$60.00 for 1+events) by money order only/credit card only Registration at door – Cash Only (\$65.00 for 1+ events)

**Weight In:** All sparring competitors will be weighed in on Sat. 8:00 -9:00 AM

**Rules:** Full uniforms must be worn in all forms and sparring divisions. Cardio kick divisions may wear workout attire. Light contact in all sparring divisions will be strictly enforced. Illegal targets include: throat, neck, spine, joints and all areas below the belt. Spectators will not be allowed on the competition floor. (Only staff members, judges and competitors are allowed on competition floor.)

**Equipment:** Soft safety gear is mandatory in all sparring divisions. These items include: hands, feet, & head gear, groin (men), & mouthpieces.

### Competition Events (2 merits per event):

#### Traditional Forms

**Creative Forms** (musical or gymnastics – 90 sec. time limit)

#### Weapons

**Breaking** (1-3 stations, 1 station may be concrete break)

#### Sparring

**Demo Teams** (3-5 person teams, 3 minute limit)

**Individual Cardio Kickboxing & Team** \*(Cardio Kick Individual routines and 3-5 person teams guidelines - 3 minute time limit, judged on strength, stamina, flexibility and martial arts incorporation)

**Tae Yo Chi Exhibition** (3 minute limit, low impact demonstration must include strength & flexibility, may include components of Yoga, Tai Chi & Pilates, individual or team)

#### 2 Person Tug of War

**Can Food Drive** (requirement 6+ cans)

**New Toy/Gift Certificate Donation**

## FITNESS & TEAM DIVISIONS

**\*no belt rank requirement**

| <b>Individual Competition*</b> | <b>Team Competition</b>    |
|--------------------------------|----------------------------|
| Cardio Kickboxing Men*         | Martial Arts Demo          |
| Cardio Kickboxing Women*       | Cardio Kickboxing*         |
| Tae Yo Chi*                    | Tae Yo Chi*                |
|                                | 2 Person Tug of War Men*   |
|                                | 2 Person Tug of War Women* |

## SPARRING DIVISIONS

**\*Weight Classes TBD by no. of competitors refer to Traditional Forms age groups**

|  |   |
|--|---|
| Male Sparring BB=Black Belt A=Advanced (Red, & Brown) I=Intermediate(Blue, Purple, Green) B = Beginner (Orange, Yellow, White) | Female Sparring BB=Black Belt A=Advanced (Red, & Brown) I=Intermediate (Blue, Purple, Green) B = Beginner (Orange, Yellow, White) |
| Adults Weight Class (135 & under, 135.1 – 155, 155.1 – 175, 175.1 & over) Youth Weight Classes (Light & Heavy)                 | Adult Weight Class (115 & under, 115.1 – 130, 130.1 – 145, 145.1 & over) Youth Weight Classes (Light & Heavy)                     |

## MARTIAL ARTS INDIVIDUAL FORMS & BOARD BREAKING DIVISIONS

| <b>Male Belt Codes</b><br>BB=Black Belt A=Advanced (Red, & Brown) I=Intermediate(Blue, Purple, Green) B = Beginner (Orange, Yellow, White)  | <b>Female Belt Codes</b> BB=Black Belt A=Advanced (Red, & Brown) I=Intermediate(Blue, Purple, Green) B = Beginner (Orange, Yellow, White)   |
|---|---|
| <b>Traditional Forms</b><br><b>(BB, A, I, &amp; B Divisions)</b> Senior Executive (46 & Up) Executive (30-45) Men (18-29) Boys (15-17) Boys (12-14) Boys (10-11) Boys (8-9) Boys (6-7) Boys (5 & under) | <b>Traditional Forms</b><br><b>(BB, A, I, &amp; B Divisions)</b> Senior Executive (46 & Up) Executive (30-45) Women (18-29) Girls (15-17) Girls (12-14) Girls (10-11) Girls (8-9) Girls (6-7) Girls (5 & under) |
| <b>Creative Forms</b><br><b>(BB, A, I, &amp; B Divisions)</b> Senior Executive (46 & Up) Executive (30-45) Men (18-29) Boys (15-17) Boys (12-14) Boys (10-11) Boys (8-9) Boys (6-7) Boys (5 & under)    | <b>Creative Forms</b><br><b>(BB, A, I, &amp; B Divisions)</b> Senior Executive (46 & Up) Executive (30-45) Women (18-29) Girls (15-17) Girls (12-14) Girls (10-11) Girls (8-9) Girls (6-7) Girls (5 & under)    |
| <b>Weapons</b><br><b>(BB, A, I, &amp; B Divisions)</b> Senior Executive (46 & Up) Executive (30-45) Men (18-29) Boys (14-17) Boys (10-13) Boys (9 & under)  | <b>Weapons</b><br><b>(BB, A, I, &amp; B Divisions)</b> Senior Executive (46 & Up) Executive (30-45) Women (18-29) Girls (14-17) Girls (10-13) Girls (9 & under)   |
| <b>Board Breaking</b><br><b>(BB, A, I, &amp; B Divisions)</b> Senior Executive (46 & Up) Executive (30-45) Men (18-29) Boys (14-17) Boys (10-13) Boys (9 & under)                                       | <b>Board Breaking</b><br><b>(BB, A, I, &amp; B Divisions)</b> Senior Executive (46 & Up) Executive (30-45) Women (18-29) Girls (14-17) Girls (10-13) Girls (9 & under)  |

**2019 Battle of Kennesaw  
Kick with the Best!**