

TEAM ENTRY FORM

NAME OF TEAM:

INSTRUCTOR:

CLUB:

All you need to do is tick the events you wish to enter. For Flying Side Kick (FSK) enter your height accurately in cms and for Power Kicking (PK) enter your weight accurately in kgs.

NO	TEAM POOMSAE LIST ALL TEAM MEMBERS	AGE	GRADE (Kup/Dan)	TICK TO COMPETE IN INDIVIDUAL POOMSAE	TICK THE TWO PEOPLE PERFORMING ONE STEP SPARRING	FKS ENTER HEIGHT IN CMS IF COMPETING	SPEED KICKING SIMPLY TICK TO ENTER	PK ENTER WEIGHT IN KGS IF COMPETING
1								
2								
3								
4								

Any competitors wanting to compete in One Step Sparring but are not representing the team need to fill in an individual form as well.

PLEASE COULD ALL COMPLETED ENTRY FORMS AND £25 ENTRY FEE BE SENT OR EMAILED TO:

K.WALLACE, KATANYA, WOODLAND, BP. AUCKLAND, CO.DURHAM DL13 5RQ / info@chungdokwantkd.co.uk