

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

## **BOK TOURNAMENT 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.

## **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 gift card donations (including receipt) on tournament day. ETO and service organizations will provide gift baskets to special families in need.

## **MARTIAL ARTS SCHOLARSHIPS**

“Modern Day Warrior 2023” scholarship award nominations/applications (ages 12 - 20) may be submitted no later than November 1<sup>st</sup>, 2023 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 and a handsome plaque will be awarded to the winner(s) announced on event day.

# **20th Annual Battle of Kennesaw**

**MARTIAL ARTS & FITNESS  
CHAMPIONSHIPS & SERVICE PROJECT**



### **Date:**

Sunday November 5th, 2023  
Registration begins @ 8:00 AM  
Competition begins @ 9:00 AM

### **Where:**

Furtah Preparatory School  
5496 Hwy 92, Acworth, GA 30102

### **Contact Information :**

Energy Tae Kwon Do Organization  
2689 South Main Street Kennesaw GA 30144  
Missan Edwards - Program Director  
ETO: 770 - 528 - 9821  
Email: [etomartialarts@gmail.com](mailto:etomartialarts@gmail.com)  
Website: [www.myeto.com](http://www.myeto.com)

## GENERAL INFORMATION

### Spectator Admission:

Adults 13 & Up \$10.00

Children 12 & Under \$7.00

### Competitor Fees:

Online Pre-registration by 9/25 (\$60.00 for 1+ events)

Online Pre-Registration by 10/25 (\$65.00 for 1+ events)

Registration after 10/25 (\$70.00 for 1+ events)

### \*No Refunds

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

**Uniforms:** Full uniforms must be worn in all forms and sparring divisions. Cardio kick divisions may wear workout attire.

**Sparring Rules:** Light contact in all sparring divisions will be strictly enforced. Illegal targets include: throat, neck, spine, joints and all areas below the belt.

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

**Spectators** will not be allowed on the competition floor. (Only staff members, judges and competitors are allowed on competition floor.)

## COMPETITION EVENTS

### 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

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

## SPARRING DIVISIONS

\*Weight Classes TBD by number of competitors.

\*Refer to Traditional Forms age groups.

|   |   |
|---|---|
| Male Sparring<br>BB=Black2Belt<br>A=Advanced (Red, & Brown)<br>I=Intermediate(Blue, Purple, Green) B = Beginner (Orange, Yellow, White) | Female Sparring<br>BB=Black Belt<br>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><b>BB</b> =Black Belt <b>A</b> =Advanced (Red, & Brown)<br><b>I</b> =Intermediate(Blue, Purple, Green)<br><b>B</b> = Beginner (Orange, Yellow, White)  | <b>Female Belt Codes</b> <b>BB</b> =Black Belt<br><b>A</b> =Advanced (Red, & Brown)<br><b>I</b> =Intermediate(Blue, Purple, Green)<br><b>B</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)<br>Men (18-29)<br>Boys (15-17)<br>Boys (12-14)<br>Boys (10-11)<br>Boys (8-9)<br>Boys (6-7)<br>Boys (5 & under)<br><b>Creative Forms</b><br><b>(BB, A, I, &amp; B Divisions)</b> Senior Executive (46 & Up) Executive (30-45)<br>Men (18-29)<br>Boys (15-17)<br>Boys (12-14)<br>Boys (10-11)<br>Boys (8-9)<br>Boys (6-7)<br>Boys (5 & under)<br><b>Weapons</b><br><b>(BB, A, I, &amp; B Divisions)</b> Senior Executive (46 & Up) Executive (30-45)<br>Men (18-29)<br>Boys (14-17)<br>Boys (10-13)<br>Boys (9 & under)<br><b>Board Breaking</b><br><b>(BB, A, I, &amp; B Divisions)</b> Senior Executive (46 & Up) Executive (30-45)<br>Men (18-29)<br>Boys (14-17)<br>Boys (10-13)<br>Boys (9 & under) | <b>Traditional Forms</b><br><b>(BB, A, I, &amp; B Divisions)</b> Senior Executive (46 & Up) Executive (30-45)<br>Women (18-29)<br>Girls (15-17)<br>Girls (12-14)<br>Girls (10-11)<br>Girls (8-9)<br>Girls (6-7)<br>Girls (5 & under)<br><b>Creative Forms</b><br><b>(BB, A, I, &amp; B Divisions)</b> Senior Executive (46 & Up) Executive (30-45)<br>Women (18-29)<br>Girls (15-17)<br>Girls (12-14)<br>Girls (10-11)<br>Girls (8-9)<br>Girls (6-7)<br>Girls (5 & under)<br><b>Weapons</b><br><b>(BB, A, I, &amp; B Divisions)</b> Senior Executive (46 & Up) Executive (30-45)<br>Women (18-29)<br>Girls (14-17)<br>Girls (10-13)<br>Girls (9 & under)<br><b>Board Breaking</b><br><b>(BB, A, I, &amp; B Divisions)</b> Senior Executive (46 & Up) Executive (30-45)<br>Women (18-29)<br>Girls (14-17)<br>Girls (10-13)<br>Girls (9 & under) |

**2023 Battle of Kennesaw**  
**Kick with the Best!**