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PROGRAMS

WHITE TIGER PROGRAMS & ACTIVITIES

www.whitetigertkd.com

www.facebook.com/WhiteTigerTKD

ORIENTATION

The White Tiger Video Orientation provides an extensive overview of the school and martial arts philosophy. A must for all new students and parents.

http://www.youtube.be/d0U3YtZju2g

COMMUNICATION

There are a variety of ways to keep track of all the activities going on at White Tiger. Testings, closings, events, demonstrations, tournaments, parties, etc. are all listed well in advance.

Check out the:

- Tiger Times Newsletter - available in the schedule rack, online and on fb
- Back of schedules
- Table tents in cafe area
- Tiger TV in cafe area
- Pawcast in lockerrooms
- Website
- Facebook
- "This week at White Tiger" weekly e-mails
- LED signage in cafe
- Sticker notes on your attendance cards
- Instructor announcements

TIGER TOT CLASS

Students as young as 2 1/2 years old can benefit from a Martial Arts program. The Tiger Tot class offers the basics of Martial Arts techniques combined with tumbling. The primary focus of the class is learning social skills, focus and respect. Learning to get along with others coupled with the increased self-confidence gained from increased coordination, will give the child a head start as they enter school.

TAEKWONDO

Taekwondo classes are offered for men, women, families and children. Classes are offered 6 days a week, from noon to late at night. Ideal for beginners.

HAPKIDO

Hapkido classes are offered to all teens and adults.

Children who have completed the test for their first degree Black Belt in Taekwondo may also join.

LADY TIGERS

Our Lady Tigers program is a hybrid martial art developed especially for women. This style includes the learning of forms for balance and focus. The curricu

WHITE TIGER PROGRAMS & ACTIVITIES

lum also includes the use of basic techniques: strikes, blocks and kicks. Unique to this style is the use of everyday practical items that may be used as weapons for self defense: cell phone, purse strap, keys, etc. Taught in a private classroom.

FAMILY CLASS
Doing Martial Arts together as a family allows you to work hard together in order to improve physical fitness, self-confidence and discipline while having fun at the same time. Martial Arts is one of the only activities in which parents can actually participate with their children, not just sit along the sidelines and watch. White Tiger offers classes daily especially designed for the entire family.

A family that kicks together, sticks together.

HOMESCHOOL
Class are held during the day for Homesschoolers. These classes fulfil the physical education requirement and provide an opportunity for students to meet other students with similar interests. Many homeschoolers will take the noon class and stay to have lunch and socialize with the others in the cafe area. Special pricing available.

WING CHUN KUNG FU
Traditional IpMan lineage. This class offers the most efficient of all martial arts.

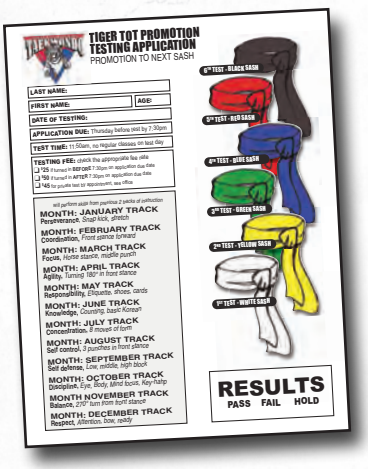
WEAPONS
White Tiger offers weapons training for blue belts and higher. The weapons will change every 3 months. See the office to add to your membership.

KOREAN LANGUAGE & MANUAL STUDY CLASS
Learn to read, write and speak Korean. Assistance with curriculum terminology and questions on the written tests. Parents may attend this class with their children. Offered every week in the Dragon *Doe-jahng*.

REDMAN SEMINARS
These are reality based scenario style training seminars. The first line of training is to learn how not to be a target. When all preventative measure are exhausted, the need to defend may be required. The "Redman" is trained as a "woofer" to elicit an adrenal response. With the aid of a coach, the student learns how to over-

SPECIAL PROGRAMS

ride the negative effects of adrenal and use energy to their advantage. This seminar is free and offered the Monday after regular testings during the 6:00 sparring class.

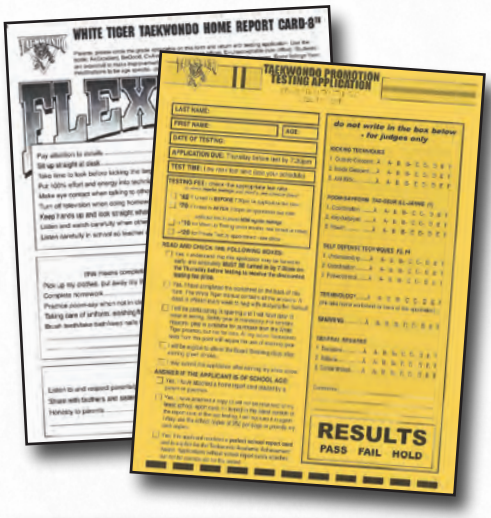


TIGER TOT SASH TEST

The Tiger Tot classes offer the same requirements for testing to Yellow Stripe as the other students and those required for certification. These requirements have been broken down into smaller increments, achievable step-by-step. The Tiger Tots will earn colored sashes to show their progress until they are ready to upgrade into our traditional Taekwondo program.

PROMOTION TESTING

Testing requirements are taught in "rank specific" classes, they are also located in this manual. As you learn the first half of your testing form, you will be presented with one black stripe on your belt. A second black stripe is for the completion of the form, and the white stripe means you have completed the hand techniques/self defense and are ready for the formal belt testing. The formal belt testings are offered every two months. Upon enrolling, fill out the projected testing dates located in the testing section of this manual. Your instructors will help you "Keep on track for Black" by placing reminder sticker dates on your attendance card. See the office immediately if you veer off track, we are here to help you.

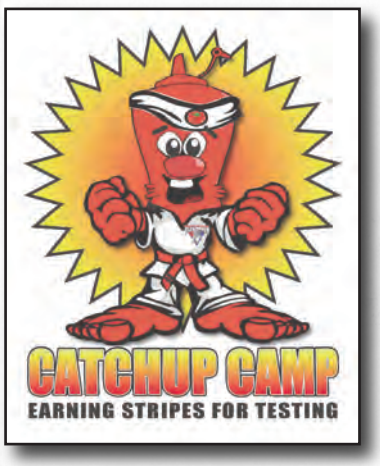


Testing applications may also be processed online through our website:

www.WhiteTigerTKD.com

BLACK BELT TESTING

Earning a Black Belt means you have surpassed the foundation of Martial Arts and are embarking on a new journey. Black Belt tests are offered two times a year and judged by a panel of certified Masters and Grandmasters. All White Tiger issued Black Belts are certified by the World Taekwondo Federation and recognized by the International Olympic Committee. Hapkido belts are certified through the Korean Hapkido Federation.



CATCHUP CAMP

CatchUp Camp is offered in the weeks prior to testing in a workshop format. Students may attend the camp to brush up for testing, or catch up if they have fallen behind on their goals. See the office for tickets.

SPRING BREAK CAMP

Full day camp activities available by the day or for the entire week. Different

SPECIAL PROGRAMS

themes each day. Open to the public, so you may bring your friends.

BLACK BELT LIFE SKILL OF THE WEEK
Every week the banner in the school will change to reflect the Black Belt Life Skill of the week. Instructor Mat Chats incorporate the life skill into the lesson and encourage communication on how this skill can be used in the *doe-jahng*, at home, with their family, with friends and for themselves. The weekly life skill enhances the character traits martial artists strive to incorporate into their daily lives.

SUMMER CAMP
Full day camp activities offered all summer long! Each day includes:

- ☐ Melon Monday
- ☐ Water War Wednesday
- ☐ Slidin' Fridays - Water slides, bring swimsuit

Tiger Tube Playland

- Spiral Slide
- Toys
- Video Games
- Coloring
- Free Play

Creative Time

- ☐ Arts & Crafts
- ☐ Science Experiment

Adventure Time

- ☐ Zipline
- ☐ Water Slides
- ☐ Moon bounce
- ☐ Ropes
- ☐ Cargo Nets
- ☐ Flipping Harness
- ☐ Wii
- ☐ Rock Climbing
- ☐ Tumbl Trak
- ☐ Running Track

Mid-Morning Snack

Korean Language/Culture

- ☐ Game
- ☐ Language Sheet
- ☐ Music lesson
- ☐ Costumes

Taekwondo Class - noon

- ☐ Demonstration
- ☐ All Belt Class

Lunch

Movie on the Giant Screen-rest time

Organized Sports

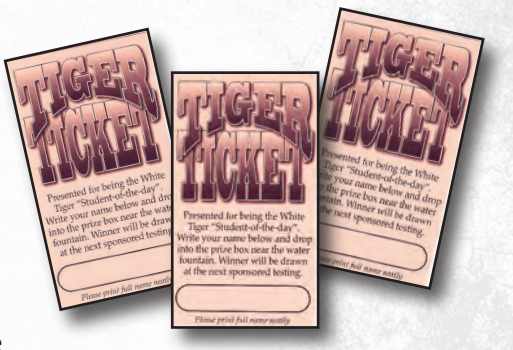
- ☐ King Crab Ball
- ☐ Dodge Ball
- ☐ Parachute
- ☐ Kickball
- ☐ Super Soccer
- ☐ Relay Races
- ☐ Gladiator
- ☐ Obstacle Course
- ☐ Running Track
- ☐ Four Corners
- ☐ Badminton
- ☐ Croquette
- ☐ Corn Hole
- ☐ String Throw
- ☐ Cup Builder
- ☐ Basket Tag

Afternoon Snack

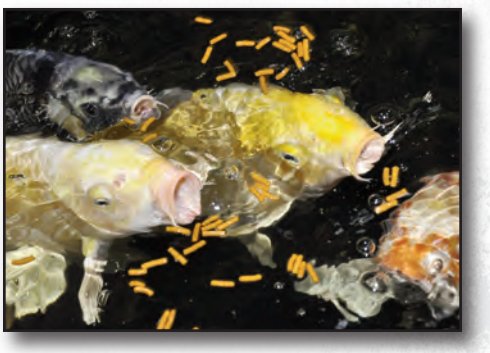
Rank Specific Taekwondo

In addition, each week features a specific theme. Enroll by the week or for the entire summer!

TIGER TICKETS
Every class, every day, a



student demonstrating the best effort in class will be awarded the Tiger Ticket. A Tiger Ticket will be drawn at each test to win the Prize of the Month displayed over the water fountain.



KOI KUPS
Food for the Koi fish is pre-measured each day. Instructors will select the students who demonstrate the most respect to feed the fish.

TIGER TOKEN
Every year, the Pawshop will feature the Tiger Token Store. Tiger

SPECIAL PROGRAMS

Token Store. Tiger Tokens may be earned for completing various tasks like inviting chingoos, earning stripes, etc. The Tokens may be used to purchase specialty items found in the store.

TAEKWONDOUGH
Taekwondough money can be used as real money at White Tiger to purchase supplies and merchandise. You may use Taekwondough money for up to 50% of the purchase price. Students can earn Taekwondough for outstanding effort and by participating in special programs such as the White Tiger Reading Program, and for earning a stripe on their belt.

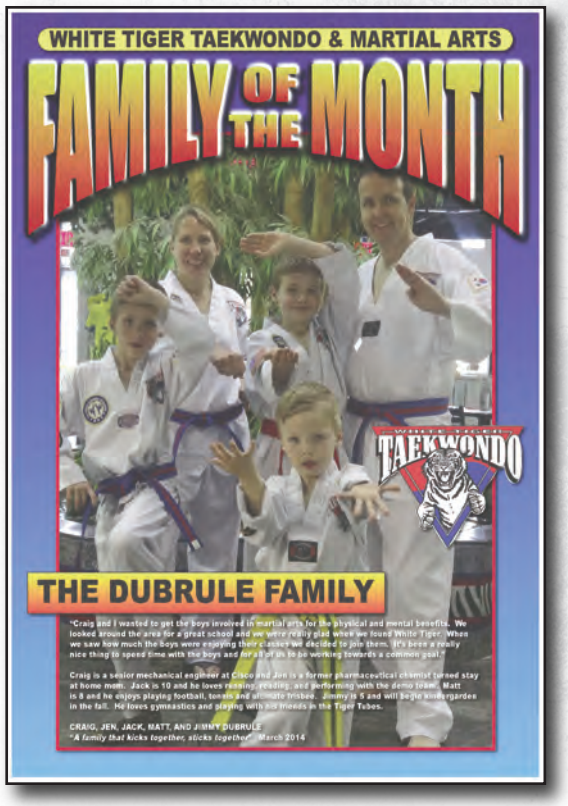
ACADEMIC ACHIEVEMENT
White Tiger recognizes students for applying their "Eye Focus, Body Focus, and Mind Focus" to their academic classrooms and homework assignments to achieve perfect grades. Parents can nominate their children on their testing applications. Copies of the report card is required.

BELT OF THE MONTH
Every month an outstanding student is selected from each belt rank as "Belt of the Month". The student will receive Taekwondough money and a certificate.

OVERALL STUDENT OF THE MONTH
Every month White Tiger will recognize a student for their improvement, achievement, attitude, attendance and respect of the Martial Arts. The Student of the Month will be featured in a full color poster displayed at the school in the lighted marquis. The student will receive a certificate, Tiger Tickets and $5.00 in Taekwondough. The poster will be displayed for the month, and then it is theirs to keep.

FAMILY OF THE MONTH
A family that kicks together sticks together. This award is in recognition of family members keeping physically active, striving for goals and making healthy choices together. A family is featured each month with a poster displayed in the marquis box and a certificate.

SUMMER READING PROGRAM
White encourages healthy reading habits. Students are rewarded for keeping up on their reading over the summer break. Reading logs are available in the schedule

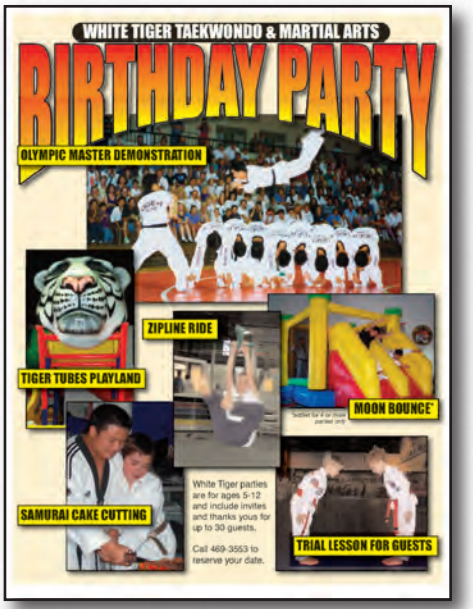


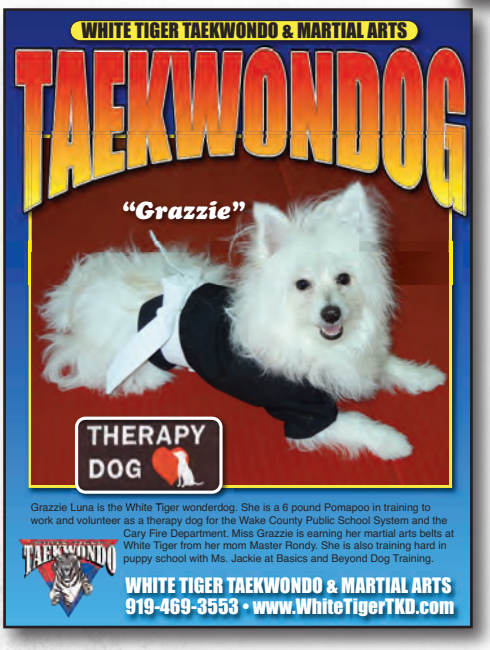
racks. Logs are turned in each summer month to earn "paychecks" of Taekwondough money to spend in the Pawshop.

SCHOOL VISIT
As you know, the skills gained by training in Martial Arts provide benefits that extend far beyond the walls of the *doe-jahng*. Martial Arts also improves your performance

SPECIAL PROGRAMS

in school – attention span, listening skills, cooperative learning, following directions and leadership skills are all areas of training that directly carry over to the academic classroom and prepare you for life. This is why the Masters at White Tiger take time to visit the area schools to speak and perform for the students and teachers. Invite White Tiger to visit your school!





TAEKWONDOG
Grazzie Luna is the White Tiger wonderdog. She is a 6 pound Pomapoo who works and volunteers as a therapy dog around the world and locally for Wake County Public School System and the Cary Fire Department. Miss Grazzie works with the children in reading programs, fire safety, and clean environments. See the office to book Grazzie at your school or event.

BIRTHDAY PARTIES
White Tiger offers incredible Birthday Parties for our students and to the public. The party begins with a demonstration by Team White Tiger - consisting of Masters and students. After the demo, the party guests are invited to participate in a Taekwondo class. Guests will learn warm ups, stretching, punching and will even have a chance to kick the targets. After the playland and zipline, everyone settles down for the samurai sword cake cutting ceremony and to open the birthday gifts. Book early, dates and times are limited.

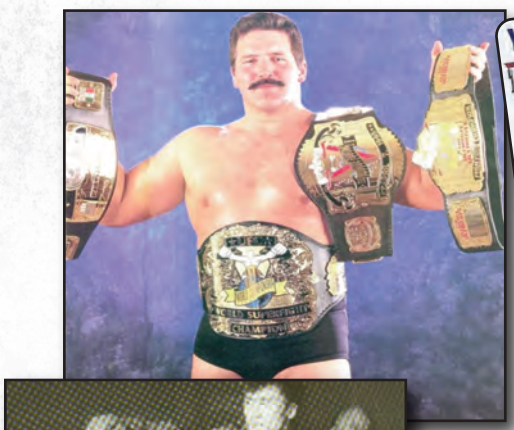
GOLDEN BIRTHDAY BELT
The student wearing the Golden Belt outranks all other students. When it's your Birthday and you are in class, switch your belt for the Golden Belt and you will be the senior student (even over the Black Belts - except the instructor of the class). This means you line up first, drink water first, and the entire class will sing "Happy Birthday" for you. "*Chew-kah Hom-nee-da*!" means "HAPPY BIRTHDAY" from White Tiger.

PARENT DATE NIGHT
Several times a year, White Tiger offers a date night for parents. Children arrive at 8:00 we provide the pizza party and fun activities for them until midnight so parents may go out on a date. We'll play, train, climb, slide, munch and watch a movie on the giant screen. Kids are asked to bring a sleeping bag and comfortable clothes. Students, siblings, friends and student's children are invited to attend.

TOURNAMENTS
Tournament competition is not required for any student to advance in rank. But for students wishing to participate in tournament competition, White Tiger offers special classes and special teams. Students are invited to attend "Friendship" tournaments held at the school several times a year. In addition, students may compete at a local, state, national and even international level.

SPECIAL PROGRAMS

SPECIAL GUESTS
Being the largest and best known school in the world has many benefits. One in particular is having many high ranking Masters visit our school. Korean Tiger Team members, association leaders and movie-stars have been known to visit on occasion. Our guests are always eager to share techniques, philosophies, styles and friendship, further strengthening the spirit of Martial Arts.

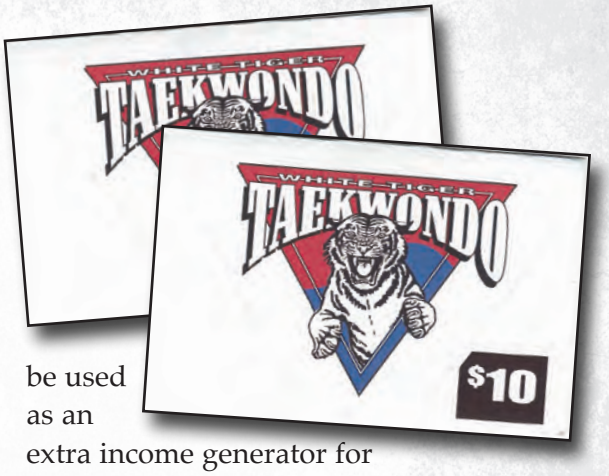


SEMINARS
White Tiger is proud to present a variety of special seminars open to students and their families. In the past we have offered seminars and workshops including the WTF representatives, specialty sports taping, Olympic style referee certification and weapons specialists. White Tiger is the only school in our area certified and licensed to conduct the Verbal Judo Anti-Bullying seminars.

VIP CARDS
Every White Tiger student is eligible to pick up VIP Cards to invite others to try our classes. VIP cards are fee and available at the office.

***CHIN-GOO* UNIFORMS**
If your referral enrolls in a regular White Tiger program, you will receive a free embroidered black collar uniform. Be sure to use the VIP card with your name on it, or that your referral states your name when they sign the waiver at the front desk. "*Chin-goo*" uniforms are awarded at the end of class.

TIGER TRIALS
The Tiger Trial Program can be used as an extra income generator for individuals or for fund raising. The cards are free from the office. The cost for a prospect to purchase the card is $10. For their $10, they will receive:



- **5 weeks of classes, 1 class per week**
- **T-shirt & white belt**
- **Coupon for free uniform if they decide to join our regular program**

All the details of the program are inside the card.

SPECIAL PROGRAMS

The $10 is for the seller to keep. See the video to learn how to participate.

https://www.youtube.com/watch?v=-yEiA9ND4Mc

CORPORATE BENEFITS

The White Tiger Corporate Benefits Program is available for companies and organizations with Employees, Members or Customers. The program is free and offers a 20% discount for the member and their families. The discount may be used for class tuition, camps, birthday parties and most special events. Contact, or have your HR Department contact the office today to get started.

CORPORATE WORKSHOPS

White Tiger offers a variety of corporate packages including:

- Group rates on employee memberships
- Daytime and After- hours Corporate Workshops. Subjects include: Conflict Resolution Skills, Adrenal Stress Response, Team Building, Empowerment, Women's Self Defense, etc.
- Advertising, Sponsor and Co-op Opportunities.

See the office, or visit: for a Corporate Brochure.

ANTI BULLY WORKSHOPS

White is the only school in the area that is trained and certified as "The Bully Experts". Training and philosophy is based upon verbal defense and influence from Dr. George Thompson's book "Verbal Judo: The Gentle Art of Persuasion". White Tiger provides the Anti-Bully Workshops as a free service to the community and local schools.

CHARITY

One of the characteristics of a Martial Artist, is to defend others who cannot defend themselves and to protect the weak. White Tiger students have been able to use their skills to raise thousands of dollars for local charities and cause organizations: D.A.R.E., Kids Together playground, Make-a-Wish-Foundation, March of Dimes, Muscular Dystrophy Foundation, Juvenile Diabetes and many others.

Our greatest charitable success has been the White Tiger Community Cares Program. The White Tiger Community Cares Program was created by White Tiger Taekwondo in an effort to use our skills to positively impact the community. The program works in conjunction with the Cary Police Department and benefits At-Risk children. The program provides training in Martial Arts with an emphasis on the Black Belt Life Skills such as: Focus and Concentration, Integrity, Perseverance, Self Control, Motivation,

SPECIAL PROGRAMS

Positive Attitude, Dependability, Responsibility, Respect, Honor and so on.

White Tiger employees, The Cary Police Department and other local businesses donate their time, facility, and transportation for the program. White Tiger Black Belt Candidates earn and donate funds to pay for the participants' expenses. This training program is offered entirely free of charge for the participant. There are no fees for the participant for equipment or services. The participants must earn their equipment, testing fees, tickets to special events by providing this completed document from their school teacher as well as providing evidence of satisfactory school grades. This program has become so successful that we were able to fulfil two goals:

- The Participants enjoy their martial arts training so they strive to do well in school so they may remain in the program.
- White Tiger Black Belt Candidates continuously go above and beyond what is required and raise a tremendous amount of money for the program.

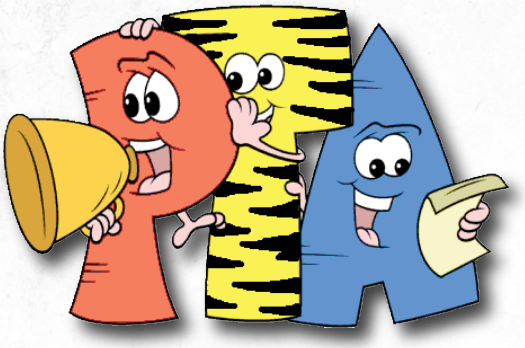
Not only are the participants STAYING in school, but they are GRADUATING. The program is able to use the funds raised by the Black Belt applicants to provide full college scholarships.

This program has won a variety of awards and international recognition. The Town of Cary included a segment on the program in their documentary. Master Rondy travels the country to speak at seminars to encourage the program around the nation.

LOBBY GAMES

Throughout the year, White Tiger will offer a variety of games that can be played online or in the lobby. Games are designed to educate, be fun and provide opportunities to win prizes.

SPECIAL PROGRAMS



WHITE TIGER PTA
Parent Tiger Association
This is a casual get together to meet and greet with other parents, staff, and enjoy the outdoor patio. Enjoy snacks and refreshments and make new friends. The PTA is offered every month from Spring to Fall. Parents can drop by between 6:00 and 7:30pm. Free supervised childcare is available during these hours.

SATELLITE LOCATIONS
White Tiger Leadership Team and Management Team can help prepare you to teach at another location, or help you start your own. Presently White Tiger students are active in teaching anywhere from one to several classes a week at borrowed space in community centers, schools and churches. The flexibility allows students to enjoy teaching, gain experience and provides for additional income as well.

TRIP TO KOREA
On occasion, White Tiger invites students to travel to Korea for training and sightseeing. Previous trips have included: Korean Folk Village, Everland Amusement Park and the ancient Palace. Students will experience the Korean culture and learn more about their martial arts heritage.

BODY COMP ANALYSIS
The Bodystat unit offers a quick, easy and non-evasive method to measure body composition including body fat, lean mass and total body water. Body-stat works by using electrodes to pass a signal through the body to measure the impedance. Ideal for competitors, serious athletes and students looking to lose weight. A pre and post Bodystat reading is included in all the White Tiger Fit Challenges.

WHITE TIGER YOU: INTENSIVE MANAGER /INSTRUCTOR 12 WEEK TRAINING COURSE
Originally designed by Master Rondy for Kukkiwon Interns to provide a total immersion experience to instruct or manage a martial arts school. Course includes 12 week of hands-on and

WHITE TIGER YOU

SPECIAL PROGRAMS

classroom training and testing. For English and Korean speaking applicants. Must fulfill application requirements to be accepted. Studio living apartment is available. Guaranteed employment upon completion of the course.

TAEKWONDO TIMES MAGAZINE

Want to be a Martial Arts star? Taekwondo Times Magazine - the world's leading Taekwondo publication often prints stories from our own school! Master Rondy writes cover stories, a business column and a culture column and has an international press pass as reporter. See the office if you would like to pick up the latest issue or have a story to tell.

READING PROGRAM

The main objective of this program is to provide a friendly, relaxed atmosphere, which allows students to practice the skill of reading. Difficulties in reading often results in self-esteem issues. Students become self-conscious when reading aloud in front of other classmates. When reading with a certified therapy dog, all threats of being judged are put aside.

As a result, "children have flourished, and reading scores have improved." Our Therapy dogs are all certified through TDI, Therapy Dogs International.

one class per week. The socials that follow are designed to unite the team and share ideas. Party themes include:

LEADERSHIP TEAM SOCIALS 21+

Every month the Leadership Team meets for a hand-on training seminar followed by a theme party for 21+. Adults may join the Leadership Team at Green Belt, members receive special training and assist with

ANNUAL EVENTS

NEW YEAR'S EVE SLEEPOVER
Every year kids bring in the new year at the White Tiger New Year's Eve party. The party includes all the trimmings: masks, noise makers, confetti and streamers. We celebrate with special training, games and prizes, pizza party, ice cream, snacks and special activities. The party lasts until morning and ends with the traditional kicking of the New Year pinata. Students, students' children and siblings are invited. Space is limited, get your tickets early.

KOREAN NEW YEAR
Celebrate the Korean culture with a New Year's celebration. Instructors will dress in the traditional *han-boke*. Students will be taught the big bow to show the greatest respect to their teachers and parents. Students will receive words of wisdom for the upcoming new year and Taekwondough dollars to spend in the Proshop.

VALENTINES PARENT DATE NIGHT

Parents get to go out to celebrate, we will provide fun activities for the kids. Drop off is at 8:15pm and pick up is at midnight.

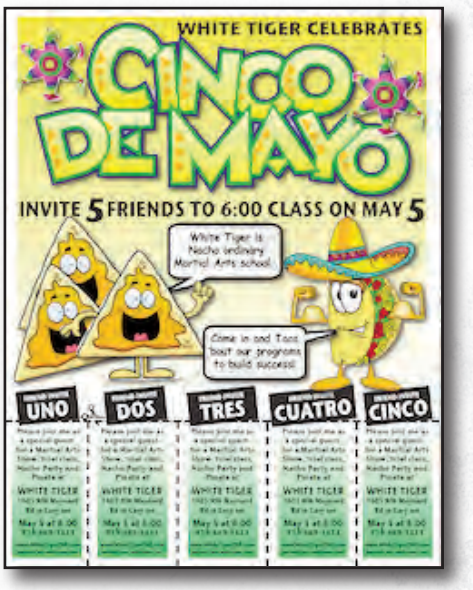
ST. PATRICKS DAY GREEN FOR GREEN
In addition to earning "green for wearing green", you can also try your luck with the Pot o' Gold.

SHOW ME YOUR KICKS
Mardi Gras celebration. Show the instructors your 3 kick combination and earn your party beads!

EGG HUNT
Candy and surprises await students and teams in hidden eggs at Easter!

SPRING BREAK
Full day camp is offered every day during Spring Break Camp. Attend by the day or for the entire week. Enjoy a different theme each day of camp.

CHINGOO WEEK
Every year White Tiger Taekwondo celebrates *Chin-goo* Week. In Korean, "*Chin-goo*" means friend. During this week in April, all students are invited to bring their best friend to training. During class, students and their *chin-goos* are paired up for special stretching and training exercises. This is great opportunity to introduce the Martial Arts to new people and for our students to show their skills.



CINCO DE MAYO
Bring 5 friends on May the 5th. Festivities will include a demo, trial lesson, kicking the pinata and a nacho party for everyone!

ANNUAL EVENTS

MOM'S DAY OUT
Just for Mom at Mother's Day, we will set aside a special weekend day to get a break. White Tiger will include the kid's activities and lunch.

FATHER/CHILD NINJA NERF WAR
Just for Dad, we will have a special activity day complete with nerf war. We supply everything you need.

CAMPOUT IN THE SCHOOL
At the end of the school year, students are invited to a special campout inside the school. The night is filled with games, races, hot dogs, campfire and even s'mores! Campers may bring their own tent, or the instructors can help them construct one. Early the next morning is clean-up, breakfast and specialized activities. Kids are asked to bring a sleeping bag and comfortable clothes. You must get a ticket in advance, spaces fill up fast.

SUMMER CAMP
Every week of the summer vacation is filled with a White Tiger Summer Camp. Drop off begins at 7:30am or later and pick up is 6pm or earlier. Campers will enjoy Taekwondo, arts & crafts, science experiments, races, games, moonbounce, rock climbing, tumble trak, zipline, flipping harness, tiger tubs and water slides. Every week offers a different theme. Join us by the week or for the entire summer.

SUMMER FIESTA
How do we thank all the White Tiger Teams for their support and dedication throughout the year? With the greatest party of the summer - the Summer Fiesta! The Fiesta invites our teams and their families to join in with the Karaoke, waterslides, water ballons, dancing, catered authentic Mexican food and the annual pinata.

FREE FAMILY FUN DAY
The perfect party to celebrate with the entire community. Free hotdogs, sodas, giant slide ride, martial arts demonstrations, dunk tank for the instructors and new student specials.

CHINGOO DATE NIGHT
Parents get a chance to have a night to themselves and kids get a chance to hang out with new school friends. Kids activities from 8:15 pm until midnight. Buy one ticket, bring a friend free!

ANNUAL EVENTS

OLYMPICS
Every year is the olympics at White Tiger. Students of all ages, all ranks and all styles may compete in this friendly Hanmadang style in-house competition. Compete in one or several divisions. Receive beautiful medals. Divisions are:

- MOST ROUNDHOUSE KICKS
- TIGER TOTS
- TOTS OBSTACLE COURSE
- HIGHEST SNAP KICK
- BEST FORM
- LONGEST FLYING SIDE KICK
- BEST WEAPONS
- HIGHEST CAT ROLL
- CREATIVE FORM
- MOST FLUTTER KICKS
- POWER BREAK
- BEST BREAK

HALLOWEEN PARTY
Halloween is big at White Tiger. Every year White Tiger hosts the Triangle's largest family Halloween

Phoenix *Doe-jahng* filled with carnival style games and prizes. The *Tiger Doe-jahng* is reserved for a maze or interactive activity.

CRAFTY CLAUS
Join Master rondy in the cafe are during December for holiday craft ideas.

ELF ON A SHELF
The White Tiger elf named "Ho Ho Ho Rangie" hides in the school each day in December. He is watching to see if students are practicing before class and taking care of their uniform and equipment. Spot Ho Ho Ho Rangie and post an "Elfie" on the White Tiger facebook page to receive a prize.

WAITING FOR SANTA
The December Leadership Team social is theme: "Waiting for Santa." This meeting will feature the famous cookie bar, holiday gifts and all participants are asked to attend and teach in their onesie pajamas.

CARY CHRISTMAS PARADE
All students and all parents are invited to join us in the Cary Christmas parade. All styles need to be represented:
- Taekwondo
- Hapkido
- Tiger Tots
- Lady Tigers
- Wing Chun Kung Fu
- 6 Week Challenge

and of course, "*Baek-Ho*" the White Tiger mascot.

ANNUAL EVENTS

TRIM-A-TREE
Help us decorate the White Tiger Holiday Tree. Be sure to write your name and year to be remembered by future students.

HOLIDAY PARTY 21+
White Tiger hosts a Holiday party for our adult students and parents of students. The party includes *Kalbi* - Korean Ribs, singing, dancing and a Karaoke contest with prizes!

HOLIDAY *POOMSAY* TOURNAMENT
In December every year, White Tiger offers a FREE Holiday Tournament. All students are invited to participate and win a medal.

No registration is necessary for this tournament, simply show up at your regular class time (see the newsletter or your email to confirm the time). Compete with your favorite form.