

## White Dragon Martial Arts of New Hampshire

Bill Gregory's Kajukenpo Karate/ Pai Lum Kung Fu & Tai Chi

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www.kajukenpopailum.com

# "Kick for Cancer 2008"

Dear Sifu/Sensei,

On behalf of Grandmaster Georganne Verigan, White Dragon Martial Arts is proud to be hosting the 19<sup>th</sup> annual Bill Gregory's Kajukenpo Pail Lum Federation "**Kick for Cancer**" open martial arts tournament on **Saturday April 5, 2008** at the Gilmanton School on Route 140 in Gilmanton Iron Works, NH.

It is only through the participation and cooperation of New Hampshire's and New England's finest instructors and students that "**Kick for Cancer**" is successful. For the past 18 years, we have come together in the spirit of competition and good sportsmanship to raise funds for hospice.

I encourage each of you to also participate this year. There will be awards for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place competitors and ribbons for all participants. I will also have extra medals available for those students who have shown extraordinary efforts in overcoming life's challenges to train in the Way of the Dragon. If you know of such a student, please let me know and I will set aside a medal just for them....

This year's event breaks down as follows:

### Years of training:

Beginner (less than 1 year)  
Intermediate (1-2 years)  
Advanced (2+ years)  
Black Belt and Advanced Black Belt

### Divisions:

Pee wee → 6 and under  
Junior → 7-8, 9-11  
Pre-teen → 12-13  
Teen 14-16 +  
Adult 17  
Black Belt, Jr. BB, Adv BB

### Events

**Traditional Forms** (kata)

**Sparring** (Head, foot & hand gear, cup and mouthpiece required for **ALL** competitors)

**Traditional Weapons** (advanced [2+ years training experience] & black belt only)

**NO "live" edged weapons**

**Added Divisions for sparring -**

Girls 12-13, 14-16 Adult women 17+, Women's Black Belt, and Senior Black Belt 41+

**Self Defense** - + 18 years old, Brown and Black Belt **ONLY**.

Self defense event is a trial event open to Brown and Black Belts age 18 years and older **ONLY**. Judges will select three (3) self defense techniques, with or without a take down and the competitor will demonstrate the technique in slow motion and then perform the technique in real time to show its effectiveness. Competitor **MUST** provide their own attacker.

Attacks can be with or without takedowns (Judges choice):

Kicks / Punches / Grabs – from the front or from the rear / Chokes – from the front or from the rear / Knife and/or gun attack (SAFE weapons are provided by Judges **ONLY**)

