



# IMA of Utah

## Competition Team Training

We invite you to be a part of the IMA of Utah competition team. This special training is for students who are interested in competition training.

This training is not for every one to come and train. You must be invited by your instructor and must compete in recommended tournaments.

November 21<sup>st</sup> – IMA Family Tournament – MANDATORY

You must participate in karate classes during the week and also extra practices.

These unique training are designed to prepare you for competitions and to elevate your karate speed, power, distance, timings, correct form and a lot more.

Training will start on September 11<sup>th</sup> to November 20<sup>th</sup>. All the training will be on Friday evenings (see schedule below). We will meet a total of 10 Fridays at the Cottonwood Heights Rec Center. We request that you come 15 minutes early and stay 10 minutes after to help with the mats.

The following is an application for your participation. Please fill out all the information and hand it into us by September 10<sup>th</sup> with the dues to reserve your spot on the competition team.

The family rate for this special training is:

1 Person \$150.00

2 Person \$225.00

Schedule of training:

Sept 11, 18	6:30-8:00 pm
Oct 2, 9, 16, 23, 30	6:30-8:00 pm
Nov 6, 13, 20	6:30-8:00 pm

Please let me know if you have any questions or concerns.

Sensei Marius  
(801) 918-0671  
sica3@comcast.net



# IMA of Utah Competition Team Enrollment Form

Please type or print clearly:

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Age: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Kyu \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Years of Training: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

Are you taking any medication? Yes No  
If yes, please explain

Amount Enclosed: \_\_\_\_\_

Are you going to be committed to all training? \_\_\_\_\_

Are you going to commit to minimum of two weekly classes? \_\_\_\_\_

In consideration for participation, training and instruction for competition team, the undersigned hereby promises to participate in the entire training schedule for that purpose and does not miss any training. If the training has been missed without permission for more than two times, Sensei Marius is authorized to dismiss the above person from the team.

The undersigned relieves, releases, and discharges the International Martial Arts Association (IMA) of Utah and any person, firm or association from any and all liability or claims of any kind which may arise in connection with the said participation, training or instruction.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student Signature

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

**Please return this form and payment no later than September 10<sup>th</sup>.**

## **Rules to Follow (see the hand book for the detail information):**

1. Must follow all training tasks
2. Karate-ka needs to work together and respect each other at all time
3. No complaining at any time from training or sparring each other
4. Display positive attitude at all time and work as a team
5. Must attend all regular scheduled classes or make them up
6. Make sure to come to training 15 minutes early and stretching before
7. Beginning of each training session, will start without stretching
8. Have daily special training. You need to send your training schedule to shihan by email.
9. No talking during the training
10. Must have good control during the sparring
11. Must have enough sleep the night before of the training.
12. Participate to fund raising. When the fund raising committee needs you
13. Participate to IMA functions such as: Tournaments, Annual Camp Black Belt Extravaganza, Belt Tests, Demonstrations, Parties and so on.
14. You must be committed to these training and show up to all the classes. If you miss more than two training you will be out of the competition team.