



\$10

Includes BBQ

9th Dale Eagling Memorial Championships 11th November 2012 APPLICATION FORM

Name of Applicant: Gender: M F

Date of Birth:/...../..... Phone Number: Belt.....

Please tick the events you wish to enter

1. Pee Wee – Kihap Competition / Matrix Kicking..... / Punching

2. Poomsae –

Traditional: Junior.... Senior Team
(14 & Under)

** Team Members

- 1.
- 2.
- 3.

Creative(with or without Music)... (must include 10 Tkd Movements)

Time limit 2 minutes

Junior Senior Team
(15 +)

** Team Members

- 1
- 2
- 3

3. Kicking

SENIOR

JUNIOR

High Front Kick

Matrix Kicking (trays)

High Front Kick

4. Ho Shin Sool (Self Defence)

Division Junior Senior

** Team Members

- 1.
- 2.
- 3.

5. Kyukpa (Board Breaking) – Must be approved by Instructor

Muti Station Punch Power Break
Knife Hand Power Break

6. Artistic Interpretation (Non-physical)

Please return all forms to your Instructor by Monday 5th November 2012

태 권 도 호 주