



Silent River Kung Fu Tiger Challenge 2010

TransAlta Tri Leisure Centre - May 1, 2010 @ 9:30 AM



All our students are sure to benefit from this fun orientated intra-school tournament. With many events to choose from, there will be competitions that appeal to everyone.

Our wish is to provide the children a training goal to carry them through the spring and keep them focused on their kung fu training despite all the distractions the season brings. The adult competitions will help our students take their training to the next level and perhaps provide the final push needed to achieve black belt. This tournament will also be a good preparation for those students who wish to compete in the open tournament circuit this year.

Student Entry Information

Student Name: _____ Class/Rank: _____

Team Forms Partners: _____

Fight Choreography Partners: _____

Lion Dance Role (circle one): Head Tail Both

Competitions Entered - Please Select From Appropriate Column

Lil Leopards/Tiny Tigers

- Obstacle Course
- Animal Postures
- Crane Stance
- Pool Noodle Sword Fight
- Bean Bag Relay

Black Dragons

- Fight Choreography
- Hand Forms
- Weapon Forms
- Creative Musical Forms
- Team Forms
- Point Sparring
- Lion Dance

Teen/Adults

- Board Breaking
- Point Sparring
- Continuous Sparring
- Fight Choreography
- Hand Forms
- Weapons Forms
- Creative Musical Forms
- Team Forms
- Traditional San Shou
- Lion Dance

* Divisions will be based upon age and skill level. To further endorse our goal of producing well rounded martial artists, sparring competitors MUST also compete in at least one forms division.

Competition rules are on the following page. In the spirit of keeping this competition healthy and fun, all non placing Lil Leopard, Tiny Tiger, and Black Dragon participants will receive a participation medal. A Gold, Silver, and Bronze medal will be awarded to competitors finishing first, second, and third respectively in their division. Trophies will be awarded to the Black Belt Grand Champion, Teen/Adult Grand Champion, and Children's Grand Champion.

Entry Fee = \$20 for up to 4 competitions. \$5 for each additional competition entered.

Tiger Challenge 2010 - Competition Rules

Board Breaking

Each competitor will be required to break four boards utilizing a maximum of two combinations. One board must be broken with each of the four limbs. Breaks are judged on creativity, difficulty, technique, and flow. Competitors must provide their own boards or use the provided rebreakable boards.

Obstacle Course

Participants are timed as they navigate an obstacle course. Time penalties are awarded for any infractions. Lowest total time wins.

Point Sparring

Free sparring competition that is a race to 5 or most points after 2 minutes - whichever occurs first. Judges stop and restart match after each point is scored. Complete sparring protection gear is required.

Continuous Sparring

Free sparring event that lasts 2 minutes with the judges determining a winner based upon competitor offense, defense, technique, and overall aggression. Complete sparring protection gear is required.

Traditional San Shou

San Shou sparring match conducted to International San Shou rules.

Fight Choreography

Teams consisting of a minimum of two members, stage a fight (one they have rehearsed and perfected prior to the tournament) utilizing valid kung fu techniques. Competitors are judged on realism, technique, and creativity.

Hand Forms

Competitors are judged on their performance of an empty hand form from Silent River Kung Fu's curriculum.

Crane Stance

Participants compete head to head to see who can hold the crane stance the longest.

Weapons Forms

Competitors are judged on their performance of a weapon form from Silent River Kung Fu's curriculum.

Creative Musical Forms

Participants perform any empty hand or weapon form that has been set and synchronized to music. Forms are judged on technical merit, creativity, and music interaction. All participants provide their own music CD.

Team Forms

Teams consisting of a minimum of two members perform a form together. Forms are judged on technical merit, synchronicity, and creativity. Teams must have perfected their team form prior to the tournament.

Bean Bag Relay

Teams consisting of up to four participants each will compete head to head in a relay that has each team member transferring a bean bag to a specific location.

Traditional San Shou

A continuous sparring match that includes takedowns and submissions. Winner can be declared by tapout or in the event of the competition lasting the entire 2 minutes, a winner will be declared by the judges. Participants are judged on aggression and their ability to utilize the guard, the mount, and variations of both.

Pool Noodle Sword Fight

Competitors compete in a 1 minute round of armour clad sword fighting fun. Winners are declared based upon the judges' assessment of the combatants' defensive and offensive merit.

Animal Postures

Competitors' animal postures are judged and scored for accuracy and quality.

Lion Dance

Competitors will be judged on their skill, ability to give and receive drum cues, dance understanding and interpretation, adaptability and overall drum synchronicity. This event is limited to trained lion dancers only and all teams will be assigned at the competition. Competitors can enter as a head, a tail, or they may compete in both roles on two teams.