

# WHITE TIGER



# VIRTUAL TOURNAMENT

**AUGUST 2020**

## TRADITIONAL FORMS

- Perform your last form, current form or higher. Can be performed with or without the current music. Judging will be based upon understanding of poomsae, coordination of moves, pace, power and ki-halp.

## CREATIVE FORM

- Perform an original poomsae. Creative poomsae can include: props, music, costumes, etc. Judging will be based upon: creativity, difficulty, power and spirit.  
Maximum time: 90 seconds

## COMBINED FORMS

- Perform all taekwondo forms from Gi-Bone Hyung 1 through your current belt level form, non-stop, one pah-ro between each form, without any other stops or pauses. Judging will be based upon, precision of moves and stances, power, pace and understanding.

## WEAPONS

- Perform an original weapons demonstration or learned weapons form using the weapon of your choice. Judging will be based upon: demonstration of the weapon, creativity, power, difficulty of moves and presentation.

## CREATIVE BREAKING

- Judging will be based upon: creativity, difficulty, style and presentation. Failure to complete a break will not necessarily result in a deduction of points.

## TRIPLE THREAT

- Perform a creative poomsae that includes weapons and breaking. Judging will be based upon creativity, transition from one component to another, complexity of moves, presentation and spirit  
Maximum time: 90 seconds

Name of Competitor: \_\_\_\_\_

I train in:  Taekwondo  Hapkido  Weapons: \_\_\_\_\_  
 Wing Chun  Lady Tigers

Current Rank(s): \_\_\_\_\_

Age (as of August 28): \_\_\_\_\_

One event - \$25

Second Event - \$15

Additional Events - \$10/each

**WHITE TIGER TAEKWONDO & MARTIAL ARTS**

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