

# THE 2010 Battle of Kinsale



**PRE-REGISTRATION  
 EVENT ONLY**



**PLEASE SUPPORT  
 THE KINSALE R.N.L.I**

## *Charity Event* **Taekwon-Do Tournament, Fun-day & Main Event show.**

On Sunday 11<sup>th</sup> of April 2010, start time 10.00am, on the day of the 55<sup>th</sup> anniversary of Taekwon-Do. We will be hosting the Battle of Kinsale, Taekwon-Do Tournament, Fun-Day and Main Event show. On the day we will have giant Bouncy castles and obstacle courses as well as other entertainment like DJ Ralf on the decks. All students, who take part, will receive a Taekwon-Do participation trophy and free admission to the Main Event Show. As well as the improvement of Taekwon-do skills and with the main focus on development and learning not just victory. We feel it is very important for all of our members to be at this tournament, not just because it is a local event and being run in aid of a very worth while service, but also because tournaments are a very valuable experience for all Taekwon-Do students.

**Main Event Show:** with world and European Martial Art champions, in aid of the R.N.L.I. Life Boat, make certain that this will be a day not to be missed. The whole event will take place in the Kinsale Coummuity School, Kinsale, Co. Cork. This event will be run by all Cork ITA Taekwon-Do clubs in aid of charity.

As some of our members have never entered into competition before, or avoid taken part in competition, I would like to take this opportunity to explain just why competition is seen as a crucial part of training.

- Competition generates feelings of anxiety and fear, which we must learn to successfully manage in order to achieve a good performance. These feelings are the same ones that bullies and other real life aggressors prey on. We are not born confident; it is a learned habit.
- Many people are fearful of performing in public and avoid it at all costs. Life requires us to speak, act, perform in public and so we must conquer these fears.
- Tournaments are huge social occasions. We make sure that we attend a certain circuit of tournaments. That means that the same clubs attend these tournaments, seminars, summer camp etc. This means that regular attendees at tournaments build up a network of friends from all over the country.
- Once you learn to manage the nerves, tournaments are a lot of fun. Even professional footballers, rugby players, inter-county hurlers get nervous and scared. They have just learned to manage it. This lets them enjoy the game. Also in tournaments, you can be at ringside to cheer on your friends and be cheered on yourself.

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### **Battle of Kinsale, Taekwon-Do Charity Event, Pre-Ristration form.**

Please return to your club Instructor before the 11<sup>th</sup> of April

The price of admission for all student's is **€20.00**, which must be returned to your club instructor before the date of the tournament with the end of this form. ALL parents and students from Fun-day & Tournament will gain free admission to the Main Event show.

Main Event Show Spectators: Child €3, Adult €5 & Family €10 payable on the door (after 2.00pm)

Name \_\_\_\_\_ Club \_\_\_\_\_

Belt Level \_\_\_\_\_ Age \_\_\_\_\_ Admission €20.00 \_\_\_\_\_ (Please include with this form.)