

**Denise Rouleau, Deborah Holley & Richie Bernard  
Present**



**Trophies 1<sup>st</sup> through 4<sup>th</sup> place**

**CENTURY**  
World Leader in Martial Arts Since 1976



**8 Black Belt Grand Divisions  
with beautiful awards**



**I.P.P.O.N.E.  
Rated**

**Vermont State Nationals**

**Saturday, September 21, 2019**

**Bellows Fall Union High School  
Westminster, Vermont**



**Twin State  
Rated**



**Participant  
Awards for 12  
years and younger**

**Flag Sparring starts at 8:00 am & Synchronized Kata at 8:20 am  
Weapons, Forms and Fighting to follow**

**Interstate 91 to Exit 5 to Route 5  
Bellows Fall Union High School - 406 High School Road -Westminster, VT 05101**

**For more information contact :**

**Denise Rouleau at 802-257-0720 or drouleau1@comcast.net**

**Vermont State Nationals – Saturday, Sept. 21, 2019 – www.vtstatenationals.com**

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_  
Martial Art School \_\_\_\_\_ Instructor \_\_\_\_\_

IPPONE MEMBER

**UNDER BLACK BELTS DIVISIONS**

Pre Registration Cost: \$55 for 3 Events \$5 each additional Event (by Sept 14th)  
Door Registration \$65 for 3 Events \$10 each additional Event (Cash ONLY)

**CHECKS PAYABLE TO: Deborah Holley – SEND TO: 29 Deepwood Park, Brattleboro, VT 05301**

Age Groups for under belts – 6 yrs & younger all ranks – 7-8 yrs – 9-10 yrs – 11-12 yrs – 13-14 yrs – 15-17 yrs

Adult Age Groups for under belts – 18-34 yrs – 35 yrs & Up

**Under Belt Rank**

**Events (Please check all you are participating in)**

Male

Novice (white, orange, yellow)

Weapons (Intermediate & Advanced Only)

Female

Intermediate. (blue, purple, green)

Kata

Advance (red, brown)

Point Fighting

**Note: Flag Sparring Starts at 8 a.m.**

Flag Sparring (12 & younger, Novice, Intermediate, Advance)

**Synchronized Kata Starts at 8:20 a.m.**

Synchronized Kata (2 or more people, any ages, any rank)

Check Here for Special Needs Divisions

IPPONE MEMBER

**BLACK BELT DIVISIONS**

Pre Registration Cost: \$55 for 3 Events \$5 each additional Event (by Sept 14th)  
Door Registration \$65 for 3 Events \$10 each additional Event (Cash ONLY)

**CHECKS PAYABLE TO: Deborah Holley – SEND TO: 29 Deepwood Park, Brattleboro, VT 05301**

Age Groups for all Jr. Black Belt Divisions – 12 yrs & Under – 13-14 yrs – 15-17 yrs

Adult Black Belt Age Groups – 18-29 yrs – 30-39 yrs – 40-49 yrs – 50 yrs & over

**Events (Please check all you are participating in)**

Male

Weapons

Synchronized Kata (2 or more people, any ages)

Female

Kata

**Note: Synchronized Kata Starts at 8:20 a.m.**

Point Fighting

**Spectator Fee to be paid at door, Cash Only: (\$10 13 yrs-Adults) (\$8 6-12 yrs) (\$6 Senior Citizens 60+) (5 & younger Free)**

I, the undersigned, hereby release Denise Rouleau, Deborah Holley, Rouleau-Holley's Tae Kwon Do, Inc., Richard Bernard, ShidokanUSA, The Vermont State Nationals, Bellows Falls Union High School, Ippone, Twin State Martial Arts Assoc. and all persons associated with this event in any capacity from liability or from being sued due to injuries, etc that may incur as a result of my attendance as a participant, spectator or judge at the Vermont State Nationals. Furthermore, I hereby waive any compensation whatsoever for the use of my pictures, movies, media coverage, etc., utilized by those associated with this event at any time.

Signature \_\_\_\_\_ Parent/Guardian (if under 18) \_\_\_\_\_

**– NO CHECKS DAY OF EVENT –**

**Vermont State Nationals – Sept 21, 2019 – www.vtstatenationals.com**

**Door Registration** – Opens at 7:30 a.m. – Closes at 10:00 a.m.

**Cost at Door to Register** - \$65.00 for 3 divisions each additional division \$10.00

**NO Checks at Door Day of Event – Cash ONLY**

**Pre Registration** – Opens at 7:30 a.m. – Closes at 10:00 a.m.

**Cost to Pre Register by Mail** - \$55.00 for 3 divisions each additional division \$5.00

**Checks to:** Deborah Holley – Mail to: 29 Deepwood Park, Brattleboro, VT 05301

**Pre Registration due by – Sept 14, 2019**

**Spectator Fee Paid at Door Day of Event Cash Only** – (\$10 13 yrs-Adults) (\$8 12-6 yrs) (\$6 Senior Citizens 60+) (5 & younger Free)

**Mandatory Equipment** – Foam Headgear, boots, gloves, mouth guards and groin protection is required. Ring star shoes are allowed in BLACK BELT DIVISIONS ONLY – NO ring star shoes will be allowed in under black belt divisions.

**Light helmet contact in all divisions** – NO face contact – see our website for more details on rules [www.vtstatenationals.com](http://www.vtstatenationals.com)

**Under Belts** – 3 Points Wins – NO Time – 1 Point Per Technique

**All Black Belts** – 5 Points Wins – NO Time – 1 Point Per Technique

**Grand Championships**

Jr. Black Belt Weapons Grands

Jr. Black Belt Kata Grands

Adult Black Belt Weapons Grands

Adult Black Belt Kata Grands

Women's Black Belt Fighting Grands

Men's Black Belt Fighting Grands

**LOCAL HOTELS IN BRATTLEBORO, VT (20 Minutes from Tournament)**

Holiday Inn Express 802-257-2400 - Comfort Inn & Suites 802-579-1344 – Hampton Inn 802-254-5700

**Tournament Location** – Bellows Falls Union High School – 406 High School Rd – Westminster, VT 05101

We are located 1 ¾ hours from Worcester, MA – 2 hours from Albany, NY – 4 hours from New York City – 2 ¾ hours from Rhode Island – 1 ¾ hour from Hartford, CT – 4 hours from Syracuse, NY – 2 ½ hours from Canada – 3 hours from Freeport, ME

Please visit our website [www.vtstatenationals.com](http://www.vtstatenationals.com) for more info or email at [drouleau1@comcast.net](mailto:drouleau1@comcast.net) call us at 802-257-0720

**Big Thank You to Our Sponsors**

**Century – Burnt Tear – ShidokanUSA**

**Prime Business Solutions**

**Whistlekick Martial Arts Gear & Apparel - Members 1<sup>st</sup> CU – Edward Jones – Razorbill Designs**

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