

## How to Prepare for a KBMA Tournament

Many martial artists attend tournaments. It's an excellent time to put your skills to the test against others.

If this is your first tournament, it can make you nervous!

Here you can learn how to prepare for a martial arts tournament.

### STEPS

**Know when your tournament is ahead of time.** Knowing how much time you have to prepare allows you to maximize the time you have before the tournament day.

**Register for the tournament.** Often by pre-registering you receive a discount. Sometimes you may not be able to pre-register.

**Practice, practice, practice!** It may sound redundant, but practice at every opportunity.

Attend all of your classes as well as practice outside of class. Use this time to improve any forms/sparring techniques you may need.

**Get plenty of rest the night before the tournament.** You will not perform your best if you are tired or do not receive sufficient sleep.

**Eat a good breakfast/lunch.** Eat foods that will give you plenty of energy.

**Arrive early to the tournament location.** Arriving early allows you to register (if you haven't already). Use the extra time for last-minute practice.

**Breathe.** If you are nervous or tense, you will not perform well. Clear your mind. Focus only on what you are doing.

### TIPS

- Watch other competitors. Watch what they do. Also watch the judges. What do the judges like? What do they not like? By observing beforehand you can have an advantage.
- Drink plenty of water or other sports drink. It's important to stay hydrated. Not being hydrated will not allow you to perform at your best.

- If you are sparring, pay attention to your opponent. A loss of focus even for one second can result in a loss on your part.
- Listen to your instructors. Follow the instructions they give you and consider their advice. They've been to tournaments before (and likely participated in them themselves) and may be able to give you tips that may help you.
- If you are doing kata/forms, take your time. And never, ever stop in the middle of a form unless it is required in your form. This will tell the judges that you have made a mistake, even if they do not know the form (you are performing a kata for Tang Soo Do but the judges know karate). If you do make a mistake, just continue on from where you left off.
- Be dynamic! Use facial expressions when you perform. Judges may award extra points for this.
- Show sportsmanship! After all, it's just a competition.

## **WARNINGS**

- Sparring, while carefully monitored by officials, can be dangerous. A kick or strike performed wrong may cause injury.
- Stretch carefully and slowly before your competition, and several times during the competition. You do not want to pull a muscle.
- If performing with weapons, be careful not to injure yourself accidentally.
- Stay hydrated. Becoming dehydrated is not a good thing.

## **THINGS YOU'LL NEED**

- Your uniform
- Sparring gear (if sparring)
- Water / other sports drink
- Your weapons (if you are performing forms with weapons)