

## **Kuk Sool Won™ of Clear Lake Tournament Preparation Check List**

- ✓ **Uniform** - Full uniform with patches (Jacket with patches, pants with no holes, belt, and a black KSW t-shirt). It is a good idea to bring a back up uniform if you have one.
- ✓ **Sparring Gear** - Full set of sparring gear (helmet, gloves, boots, mouth piece, and a **cup (groin protector)** for males)
- ✓ We recommend bringing a pair of shoes or sandals to wear to help keep your feet warm and clean when you are not competing.
- ✓ **Weapons** – If you are competing in a weapons division you must bring your own weapons. If you do not own your own weapons, make prior arrangements with one of your class mates to borrow theirs.
- ✓ You will not be allowed to bring in coolers; however, we do recommend that you bring a few bottles of water and some snacks. Concessions will be available for purchase at the facility (as with most events, the price on concessions will be high).
- ✓ **Cameras** – You will be allowed to take pictures and video of events. Keep in mind that no spectators will be allowed on the tournament floor, all photography must be done from the spectator area surrounding the tournament floor.
- ✓ **Time** – The start time of your event will depend on your age and rank (see the tournament brochure, our website, or the back of this letter for details). You are asked to be ready to begin 30 minute prior to the start of your division. Your division will NOT start earlier than scheduled; however, it is possible it will start later than scheduled. If you arrive after your competition has started, you may not be able to compete and no refund will be issued. Please make sure you allow time for traffic and other possible delays.
- ✓ **Spectators** – All spectators will be required to purchase tickets to enter the tournament. Tickets are purchased at the door - \$10 general admission (age 13 & up), \$5 children (age 12 and under), kids under 5 are free. Tickets are good all day and include the Masters Exhibition.
- ✓ **ETIQUETTE** – Our school is always praised for the high level of etiquette our students demonstrate throughout the tournament. We encourage all our students to maintain the highest level of etiquette possible and to remember we are at the tournament to better ourselves as martial artists. Be sure to:
  - Be polite, kind, and courteous to everyone you meet.
  - Make it a point to greet our School Masters, School Instructors, and your class mates.
  - Show respect to your judges regardless of the outcome of your competition.
  - Be a Good Sport.
  - Maintain your self control.
- ✓ **Good Luck** – We are very proud of you for being brave and confident enough to participate in the tournament. We are also very grateful for your support of our school in this year's championship.

### **Special note from Master Barry Harmon**

Winning or not winning is not important. The benefits of tournament are in the mental and physical preparation along with the experience gained by performing under pressure. All of the extra training and effort you have put into this event will better all aspects of what you have already learned, and what you will learn in the future.