

Saturday, March 18, 2023

Redwood Area Community Center (use Fieldhouse entrance)

901 Cook Street, Redwood Falls, MN

Spectator Fee: \$2.00 (Kids under 5 – Free)

9:30 - 11 a.m.

10:30 a.m.

11 a.m.

1:30 p.m. (approx.)

2 p.m. (approx.)

Registration

Black Belt Meeting

Forms Competition

Board Breaking

Sparring Competition

Entry Fee: \$70

(includes 1 or 2 events)

\$10 each additional event

Orange – Black Belts Board Breaking:

BOARD MUST BE PURCHASED ON SITE
ALL BOARDS — ALL DIVISIONS 12 INCHES

Required Equipment:

- Standard uniform
- Shin and instep protectors
- Mouth guards
- Male sparring competitors must wear groin cup

Strongly Recommended Equipment: Hand equipment

Contact Rules:

Contact rules will be strictly enforced.

For more information contact: Jeff Meyer at (507) 629-4095 or 629-3410



