

# IFK Australia Tournament Series



**PADDED CONTACT - MARCH 3rd**

**Sunday 3<sup>rd</sup> March 2019**

**Padded Contact Tournament**

**For juniors and cadets**

**Where :** Drummoyne Senior Citizens Club  
422 Lyons Rd, Five Dock Sydney  
**Check-in 9am, Start 9:30pm**

**Entries close :** Friday 22<sup>nd</sup> February at midnight

**Cost :** \$30 online at Trybooking.com

<https://www.trybooking.com/BATKF>

**For Contact Kumite Divisions the following equipment is required:**

**Junior Divisions:** clean dogi with appropriate badges, mouth guard, groin guard (males), protective head gear (no face guard), shin & instep protectors, and mitts as approved by IFK Australia

**Padded Contact:** all the above, and foam-dipped chest-guard (head gear and chest-guard provided by the IFK Australia, if you don't have your own)

**Cadet Division:** clean dogi with appropriate badges, mouth guard, groin guard (males), protective head gear (no face guard), and shin & instep protectors as approved by the IFK Australia.

**Optional:** Chest guards (females) but highly recommended, must be of separate cup type and must not cover the solar plexus.