



# Championship Karate and Taekwondo

proudly presents the  
1<sup>st</sup> Annual

## *Twin Dragons Tournament*

### **Tournament Schedule**

**9am Forms**

**10:30am Blaster Pad Sparring**

**11am Board Breaking**

**11am Point Sparring**

**12:30pm Grappling (Gi and No Gi)**

**2:30pm Olympic Style Taekwondo (Continuous) Sparring**

**Overall Grand Champion Dragon  
Trophies will be awarded**

**All Little Dragons guaranteed a Medal**

**Questions? Please contact Sensei Melinda at:  
[senseimelinda@championshipkaratetkd.com](mailto:senseimelinda@championshipkaratetkd.com)**

