

Here are some tournament details and FAQ's to keep in mind:

- 1) All students need 3 tournaments needed to test for Poom Belt, minimum 1 for red belt
- 2) If you have been at your current belt for less than 2 months, register as previous belt
- 3) If your belt isn't listed, register as the one prior to your belt
- 4) Ninjas students 7 and older need to register as junior level white belts (tournaments end Ninja category at 6yrs old)
- 5) There will be a tournament workshop for parents and students from 5:30-6:30pm the Friday before EVERY tournament (no regular classes)
- 6) Take advantage of our specialty teams or private lessons to improve your skills
- 7) Check-in time for all students and coaches is 8am, except students 12 and older
- 8) Forward us a copy of your receipt for our records and yours!
- 9) All parents and students should attend the tournament workshop!!!
- 10) We will be setting up a designated community area under our "Oregon" canopy for warm up, snacks, seating, and conversation! We will have a photographer and a therapist on site for your convenience. Any student wishing to have stretching or massage MUST have parents sign a waiver and be present at the time... NO EXCEPTIONS
- 11) Please DO NOT interrupt our coaching staff at the event. They are focused on the performance of the students, not if they know where the restroom is :p

~ *"The more you sweat in training... The less you bleed in battle"!*