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NBT Presents  
2024 NBT WINTER FESTIVAL  
CLUB CHAMPIONSHIP



SATURDAY DEC 7, 2024

*Let's take this outside!*

WHEN: Saturday DEC 7: 10am-3pm

WHERE: NB Taekwondo & Fitness  
2015 N Dobson Rd Ste 5 Chandler, AZ 85224

EVENTS: Poomsae | Sync Up Poomsae | Board Breaking | Jump Front Kick |  
Flying Side Kick | Sparring Rumble

AWARDS: Medals for 1st-3rd place winners

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# CHOOSE YOUR EVENTS

**Poomsae:** Perform your current poomsae against your friends and see who comes out on top. In a double elimination format, performance will be based on Presentation, Accuracy of techniques, Power and Rhythm. Winner moves up the bracket!

**Sync Up Poomsae:** Team up with a partner (or two) and perform any poomsae. Get your "SYNC" on. (Max. 3 persons on a team)

**Board Breaking:** Demonstrate up to 5 Breaking techniques. Higher the intensity, higher the difficulty, Higher the score. Breaking 1st try is key! (boards to be purchased at front desk \$3/board)

**Jump Front Kick:** Battle your friends on who can kick the highest. You may need to practice your jumping front kick. Connect with the paddle and move on to the next round.

**Flying Side Kick:** Do you have the hang-time to win this event? Obstacles will be placed in front of the paddle while competitors who clear the obstacle will advance to the next round. Competitors must clear the obstacle AND connect with the paddle.

**Sparring Rumble:** Match up and share the ring with anyone! Unlimited matches - Gain valuable ring time experience.

## Additional Info:

\*Parking: As a courtesy to our neighbors please use McDonald's and Lee Lee Market parking.

\*FREE ADMISSION - Friends and family are welcome!

\*All competitors arrive 20-30 minutes before their designated start time for check-in and warm up.

\*Full uniform required to compete IN TOURNAMENT EVENTS

\*Sparring rumble attire: athletic clothes or full uniform

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# Tentative Tournament Schedule

10:00am: YOUNGEST TO OLDEST - **POOMSAE** (double elimination)

10:45am: YOUNGEST TO OLDEST - **SYNC UP POOMSAE**

11am: YOUNGEST TO OLDEST - **JUMP FRONT KICK**

11:30am: YOUNGEST TO OLDEST - **FLYING SIDE KICK**

12pm - YOUNGEST TO OLDEST - **BOARD BREAKING**

**12:30pm: Lunch Break/NBT DEMONSTRATION TEAM PERFORMANCE**

1:00pm - 3:00pm **SPARRING RUMBLE**

\*Tournament schedule is tentative and may change during/before the event.

\*Arrive 20-30 minutes before your event to check in and properly warm up.

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# NBT Winter Festival Registration

Competitor's Name \_\_\_\_\_ Age \_\_\_\_\_ Rank \_\_\_\_\_

Weight \_\_\_\_\_ lbs Taekwondo School \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_

Phone(\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

1 Event: **\$60** (Sparring Rumble included)

Each additional Event **\$10**

Check each event that applies →

**Sparring Rumble only: \$30**

# of Events: \_\_\_\_\_

# of Boards: \_\_\_\_\_ (\$3 per board)

# TOTAL: \$ \_\_\_\_\_

## Events

Poomsae

Sync Up Poomsae

BOARD BREAKING

Jump Front Kick

Flying Side Kick

Sparring Rumble



**Registration Deadline: DEC 3RD**

I believe that my child is physically and mentally capable of participating in the NB Taekwondo Chandler, NBT CLUB CHAMPIONSHIP/Winter Festival. He/she is in good health and does not have any injury, illness, or disability that will prohibit activity. I verify that my child has permission to participate in physical activities, and to be photographed for promotional purposes. You agree that all exercises and/or courses are undertaken at your own risk. You understand the procedures and exercises involved in instruction and participation as explained to you by the instructors of this in person and online event. You understand that there is a risk of personal injury involved in the course of instruction and with this knowledge agrees to indemnify and save harmless all losses caused by accident or injury to yourself, or to third persons, who may be with you or the instructors, in the event that either the yourself or said third person is injured in any way during the performance and execution of exercises. THEREFORE, I do hereby for myself/ my heirs/ executors/ administrators/ assigns, waives, release and forever discharge any and all rights/ claims for damages which I may sustain in connection with any practice, class, contest, athletic event, or traveling to/ from such endeavors. **I understand that there are no refunds once registration has been completed/paid.**

Competitor Signature \_\_\_\_\_ Date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

If competitors is UNDER 18 yrs old

Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

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# RUMBLE

SATURDAY

DEC 7, 2024

1pm-3pm



Registration: \$30 cash at the door

(Rumble fee is included when registering for a Medal event)

WHERE: NB Taekwondo & Fitness  
2015 N Dobson Rd Ste 5 Chandler, AZ 85224

\*Unlimited match ups within the two hour timeframe

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