# 2025 Great Lakes Cup

# HANMADANG

**SAT. APRIL 12th. 2025** Haslett High School, 5450 Marsh Rd. Haslett, MI 48840

## Divisions:

Novice (7 Gup & up)
Intermediate (4-6 Gup)
Advanced (1-3 Gup)
Black Belt

*Maximum of 5 Events per person.*
(*Late registration 2 Events max)*

## Tentative Schedule of Events:

9:30 A.M. Tiger Tots Blocking Set / Breaking
10:00 A.M. Team Forms (& Weapons)
10:30 A.M. Individual Forms (& Creative Forms)
11:30 A.M. Creative Breaking
12:30 P.M. Bracketing for Sparring and SSS.
1:00 P.M. Demo Team competition
2:00 P.M Sparring (w/ regular hogu)

*Breaking Events (Power, Jump Front, Spin Hook) will take place at a ring throughout the day* starting 11:00 AM

Spectator Fee: $10, 5 & under Free

pre-registration *by mail* must be post marked by **April 2, 2025**

For rules and to pre-register online, go to **www.shinnstkd.com** and register by **4/4/2025.** Late registration 4/5 - 4/8, $20 late fee.

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*Name(First, Last):*_____ *( )M ( ) F Age:*____ *Belt Color*_____ *Rank*_____ *Gup/Dan*

Weight:_____lb (If Sparring) Phone ( )_____

Email:_____ TKD school name:_____.

*1 event $80( ), 2 events $100( ), 3 events $120( ), 4 events $140( ), 5 events $160( ) Amount Due: $*_____

*Please Check: ( ) Poomsae, ( )Team Poomsae*_____*(Team Name), ( )Creative Forms, ( )Weapons Form, ( )Creative Breaking, ( ) Power Knife Hand Breaking, ( )Power Side Kick Breaking, ( )Jump Front Kick Breaking, ( )Spin Hook kick Breaking, ( )Demo Team, ( )Soft Sword Sparring(SSS ), ( )Regular Hogu Sparring ( )Speed Kicking*

CC/DC # _____ Exp:_____ Zip Code_____
I authorize Shinn's Taekwondo to run my credit card for the amount due written above:

_____ /// _____
Print Name Signature

Mail to: Shinn's Taekwondo
1982 W. Grand River Ave #402
Okemos, MI 48864
Or text photo of this form to:
517-303-0564

In consideration of being allowed to participate in any way in the Great Lakes Cup Hanmadang, the undersigned acknowledges, appreciates and agrees that, for myself and on behalf of my heirs, and personal representative, hereby release and hold harmless the Shinn's Taekwondo Academy, Inc., their officials, agents and/or employees, other participants, with respect to any and all injury, disability, death, or damage to person or property, whether arising from negligence of the releasees or otherwise.
This is to certify that I (or parent/guardian with legal responsibilities for this participant) HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT. I do consent and agree to release as provided above of all RELEASEES, and for myself, my heirs, assigns, and next of kin, I release and agree to indemnify the RELEASEES from any and all liabilities provided above, even if arising from their negligence.

*Competitors Signature:*_____ *Date:*_____

*(Guardian's Signature if under 18)*_____*Emergency phone #*_____