

STATE GAMES of MICHIGAN 2021

(aka MEIJER STATE GAMES)

The State Games of Michigan World Class Tae Kwon Do Tournament will be held virtually for 2021.

One video will include basics and form.

Basics - 3 different techniques of the participants choice.

Each individual technique done 3 times forward and with a turn around, 18 repetitions in all.

Combining a kick and a hand technique is acceptable, e.g. middle punch, knife strike, side kick.

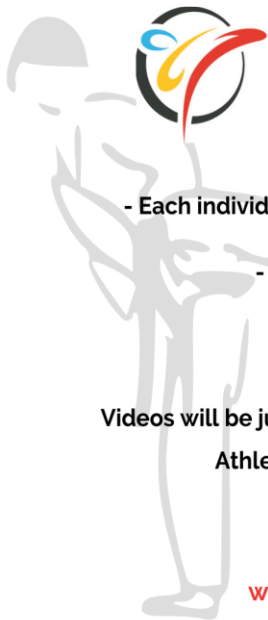
Form - any one form up to the current belt level.

Please include name and belt rank with video so we know who they are.

**Deadline to register and submit video:
Thursday, June 24 at 11:59 PM**

Virtual Tae Kwon Do Basics & Forms Tournament

Presented by



**WORLD CLASS
TAE KWON DO**



**STATE GAMES OF
MICHIGAN**

Basics (marching/drills):

- 3 techniques of your choice
- Each individual technique will be demonstrated 3 times forward & with a turn around for a total of 18 repetitions
- Participants may combine hand & kicking techniques

Forms (poomse):

Any one form up to current belt rank

Videos will be judged by a panel of 3 World Class Tae Kwon Do Masters 4th - 8th dan

Athletes eligible to qualify for the 2022 State Games of America

Questions contact stategames@ramosinstitute.com

Sign up now at

www.stategamesofmichigan.com/events/tkd2021