

Integrity Martial Arts

5TH ANNUAL CHAMPIONSHIPS



SATURDAY, MARCH 14TH 2026

**9:00am - 4:00pm - Exact time and
brackets posted by EOD 3/12**

Yasuhara Middle School 2701 N Perry St. Spokane, WA 99207

Main Events: Poomsae, Obstacle Course, Sparring
Side Events: Distance Kick, High Kick, Creative/Weapon/Pair Poomsae
New: Padded Sword Fighting

WWW.SPOKANEMARTIALARTS.COM/2026

2026 Integrity Martial Arts 5th Annual Championships

Date: March 14th, 2026

This is meant to be for everyone regardless of their skill level and should be a fun, inspirational tournament and not overly competitive. We are asking that all athletes, coaches, and parents, encourage and assist all athletes in the competition to make a fun pleasurable atmosphere for all athletes. The goal of this tournament is to have each student walk away with about 3 medals and be proud of all their hard work. I hope that this tournament will inspire all students to practice even harder inside and outside of class and each student will have something to work on. No gear is required, we provide all of the required gear to borrow (Shin and instep, forearm pads, head gear, chest protector), but if you have your own, bring it. We recommend that you bring a mouth guard and groin cup. A mouth guard is required for green belts and above. We will ensure you have a groin cup if you are a male and 9 years old and above.

No gear required!*

Tournament Schedule:

9am – Tournament Starts
4pm – The Tournament will
be done at or before this time

Beginner Friendly!

Inspiration To Train Harder!

Students will only need to be
present for about a 2 hour
time period if they sign up
for only the main events

Lots Of Fun!

The report time for students
will be listed on
www.SpokaneMartialArts.com/2026
by the end of the day on March 12th.

Times will generally be determined based on lowest rank, then youngest age although there will be some exceptions. If there is a scheduling conflict and one of the times don't work for you, we can work around those times just send us an email to integrityma@hotmail.com. All groups will be pre-bracketed to ensure the tournament goes quickly.

Divisions will usually consist of 3-4 students. You will know the group you are in a few days before the tournament starts, if you need to know sooner email us at integrityma@hotmail.com.

Bracketing will be done by Master Klinger along with your instructor's input.

Main Events:



Sparring:

The sparring tournament will be judged using points for scoring.

- 1 Point - Punch/Penalty, if you opponent gets a penalty, or if a punch is an extremely good punch. Most punches don't score.
- 2 Points – Body Kick
- 3 Points – Head kick, this is for green belts and above and must be light contact
- 4 Points – Turning/Spinning body kick
- 6 Points – Turning/Spinning head, green belts and above this must be very controlled and light contact

We will use the traditional WT penalties and the fights will be the best of three, one minute fights. Light head contact will only be allowed for green belts and above regardless of age. Most competitors should get the opportunity for sparring at least two different opponents.



Traditional Poomsae:

Poomsae will be graded individually on a scale of 5 to 10 with each judge giving a score between 5 and 10. A competitor may choose to do any form they have learned and will not be penalized on their choice, but it is recommended that it is appropriate to your rank. After all of the competitors are done, the winner will go to the competitor that has the most special points. Special points are calculated by giving 3 points to each judge's 1st pick, 2 points to each judge's 2nd pick, and 1 point to each judge's 3rd pick. In case of a tie, the tiebreaker will be the head Poomsae judge's vote.



Obstacle Course:

The goal of this event is for it to be a fun event where every competitor has a chance regardless of how they perform at the other events. You'll have to move around a series of obstacles and do various moves to complete the course. If you mess up on a course, time penalties will be applied to your final score. The competitor with the least amount of time, wins.

Side Events:



Furthest Flying Kick:

Competitors start with 3 lives and once they are out of lives they are out of the competition. One by one competitors have to jump before a line and then kick the target while jumping over the specified distance. A competitor must stay on their feet and can't touch the ground, kick the paddle, and not overstep the line. If they do not do the former, they lose a life and have to perform the attempt again until they are successful or out of lives. For ties, the competitor with more lives going into the last round wins ties. If it is still tied, the distance will be less for the next round and the tied competitors will be given 1 life for the tie breaker round on the side until there is a winner.



Highest Kick:

Competitors start with 3 lives and once they are out of lives they are out of the competition. A starting height will be measured with a paddle and students will attempt to kick the paddle at that height. Each round the height will be increased by a set amount. A competitor must stay on their feet and can't touch the ground, kick the paddle. If they do not do the former, they lose a life and have to perform the attempt again until they are successful or out of lives. For ties, the competitor with more lives going into the last round wins ties. If it is still tied, the height will be less for the next round and the tied competitors will be given 1 life for the tie breaker round on the side until there is a winner.



Creative/Weapon/Pair Poomsae:

In this event, competitors can do a Poomsae, with a partner, a weapon, or any made up Poomsae. Anything within reason is allowed as long as it remains in a 8 by 8 meter ring, is safe, and will not damage any property. The referee and tournament organizers are allowed to get the final decision. For example, a board breaking routine could be done if desired. If you have any questions, please let us know.



New! Padded Sword Fighting:

A new event at AAU nationals for Taekwondo. It will consist of two 1 minute rounds of point sparring with a padded sword. Players must keep two hands on the sword at all times. Excessive contact is not allowed. When contact happens the judge will quickly break the match and call for a point. The point will be awarded based off who made first contact. If the majority of the judges issue a point, then the player scores. 2 points for the head, 1 for the body. Players must wear a headgear and eye protection. All equipment is provided.

Pricing:

The cost to perform in all of the main events is \$70 total. We encourage everyone to participate in all of the events to make this tournament fun for beginners and give everyone the chance to win. The only way you can get better is to go out there and try it. If you have a concern, please contact us and we'll see if we can do anything to address your concerns. If there isn't, then you don't have to do all of the events.

Each additional side event is \$20 if you are registered for the main event.

Team Competition Trophies:

As the tournament is progressing each competitor's first place medal will score 3 points for their school, their 2nd place medal will score 2 points, and their 3rd place medal will score 1 point. The three schools that have the most points at the end that are not the host school will get a trophy. The more competitors you have and the higher they score the more points your team gets.

Registration:

Normal Registration Ends: Friday 2/28/26

Final Registration (+\$10) Ends: Friday 3/6/26

Late Registration (+\$15) Ends: Tuesday 3/10/26

Admissions:

Adults: \$10

Children 4-17: \$5

Children 0-3: Free

Cash only. School owners and people on the official volunteer list get free admission.

We are looking for people to volunteer for the following positions:

- Sparring Judging
- Forms Judging
- Sparring Equipment Helpers
- Awards
- Operating Obstacle Course Ring

Please contact us if you're interested. No experience needed, training provided.

Sign Up At: www.SpokaneMartialArts.com/2026

Tournament Location:

Yasuhara Middle School
2701 N Perry St. Spokane, WA 99207

Contact Information:

Integrityma@hotmail.com

Master Klinger: 509-720-8050