

TwinTiersMartialArtsChampionship.com



6-10-23

OPEN to ALL STYLES



Sport Jujitsu
(Continuous Format - Strike,
Kick, Throw, Grapple & Submit!)

Forms (Kata)
Point Sparring
Self-Defense

Grappling

The L - Event Center
Horseheads, NY

Ages 5 to Adult





Twin Tiers Martial Arts Championship

"Knowledge is Power. Competition is Testing Your Skill, Knowledge & Power."

Dear Martial Artist and Martial Arts Supporter,

American Family Karate & Jujitsu of Elmira, NY is pleased to bring the 3rd annual Twin Tiers Martial Arts Championship (TTMAC) to the Twin Tiers of New York and the Northern Tier of Pennsylvania! It is our sincere hope that this is a positive and educational experience for all involved.

This Open-to-All-Styles Tournament has grown and this year we will be having the tournament at the 'L' Event Center in Horseheads NY. There is plenty of free & convenient parking, onsite food & drink, hotels and more. There will also be a number of vendors including a professional photographer and official TTMAC apparel.

TTMAC is open to all schools and all styles. This year we have added Sport Jujitsu divisions to the event. We will be following American Sport Jujitsu League (ASJL) rules AND our tournament is a qualifying event for the ASJL National Championship, with national Can-Am Team Fights, in October 2023.

Martial Arts is a fun way for both boys and girls, young and old, to achieve self-confidence, fitness, and focus. Each year we provide an opportunity for students of all ages and all levels to come together and present their martial arts skills in healthy and fair competition. Whatever style they train in, we offer a platform for demonstrating their skills and accomplishments.

TTMAC is a great opportunity to grow in your martial arts journey whether you are a beginner or a seasoned martial artist. We look forward to having you compete in the Twin Tiers Martial Arts Championship! OSS!

Sincerely,

Shawnie J Brown

Shawnie J. Brown

6th Dan

Owner & Head Instructor at American Family Karate & Jujitsu





Twin Tiers Martial Arts Championship

"Knowledge is Power. Competition is Testing Your Skill, Knowledge & Power."

You can also Register On-Line at:

<http://TwinTiersMartialArtsChampionship.com>

SCHEDULE OF EVENTS

8:00 am – Doors & Registration Open
9:00 am – Blackbelt Meeting
9:30 am – Competitor Meeting
10:00 am – Tournament Starts

Awards for 1st, 2nd, & 3rd in each division.

Eight (8) Grand Champions

Youth Blackbelt Kata – Thank you **Guthrie**
Adult Blackbelt Kata - Thank You **Ward Manufacturing**
Youth Self-Defense - Thank You **Hilliard**
Adult Self-Defense
Men's Blackbelt Point Sparring
Women's Blackbelt Point Sparring- Thank You **Hilliard**
Men's Blackbelt Sport Jujitsu Sparring
Women's Blackbelt Sport Jujitsu Sparring.

Cash, and great prizes for each champion.

Special LIVE Seminar on *Comprehensive Anatomy for Martial Arts*! Presented by the author, Grand Master Barry Broughton, PhD.

From stand-up striking, to grappling, and everything in between, *Comprehensive Anatomy for Martial Arts* will enhance your skillset and your understanding of techniques.

The book is a deep dive into the anatomy and biomechanics of martial arts and combat sports.

Want to add Science to Your Martial Arts training?

"This book will take you as deep as you want into the aspects of Martial Science."
~R. Fields, MD 9th Dan Black Belt

"Comprehensive Anatomy for Martial Arts fills a Huge Void in the martial arts industry." ~RJ J. MD, PhD 6th Degree Black Belt

Comprehensive ANATOMY for MARTIAL ARTS
A Science Approach to Anatomy and Biomechanics
Barry A. Broughton, PhD

• Nearly 500 pages
• Over 400 detailed Color images!

Available NOW on **amazon** and **BARNES & NOBLE**
In Paperback & Hardcover

Friday, June 9 @ 6:00pm

Register at:

https://bit.ly/AnatomyForMartialArts6_23

Read about it in Black Belt Magazine:

<https://bit.ly/bbm-2023>

Get the book for yourself:

<https://amzn.to/3XxKInD>



Twin Tiers Martial Arts Championship

"Knowledge is Power. Competition is Testing Your Skill, Knowledge & Power."

TTMAC POINT SPARRING & FORMS/KATA RULES

Rules have been designed around the safety of competitors and efficiency for all involved.

FORMS

- This is a Traditional forms division. No music, acrobatics or gymnastics are allowed.
- Competitors will come up one at a time and do their form.
- Judges may assist the younger students with their form as we have many new white belts, and score accordingly.
- In the event of a tie, the highest score, then lowest score will be removed. If still a tie, beginner competitors will perform the same form again. Intermediate and advanced competitors must do a different form.

POINT SPARRING

- Competitors are required to wear head, foot, hand and mouth protection. Males must have groin protection. Mouthpieces are required regardless of face shields. Face shields optional.
- Light contact to the headgear is acceptable in all rank and age divisions. Face shields are part of headgear.
- Competitors can receive two warnings per fight for any reason, upon third incident the fighter will be disqualified.
- Contact to illegal targets will result in a warning. Those areas include face (non-accidental), groin, spine, and neck.
- Underbelt: 11 years and under 3pt. / 12 years and up 5pt. All techniques are one point.
- Black Belt: matches are five points. All techniques are one point.
- Students from the same school will be separated in the first round if possible.
- Once a bracket begins it is closed, no late entries.
- Head referee will have authority to make decisions on a case-by-case basis.
- No sweeps or takedowns allowed.

COACHING

- Coaching is allowed in sparring & grappling divisions.
- One coach per fighter. Anyone not able to act professionally will be asked to leave the ring.

SCORING & DIVISIONS

- All competitors will be scored at the conclusion of the division.
- All scoring will be done on the supplied white boards.
- Divisions may be combined or split the day of the event to allow for the best competition based on the total number of registered competitors.



Twin Tiers Martial Arts Championship

"Knowledge is Power. Competition is Testing Your Skill, Knowledge & Power"



ASJL CSJJ Sparring Rules Summary

Complete Rules & Regulations available at <https://bit.ly/ASJL-Rules>

Standard Rules in ALL Sport Jujitsu Sparring Divisions

- Competitors must wear a traditional Japanese/Korean style Jujitsu, Judo, or karate gi; heavy weight uniforms are recommended, but not mandatory.
- Contests consist of **2 rounds** of continuous action fighting, with a break between rounds. Scores are tallied with red and white marked mechanical counters, (here after referred to as "Clickers"), by the corner judges. If there is a tie after two rounds an additional 3rd round is held to determine the winner. In the event of a tie after the 3rd round; additional 1minute rounds will be held and scored until a winner is determined.
- **Scoring - In ALL Divisions**
Points are scored with strikes and kicks, as well as legally authorized throwing techniques; Throwing technique reversals, and control holding techniques (Osaekomi-waza).
 - One (1) point for a kick or punch to the body
 - One (1) point for a hand strike to the head
 - Two (2) points for a kick to the Head (to be determined, and called, by center referee)
 - Point value of throws (1, 2, 3, or 4 points) will be determined, and called, by center referee
 - Two (2) pts for a successful pin held for 10 seconds
 - **No striking of any kind on the ground**
- Submissions are LEGAL for groups ages 12 years and older.
- The center referee controls the match, and calls: successful 2-point head kicks; the point value of successful throwing techniques; and point scores for successful ground pins.
- Contestants must remain inside the authorized competition area. In the event of both competitors' belts have passed into the safety zone (standing or grappling), the center referee will stop the action and restart from the center of the ring; in the standing position. This is for the safety of the competitors, if a competitor loses the advantage in a gripping situation or grappling situation; that advantage is lost. **Competitors MAY use the ring as a strategy to gain advantage; this adds ring control strategy and excitement to the competition.** However, if a contestant is running out of bounds **to avoid engagement** of the match, that competitor may be penalized!

- **Legal Target Areas for strikes**



Side and Back



Front View

- **10-Second Grip.** Once a grip has been established, by either competitor, one strike from either competitor will be allowed during the first three (3) seconds of this encounter; after 3 seconds all striking ceases until the referee restarts the match in the standing position. The criteria for grappling allows a competitor to hold his/her opponent in any legal manner for ten (10) seconds while in a standing position, after which time if there has been no takedown or throw, the competitors must release the hold, (on a command by the center referee), the referee separates the competitors and restarts the action.



Twin Tiers Martial Arts Championship

"Knowledge is Power. Competition is Testing Your Skill, Knowledge & Power"



LEGAL TECHNIQUES

- Light contact punches, kicks and strikes to legal target areas.
- Sweeps and Base leg sweeping techniques.
- Vascular chokes.
- Throwing techniques.
- Pinning and Control Techniques.
- Joint lock and Choking Submission techniques in divisions ages 12 and over ONLY.

ILLEGAL TECHNIQUES

- Strikes that are thrown with no control or cause penetration to target. **Light Contact Rules will be Enforced!!!!**
- Strikes or kicks to the Face Mask (T-zone) area: Eyes, Nose, & Mouth. (NOTE: Cheek, forehead, chin, and side of face, are legal striking areas; entire head gear in Junior divisions is a legal Target area)
- Kicks below the Beltline and above the Achilles tendon area. (Boot to boot sweeps are legal techniques.)
- Any technique that puts severe pressure on the neck, such as neck takedowns or twisting the neck during hold downs or throws that cause a competitor to land on his head and/or neck.
- Respiratory chokes (attacks to the wind pipe)
- Twisting knee locks.
- Ankle or Neck Cranking Submissions.
- Slamming opponent on back in the guard position.
- Small joint manipulation: Finger locks are illegal. (WRIST locks are OK!)
- Submissions are Illegal in age groups 11 years old and under.

Throwing / Takedown Point Scoring

This competition format is designed to test all fighting ranges of its athletes and views takedowns similar to the accepted throwing techniques executed in Judo competitions.

Criteria for throwing are equivalent to Judo-style point evaluations.



1-point throw (koka) – Takedown where opponent lands in seated position or maintains a level of control.



2-point throw (yuko) – Takedown where opponent is forced to floor but both feet remain on the mat



3-point throw (Wazari) – Throw where one foot leaves the mat, but opponent lands on their side



4-point throw (ippon) – Full throw where both feet leave the mat and/or the opponent lands on their back

***Note:** Sitting and dropping into the bottom legs around position (Pulling guard) IS NOT considered a take down or throw. BUT "Pulling Guard" is allowed in this format; however, points cannot be scored by doing so.



Twin Tiers Martial Arts Championship

"Knowledge is Power. Competition is Testing Your Skill, Knowledge & Power"



Ground grappling rules and points

After a throw, take down, or attempt; once the competitors are on the ground, the center referee signals the assigned ground timer to start the clock (*The signal is done by holding up the right clinched fist and loudly stating "Ground"*). **Grappling is allowed for 20 seconds of regulation time in Junior divisions and 30 seconds of regulation time in Cadet and Adult divisions.** At the end of the 20 or 30 second time the ground timekeeper (who is different from the round timekeeper) blows a whistle or rings a bell that signals the referee to stand the competitors and resume action (competitors do not return to the middle of the mat unless instructed to do so).

- **NO STRIKES, OF ANY KIND, ARE PERMITTED ON THE GROUND.** **The guard or bottom legs around position (ashi kuruma) is NOT a control position, it is a defensive position; therefore, no points will be awarded for holding a player from the bottom. The referee has the option to call stalling as an infraction if a player falls into the guard position repeatedly with no attempt to apply a submission.
- **Points can be scored for a successful controlling position;** which is determined by the referee. Standard Judo Holding techniques will be used (*Scarf hold, shoulder hold, side four corner, upper four corner, mounted four corner, rear mount WITH HOOKS IN, etc.*) Once a hold has been initiated the referee states "HOLD" and counts off. **If the pin is held for 10 seconds, the player scores 2 points;** the referee signals the point and the corner judges "click" for the designated player.
 - In **JUNIOR divisions (60-second rounds)** the referee resumes counting for an additional 5 seconds and awards another 1 point; resumes counting an additional 5 seconds and awards another 1 point. A maximum of 4 total points can be awarded for control holds, if the technique is held for 20 full seconds.
 - In **CADET and ADULT divisions (90-second rounds)** submissions are permitted. Points can be scored for a successful controlling position; which is determined by the referee. Once a hold has been initiated the referee states "HOLD" and counts off. If the pin is held for 10 seconds the player scores 2 points; **THEN** the action must be focused to obtain a submission technique. No further ground points can be scored in that ground engagement. The center referee may instruct the competitors to work for submission. A competitor can win the ROUND with a submission.
 - In **BLACK BELT divisions (120-second rounds)** rules are the same as Cadet & Adult divisions except a competitor who obtains a submission wins the MATCH!
- During the ground time if in the opinion of the referee there is a stalemate and no action is happening, the referee can order the fighters to stand up without waiting for the ground time to run out.
- If a player "Taps" for any reason; he forfeits, and his opponent will be declared the round or match winner. If a referee calls a submission and intervenes for the safety of the contestants; that is a submission, and the round or match winner will be declared. **This is for the safety of the competitors;** please do not protest a referee decision when calling submissions.

Match Completion

- The winner of the round is signaled by the judges holding up the red or white flagged clicker.
- Clicker counters are cleared after each round. The first competitor to win two rounds is declared the Winner. In the event of a tie after two rounds an additional 3rd round is held to determine the winner. In the event of a tie after the 3rd round; additional 1minute rounds will be held and scored until a winner is determined.
- Successful submissions will win the ROUND in under Black Belt divisions.
- Successful submissions, in any round, will win the MATCH in Black Belt Divisions.
- The winner of the Match is signaled by the Referee; raising his arm to the red or white flagged competitor.
- All JUNIOR (ages 11 & under) and CADET (12 to 17 years of age) competitors MUST wear approved head gear in all sparring divisions.

*****NOTE:** Since grabbing, holding, and throwing of the opponent is allowed; it is incumbent upon all coaches to ensure that their competitors are trained in, and are able to use, break-fall/safe landing techniques. A competitor who attempts a throwing technique must comply with the conditions imposed in the Explanation of a Safe Attack. If a competitor throws their opponent in full compliance with the stated rule requirements and an injury results due to the opponent failing to make a proper break-fall, then the injured party is responsible, and the thrower should not be penalized. Self-caused injury can result when a contestant, being thrown, instead of making a break-fall lands on an extended arm or elbow or holds onto the thrower and pulls them down on top of themselves.



Twin Tiers Martial Arts Championship

"Knowledge is Power. Competition is Testing Your Skill, Knowledge & Power."



ASJL Duo/Self-Defense Rules Summary

Complete Rules & Regulations available at <https://bit.ly/ASJL-Rules>

Self-Defense/Duo is a Competition discipline in which a pair of Bujutsu-ka's (Martial art athletes); from the same team, show possible self-defense techniques against a series of attacks, to cover the following typologies:

****NOTE:** *Either member of the team may attack or defend at any given time*

- A. **Grips** - grip attacks (grips with the hand to defender's body or uniform)
- B. **Restraints** - embrace attacks (or strangulations)
- C. **Strikes** - striking attacks of any kind (punch or kick)
- D. **Weapons** - armed attacks using traditional, modern, or improvised weapons (stick, knife, sword, staff etc...)

The Duo system competition categories:

- A. Male
- B. Female
- C. Mixed

Each Category sub-division

- A. **Juniors** (Age 11 and under) - Must defend a minimum of six (6) techniques; consisting of various grip, restraint, and striking attacks
- B. **Cadet** (12 to 18 yrs) - Beginner, Novice, & Advanced. Must defend a minimum of nine (9) techniques; consisting of various grip, restraint, and striking attacks
- C. **Adult under Black Belt** - Beginner, Novice, & Advanced. Must defend a minimum of nine (9) techniques; consisting of no less than three (3) grip, three (3) restraint, and three (3) striking attacks
- D. **Black Belt** Must defend a minimum of twelve (12) techniques; consisting of no less than three (3) grip, three (3) restraint, three (3) striking attacks, and three (3) weapon attacks **(Divisions can be combined to accommodate the number of participants).*

The athletes are judged for their speed, accuracy, control and realism. It requires great technical preparation, synchronicity and elevated athletic qualities.

CRITERIA FOR DECISION

The judging procedures and criteria are the same as individual/team kata.

Techniques must be performed with competence and must demonstrate a clear understanding of the traditional principles it contains. In assessing the performance of a contestant or team the Judges will look for:

- A. Realistic demonstration of technique
- B. Understanding of the technique being used
- C. Good timing, rhythm, speed, balance, and focus of power (KIME).
- D. Correct and proper use of breathing as an aid to KIME.
- E. Correct focus of attention and concentration
- F. The performance should also be evaluated with a view to discerning other points such as the difficulty of the techniques presented and team synchronization without external cues is an added factor.



Twin Tiers Martial Arts Championship

"Knowledge is Power. Competition is Testing Your Skill, Knowledge & Power."



ASJL Brazilian Jiu-Jitsu Grappling Rules Summary

Complete Rules & Regulations available at <https://bit.ly/ASJL-Rules>

Ages 11 and under. Submissions are not permitted in these age groups. These divisions will follow the same protocol and scoring as the Combat Sport Jujitsu divisions with the exception of no strikes.

This is a "Submission Only BJJ" format for all divisions ages 12 and above. Points are NOT awarded for the specific control positions and the competitors theoretically only win if they get a submission. This format places less emphasis on maintaining position, and more emphasis on attacking submissions. The competitor wins via tap-out, verbal tap-out, or referee stoppage due to imminent danger. Athletes can attempt throws, takedowns, and both standing and ground submissions until one gives up or the time limit is reached.

Legal submissions include:

- All variations of wrist locks
- All variations of arm-bars
- Shoulder locks
- Chokes, strangulations, and smothers
- Leg locks (including hip, knee and ankle)
- Compression locks (arm and leg, also known as slicers)

Neck cranks, spine locks and twisting knee locks are ILLEGAL and will be penalized.

COMPETITION FOULS

- Stalling (if one or both competitors do not attempt to engage, advance their position, or fail to attempt a submission for 15 seconds)
- Sitting down to obtain the guard position without being physical engaged
- Running away from an opponent
- Small joint manipulation
- When gripping, no gripping of fingers or toes
- Bending fingers backwards

Referees will give warnings and penalties for competition fouls as follows:

- **First instance:** a warning
- **Second instance:** 2 points awarded to the competitor's opponent
- **Third instance:** 3 points awarded to the competitor's opponent
- **Fourth instance:** the competitor(s) will be disqualified

This is a Summary page.

A full list of Minor Fouls, Competition Fouls, and Severe Fouls can be found on the **Complete Rules & Regulations** available at <https://bit.ly/ASJL-Rules>

OVERTIME

In the event of a tie match, penalty points will determine the winner and no overtime round will be necessary; however, if the penalty points are equal one additional round will ensue to determine a clear winner.

Any legal submission automatically ends the overtime round and match.

Points to be used during OVERTIME ROUND ONLY!!!

Takedowns:

1 point if the takedown takes the match from standing, to the ground in a neutral position

2 points if the takedown takes the match from standing, directly to a position of Advantage on the ground

Position/pin:

2 points for gaining a position of advantage (Standard Judo Holding techniques will be used (Scarf hold, shoulder hold, side four corner, upper four corner, mounted four corner, rear mount WITH HOOKS IN, etc...)) Once a hold has been initiated the referee states "HOLD" and counts off. If the pin is held for 10 seconds, the player scores 2 points. Once the pin points are awarded the competitor must make legitimate submission attempts; or may be penalized for stalling!!!

Ending the Match. At the end of overtime, the points, including penalty points and points from regulation match play are calculated, the winner will be determined. If the points are again tied the center referee, arbitrator, and scorekeeper of the match (three judges) will call for winner of the match based on match control, dominant positioning, and quality of attempted technical grappling. (A winner must be determined; there will be no tie matches or 2nd overtime.)



Twin Tiers Martial Arts Championship

"Knowledge is Power. Competition is Testing Your Skill, Knowledge & Power."

ASJL CSJJ Quick View	Junior <i>Ages 7 & under</i>	Junior <i>Ages 8-11</i>	Cadet <i>Ages 12-17</i>	Adult Under-Belt <i>Ages 18+</i>	Adult Black Belt <i>Ages 18+</i>
Round Time	1-minute	90-seconds	90-seconds	2-minutes	2-minutes
Time between Rounds	30-seconds	30-seconds	30-seconds	30-seconds	1-minute
Ground Time	20-seconds	20-seconds	30-seconds	30-seconds	30-seconds
Ground Points	2 pts for 10 seconds +1 pt for +5 seconds +1 pt for +5 seconds	2 pts for 10 seconds +1 pt for +5 seconds +1 pt for +5 seconds	2 pts for 10 seconds Then MUST try for submission	2 pts for 10 seconds Then MUST try for submission	2 pts for 10 seconds Then MUST try for submission
Submissions	Not Allowed	Not Allowed	Wins Round	Wins Round	Wins Match

ASJL Grappling Quick View	Junior <i>Ages 11 & under</i>	Cadet <i>Ages 12-17</i>	Adult Under-Belt <i>Ages 18+</i>	Adult Black Belt <i>Ages 18+</i>
Round Time Length (Overtime)	2-minutes (1-minute)	3-minutes (2-minutes)	3-minutes (2-minutes)	6-minutes (3-minutes)
Time between Rounds	30-seconds	30-seconds	30-seconds	1-minute
Ground Points	2 pts for 10 seconds +1 pt for +5 seconds +1 pt for +5 seconds After 20 seconds must change position	No points. Submission-only format.	No points. Submission-only format.	No points. Submission-only format.
Submissions	Not Allowed	Wins Match	Wins Match	Wins Match
Points for Overtime ONLY	Takedowns: 1 or 2 Position/Pin: 2	Takedowns: 1 or 2 Position/Pin: 2	Takedowns: 1 or 2 Position/Pin: 2	Takedowns: 1 or 2 Position/Pin: 2



Twin Tiers Martial Arts Championship

"Knowledge is Power. Competition is Testing Your Skill, Knowledge & Power."



Division and Competition Levels (age, weight, & training time)

These are guidelines. Divisions May Change at the Director's discretion based on the number of registered competitors.

Competitive Level

- Beginner – Less than 1 year (12 months) of training in ANY martial arts style.
 - Novice – 1 to 3 years (13 - 36 months) of training in ANY martial arts style.
 - Advance – 3 to 5 years (37 - 59 months) of training in ANY martial arts style.
 - Black Belt – 5 years* or more (60+ months) of training in ANY martial arts style.
- * Note: Black Belts in ANY style of martial art MUST compete in the Sport Jujitsu Black Belt division regardless of training time.

Age & Weight

- **Junior** (No submissions allowed. Grappling points are only awarded on position and control.)
 - 5 & Under: Boys and Girls (open weight)
 - 6 & 7: Boys and Girls (open weight)
 - 8 & 9: Boys – Light (under 90 lbs) and Heavy (90 lbs & up)
 - 8 & 9: Girls – Light (under 90 lbs) and Heavy (90 lbs & up)
 - 10 & 11: Boys – Light (under 100 lbs) and Heavy (100 lbs & up)
 - 10 & 11: Girls – Light (under 100 lbs) and Heavy (100 lbs & up)
- **Cadet** (Submissions allowed. A submission wins the Round.)
 - 12 & 13: Male – Light (under 130 lbs) and Heavy (130 lbs & up)
 - 12 & 13: Female – Light (under 120 lbs) and Heavy (120 lbs & up)
 - 14 & 15: Male – Light (under 160 lbs) and Heavy (160 lbs & up)
 - 14 & 15: Female – Light (under 140 lbs) and Heavy (140 lbs & up)
 - 16 & 17: Male – Light (under 180 lbs) and Heavy (180 lbs & up)
 - 16 & 17: Female – Light (under 155 lbs) and Heavy (155 lbs & up)
- **Adult under Black Belt** (Submissions allowed. A submission wins the Round.)
 - 18 - 35: Male – Light (under 190 lbs) and Heavy (190 lbs & up)
 - 18 - 35: Female – Light (under 165 lbs) and Heavy (165 lbs & up)
 - 36 - 49: Male – Light (under 195 lbs) and Heavy (195 lbs & up)
 - 36 - 49: Female – Light (under 170 lbs) and Heavy (170 lbs & up)
 - 50 & up: Male – Light (under 195 lbs) and Heavy (195 lbs & up)
 - 50 & up: Female – Light (under 170 lbs) and Heavy (170 lbs & up)
- **Black Belt** (Submissions allowed. A submission wins the Match.)
 - 18 - 35: Male
 - Light (154.9 lbs & under)
 - Middle (155 lbs – 169.9 lbs)
 - Super Middle (170 lbs to 184.9 lbs)
 - Light-Heavy (185 lbs to 199.9 lbs)
 - Heavy (200 lbs to 224.9 lbs)
 - Super Heavy (225 lbs & over)
 - 18 - 35: Female – Light (under 165 lbs) and Heavy (165 lbs & up)
 - 36 - 49: Male – Light (under 195 lbs) and Heavy (195 lbs & up)
 - 36 - 49: Female – Light (under 170 lbs) and Heavy (170 lbs & up)
 - 50 & up: Male – Light (under 195 lbs) and Heavy (195 lbs & up)
 - 50 & up: Female – Light (under 170 lbs) and Heavy (170 lbs & up)

Female Adult (All Ranks, if a middle weight division is needed.)

- Light (129.9 lbs & under)
- Middle (130 lbs - 159.9 lbs)
- Heavy (160 lbs & over)



Twin Tiers Martial Arts Championship

"Knowledge is Power. Competition is Testing Your Skill, Knowledge & Power."

LOCATION

(We have a new location for 2023!)

The 'L' Event Center
116 Breesport Rd
Horseheads, NY 14845

[Click Here for a Map to the Event](https://bit.ly/Map-to-L)
<https://bit.ly/Map-to-L>



Parking is free with easy access to the tournament.

The 'L' Event Center is conveniently located in Horseheads NY right off State Route 13 just north of I-86 and located less than 10 minutes from the Elmira/Corning Regional Airport. It's perfectly located near multiple hotels for some great experiences and entertainment before and after the tournament.



The Twin Tiers of New York is [Mark Twain Country](#), a beautiful area to visit in the [Southern Finger Lakes](#) and while visiting check out the wide variety of museums, wineries & breweries, state parks, waterfalls, tours and so much more that is available in the [Finger Lakes Region](#).

 FOOD MENU	
SMASH CHEESEBURGER	\$ 8.00
PIZZA SLICE	\$ 3.00
HOT DOG	\$ 4.00
CONEY DOG <small>Beef hot dog with Coney Island meat sauce</small>	\$ 5.00
FRIES	\$ 3.00
LOADED FRIES <small>Fries with meat sauce and cheese</small>	\$ 6.00
NACHOS <small>With cheddar cheese sauce</small>	\$ 5.00
MOZZARELLA STICKS (4) <small>With marinara sauce</small>	\$ 6.00
COOKIES <small>Chocolate chip or snickerdoodle</small>	\$ 3.00
SODA	\$ 4.00
BOTTLED WATER	\$ 4.00
SMART WATER	\$ 5.00
MONSTER (Regular & Zero Sugar)	\$ 6.00



Twin Tiers Martial Arts Championship

"Knowledge is Power. Competition is Testing Your Skill, Knowledge & Power."

HOTEL INFORMATION

Hotel Discount Rates that we negotiated expire on May 1, 2023

Book fast, as there is also a Nascar event in Watkins Glen and most hotels will be booked with limited, if any, availability.

<p><i>Discount Rate Available until May 1</i> Best Western Plus Horseheads Inn & Suites 2671 Corning Road Horseheads, NY 14845</p> <p>Phone: 607-398-2346 \$159 +tax per night for 2 Queen beds \$159 +tax per night for 1 King Bed</p> <p><i>Breakfast is included.</i></p> <p>Group CODE: TTMAC Call to make your reservations</p> <p>View Rooms & Amenities</p>		<p><i>Discount Rate Available until May 1</i> Clarion Inn Elmira – Horseheads 760 East Water Street Elmira, NY 14901</p> <p>Phone: 607-734-4211 \$139 +tax per night for 2 Double beds \$149 +tax per night for 1 King Bed</p> <p>Group CODE: 4600789 Call to make your reservations</p> <p>View Rooms & Amenities</p>
<p>Travel Inn 2707 Westinghouse Rd Horseheads, NY 14845</p> <p>Phone: 607-739-3807 \$80 +tax per night for 2 Full Size beds</p> <p><i>Breakfast not offered.</i></p> <p>Group CODE: Martial23 Call to make your reservations</p>	<p><i>Discount Rate Available until May 1</i> Courtyard by Marriott Elmira 202 Colonial Dr Horseheads, NY 14845</p> <p>Phone: 607-795-5900 \$199 +tax per night for 2 Queen beds \$179 +tax per night for 1 King Bed</p> <p><i>Breakfast is included.</i></p> <p>Group CODE: TTMS Click Here to make your reservations</p> <p>View Rooms & Amenities</p>	<p><i>Discount Rate Available until May 1</i> Candlewood Suites 198 Colonial Dr Horseheads, NY 14845</p> <p>Phone: 607-873-7676 \$139 +tax per night for 1 King bed</p> <p><i>Breakfast not offered. Rooms have kitchen & fridge.</i></p> <p>Group CODE: TTM Click here to make your reservations</p> <p>View Rooms & Amenities</p>



Register Online at: TwinTiersMartialArtsChampionship.com

Twin Tiers Martial Arts Championship

Mail check & form to: AFK
103 Hoffman St., Elmira NY 14905

Presented by:



Competitor Registration Form

Saturday, June 10, 2023

Black Belt Meeting 9:00 am

Competitor Meeting 9:30 am

| Tourny start 10:00 am

EVENTS

(Select multiple events you will be participating in and select ONE Experience category.)

☐ Sport
Jujitsu

☐ Point
Sparring

☐ Self-
Defense

☐ Kata/
Forms

☐ Grappling

Experience:

☐ Beginner

(Less than 1 yr training)
{white/yellow/orange}

☐ Novice/Intermediate

(12-35 months training)
{orange/purple/green/blue}

☐ Advanced

(36-59 months training)
{blue/brown/red}

☐ Black Belt

(60+ months)

****EXPERIENCE LEVEL:** is determined by the TOTAL time training in any/all martial art(s) combined. Not just Jujitsu or Kung Fu or wrestling or Karate. Remember that Sport Jujitsu & Grappling divisions are about various styles of martial arts competing within a specific set of rules, not a martial arts system. To maintain the integrity of the sport, misrepresentation of training will result in the violator being banned from participation in future sanctioned events.

EARLY BIRD (EB) deadline is April 30. Tournament registration is \$70 for 3 events, each additional event is \$5.

Spectator Pass is \$3. Must be postmarked by April 30.

PRE-REGISTRATION (PR) deadline is June 2. Tournament registration is \$80 for 3 events, each additional event is \$5. Spectator Pass is \$4. Must be postmarked by June 2.

LATE / DOOR (LD) registration is \$90 for 3 events, each additional event is \$5. Spectator Pass is \$5. No Personal Checks accepted at the door. Cash or Credit Card only. Mail-in not available for Late Registration.

COMPETITOR INFORMATION

(Please Print Neatly)

Name: _____

Gender: _____

Date of Birth: ____ / ____ / ____

Age on 6/10/23 _____

Rank: _____

Email: _____

Phone: _____

TOTAL Training Experience**

Years: _____

Months: _____

Weight: _____

Full Address: _____

Parent/Guardian Name: _____

School Name: _____

Instructor Name: _____

School Address: _____

School Phone: _____

TOURNAMENT T-SHIRT

Select shirt sizes & quantities you want

_____ Child XS (2-4)

_____ Adult L

_____ Child S (6-8)

_____ Adult XL

_____ Child M (10-12)

_____ Adult 2XL

_____ Child L (14-16)

_____ Adult 3XL

_____ Child XL (16-18)

_____ Adult 4XL

_____ Adult Small

_____ Adult 5XL

_____ Adult Medium

_____ Adult 6XL

TOTAL REGISTRATION

Please use correct rate (EB/PR)

1 Registration Fee (\$70/\$80)

= \$ _____

_____ Extra Events x (\$5/\$5)

= \$ _____

_____ Spectator Passes x (\$3/\$4)

= \$ _____

_____ T-shirt (Ch - Ad XL) (\$20)

= \$ _____

_____ T-shirt (2XL-6XL) (\$25)

= \$ _____

Make Check Payable to: American Family Karate

Cash or Credit ONLY at the door.

(\$35 fee for returned checks)

TOTAL \$ _____

LIABILITY WAIVER

I, the undersigned, waive and release Twin Tiers Martial Arts Championship, American Family Karate, The 'L' event center, the American Sport Jujitsu League and all instructors and persons associated with this event in any capacity, from liability incurred as a result of my attendance and or participation at this event and damages or injury that may occur to me as a result of my participation and or competition in said event. This includes, but is not limited to, any damages or injury I might suffer during said TOURNAMENT. I do hereby state that I am physically able to compete in this athletic endeavor and have not been heretofore advised by a physician and or medical authority against activity of this type. I furthermore acknowledge that I have been thoroughly trained and recommended to participate in said TOURNAMENT by my instructor who is a black belt in the martial arts.

I consent to the use by any of the above-named organizations of pictures and videos of me for radio, television, website, social media, digital, printed, and any other media and I hereby waive any compensation in regard thereof.

I have read, understand, and agree to abide by the rules of this event. I have digitally signed below as a GUARDIAN or PARENT of the undersigned minor or Adult Competitor. I understand that registration fees cannot be refunded for any reason. I furthermore acknowledge that the waivers, releases, and affirmation stated above apply to said minor as the parent or legal guardian of said minor or adult competitor.

Competitor or Guardian Signature: _____

Date: _____