

# **2018 Annual Capital City JAM!!!**

**A Martial Arts Invitational Tournament**



**Saturday, September 15, 2018  
10:00 a.m.**

**St. James High School Gym  
6010 Vaughn Road  
Montgomery, Alabama**

**Hosted by Docarmo's Taekwondo Center  
334-220-5835**

**Events: Form/Olympic Sparring/Board Breaking**

# Docarmo's Taekwondo Center

3447 Malcolm Drive  
Montgomery, AL 36116  
(334)220-5835

Dear Masters, Instructors, Students & Families,

Docarmo's Taekwondo Center is excited to invite you to the **2018 Capital City JAM Tournament** on September 15, 2018. The tournament will be held at the beautiful St. James High School Gym on 6010 Vaughn Road in Montgomery.

This year's tournament will include Form, Olympic Sparring and Board Breaking. Our goal is to have all participants leave this event with a smile and a great experience! We will try to achieve this by creating an event that allows all competitors to experience success; no more than 4-6 competitors in a division by skill level and all competitors will leave with a medal...this is a terrific beginners tournament!

The JAM will include 4 matted rings with electronic scoring, and USAT Certified Referees.

All participants will be required to pre-register no later than September 8, 2018; this will allow tournament administrators to have all divisions bracketed prior to the competition and make the event more efficient.

Super excited about the changes to this years competition; can't wait to see you the 15th!

Best of luck!

**Master Anne Docarmo**  
docarmotkd@yahoo.com

**JAM participants may also register online at  
register4tkdcom**



Full Front  
Belt: Black & red  
Short Color: White or Gray

# 2018 Capital City JAM General Information

- Date:** Saturday, September 15, 2018
- Tournament Director:** Master Anne Docarmo (334)220-5835 or dtcmontgomery@gmail.com
- Sponsored By:** Docarmo's Taekwondo Center, LLC
- Venue:** **St James High School Gym, 6010 Vaughn Road, Montgomery, Al 36116**
- Tournament Schedule:**
- |            |  |
|------------|--|
| 8:30 a.m.  | Doors open/check-in begins                     |
| 9:00 a.m.  | Black Belt/Referee/Coaches Meeting             |
| 10:00 a.m. | Introductions & Opening Ceremonies             |
| 10:15a.m.  | Wave #1 Competition Begins for Ages 4-11       |
| 2:15 p.m.  | Wave #2 Competition Begins for Ages 12 & Older |
- \*\*\*Times are approximate; participants are encourage to be at the venue at least 1 hours before stated times.
- Spectator Fee:** Adults \$5.  
Children \$3. (ages 6-12)  
5 & under free
- Pre-registration:** **All competitors are required to pre-register by September 8, 2018!**
- Entry Fees:** \$35. per division or \$90 for 3 divisions (form, sparring, breaking)  
\*\*\*Advanced registration fees are non-refundable.
- Awards:** Custom Medals will be awarded for 1st, 2nd & two 3rd place winners in all divisions.
- Equipment/ Uniforms** All sparring competitors must have the following items before they are allowed to spar: headgear, mouthpiece, shin & foot pads, WTF gloves, cup (for males), forearm guards, Olympic-style chest gears. Fingernails & toenails must be trimmed.
- All participants must wear a uniform in good repair.
- Suggested Hotels:**
- Drury Inn  
1124 Eastern Blvd.  
Montgomery, AL 36117  
(334)273-1101
- Sleep Inn  
10150 Chantilly Parkway  
Montgomery, AL  
(334)356-5400
- Concession stand will be available throughout the day for your family.**



# 2018 Capital City JAM Competition Rules

## Forms

1. Competitors will participate in double elimination form; all styles of form are welcome.

## Olympic Sparring

1. Duration of match will be 2 1-minute rounds for all competitors 11 & under; participants 12 years + will compete in 2 1.5 minute rounds. Rest period will be 30 seconds for all divisions.
2. USA Taekwondo rules will govern this portion of the event with no modifications.
3. Electronic scoring system will be used to recognize points during this portion of the event.
4. Single elimination divisions.

## Board Breaking

1. The Judges shall award a score on a scale of 5 to 10 (10 being the highest) to each contestant by displaying the scorecard. Any tenth of one point may also be awarded as part of the score. (i.e. 9.9)
2. Each competitor will receive a total of 2-3 boards for breaking according to their rank.  
Beginner Belts                      2 Boards/Choice of Ax Kick\*Front Kick\*Hammer Fist\*Elbow Strike  
Intermediate Belts                2 Boards/Choice of Side Kick\*Round Kick\*Knife Hand\*Palm Heel Strike  
Advance & Black Belts        3 Boards/two kicks & one hand technique of your choice
3. Competitors will have 1 minute to set up.
4. Breaking competitors **MUST** use any version of techniques listed above; failure to comply with breaking requirements will automatically result in disqualification. Requirements are put in place to even the playing field for each division.
5. **Boards will be supplied by tournament host; participants may not bring their own boards!**

## Age/Rank Brackets

<b>4-5 Years</b>	<b>6-7 Years</b>	<b>8-9 Years</b>	<b>10-11 Years</b>
<b>12-14 Years</b>	<b>15-17 Years</b>	<b>18-32 Years</b>	<b>33 +</b>

**Beginner: White, Yellow, Gold Orange Belts (10th-7th Gup)**

**Intermediate: Green, Blue, Purple, Camo Belts (6th-3rd Gup)**

**Advance: Red, Brown Belts (2nd-1st Gup)**

**Black Belt**

**Participants will be placed in a division where it is deemed the safest for them. Divisions may be further broken down or combined at the discretion of the tournament director. By participating in the 2018 Capital City JAM Tournament, competitors consent to follow the decisions of the tournament officials. Tournament host reserves the right to adjust competition divisions to ensure safety & competitiveness of the participants. Any student/instructor/family member displaying unsportsmanlike conduct will be disqualified immediately!**

**2018 Capital City JAM Tourney  
September 15, 2018**

**Official Registration Entry Form ; You may also register online at [www.register4tkd.com](http://www.register4tkd.com)**

Name \_\_\_\_\_

Address \_\_\_\_\_ Date of Birth \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone # \_\_\_\_\_

M/F \_\_\_ Age \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_ Rank/Dan or Gup \_\_\_\_\_ BeltColor \_\_\_\_\_

Instructor Name \_\_\_\_\_

TKD School  
Name \_\_\_\_\_

**\*\*\*E-mail (required for registration confirmation)**

\_\_\_\_ FORM                      \$35                      \_\_\_\_ BOARD BREAKING                      \$35  
\_\_\_\_ OLYMPIC SPARRING \$35                      \_\_\_\_ ALL 3 DIVISIONS                      \$90

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

**Consent: I, the undersigned, do hereby voluntarily submit my application for registration in the 2018 Capital City JAM Tournament. I agree to waive claims against any person or organizations (including Docarmo's Taekwondo Center, LLC) connected with the event for any injuries I may sustain and likewise assume full responsibility for all my actions in connection with these events. I further agree that any picture of me or by me in connection with these events can be used by event directors for publicity or promotion without compensation at any time. I understand that NO refunds will be given for advanced registrations.**

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Applicant Signature \_\_\_\_\_ Date \_\_\_\_\_

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

**Make certified check or money orders payable to 'DTC' and mail to:  
Docarmo's Taekwondo Center or DTC3447 Malcolm Drive  
Montgomery, Alabama 36116**