



# Okanagan Invitational

Kelowna, British Columbia, Canada



## Kees Tae Kwon Do Spring 2011 Okanagan Invitational

### Date

**Saturday, April 16, 2011**

### Location

**Spring Valley Middle School**  
350 Ziprick Road, Kelowna, BC

### Start Time

**10 AM** (doors open at 9:30 AM)

### Events

Poomse | Sparring | High Jump Front Kick | Flying Side for Distance  
Power Breaking (sliding side to rebreakableboards) | Weapons Forms

### Divisions

Breaking Competition | Freestyle Weapons Form | Kyorogi/Sparring  
High Jump Front Kick/Flying Side for Distance | Poomse/Form/Pattern

### Awards

Medals for first, second and third place finishers

### Athlete Registration

\$50 for Two Events + \$10 for each additional event

Kees Tae Kwon Do Okanagan

**250 763 5597**



**KEES**  
tae kwon do  
[www.kees.ca](http://www.kees.ca)

