

Competition Rules

Empty Hand and Weapon Forms (Kata) Competition Rules:

1. Forms will be scored on a scale of 1 to 10 by a panel of five Black Belt judges.
2. Forms will be judged on power, snap, rhythm, focus, spirit, and stance.
3. Any restart or major error will result in a one point deduction.

Point Sparring Competition Rules:

1. Matches will be judged by five Black Belts consisting of four corner judges and one center referee.
2. Each match will be 90 seconds in length. For the first 60 seconds, the clock will not stop. For the last 30 seconds, the clock will stop when competitors leave the ring or at the command of the center referee.
3. In each ring, the competitors will be randomly arranged in a single elimination style bracket. Whenever the number of competitors is not a multiple of four, we will use a random system of "byes" in the first round to get to a multiple of four in the second round.
4. The first person to gain five or more points or whomever has more points at the end of the time limit is the winner. In the event of a tie, the next point scored wins.
5. Light contact is allowed to the body but NO HEAD CONTACT IS ALLOWED. Excessive contact will result in a warning, point deduction, or disqualification. This determination will be made by the center referee based on the circumstances, intent, and severity of the head contact.
6. Points cannot be scored from outside the ring. If a participant leaves the ring, the match will be stopped and the participants will be returned to the middle of the ring by the center referee before restarting. Leaving the ring to avoid being scored upon will first result in a warning, the second time a point deduction, and the third time in disqualification.
7. The center referee will call "START" to begin sparring and "STOP" to stop sparring. The center referee will stop the sparring after each point is scored. Points will be awarded when a majority of the four judges and center referee confirm the point scored.
8. Hand attacks are 1 point, kicks are 2 points, and sweeps/takedowns followed with a hand are 3 points.
9. The target areas are: The face and head, the entire chest and stomach, the groin, the lower back, and the center of the upper back. ILLEGAL ATTACKS and AREAS are knee traps, eyes and throat..
10. Any display of poor sportsmanship, including arguing with a judge or referee will result in IMMEDIATE disqualification. A participant will also be disqualified for any interference from a parent or instructor.
11. Mandatory sparring equipment is a mouthpiece, gloves, shin and foot pads, and a groin cup for men.

Divisions:

PEE WEE (up to 7)	White & Yellow	Blue & Green	Brown & Black			
CHILDREN (8-10)	White & Yellow	Blue & Green	Brown & Black	Brown & Black		
JUNIORS (11-13)	White & Yellow	Blue & Green	Brown & Black			
TEEN BOYS (14-16)	White & Yellow	Blue & Green	Brown	Black		
TEEN GIRLS (14-16)	White & Yellow	Blue & Green	Brown & Black			
MEN (17 and up)	White & Yellow	Blue	Green	Brown	1st Black	2nd Black and Up
WOMEN (17 and up)	White - Green	Brown	Black			

Miscellaneous Notes:

1. There will be NO weapon forms division for Yellow Belts or below.
2. Men's and women's Black Belts will compete together in empty hand and weapon forms, but not sparring.
3. Women Brown and Black Belts may spar with the men if they choose, however they can not spar in both the men's and women's divisions.
4. Black Belt Men's Sparring will have both a light and heavy weight division.
5. Divisions may be adjusted to accommodate the number of participants.

Grandmaster Sin Thé and the Shaolin Martial Arts Training Center proudly present the

2026 SHAOLIN-DO SPRING FESTIVAL

Open to all Shaolin-Do students in good standing with Grandmaster Sin Thé

Please wear a traditional gi, like Grandmaster Sin Thé's, to the tournament!

Saturday, March 21st, 2026

Stout Memorial UMC

3329 Broad St

Parkersburg, WV 26104

9:00 AM — Doors Open and Registration Begins

9:30 AM — Black Belt Meeting

10:00 AM — 1st Event Starts

4:00 PM — Finals and Demonstration

Join your fellow Shaolin-Do students from across the United States as they make their way to Parkersburg, WV to compete in the Shaolin-Do Spring Festival! Compete in empty hand forms, weapon forms, internal systems, and sparring or any combination at no extra charge. Test your skills and join your classmates, as well as hundreds of other Shaolin-Do students, by competing! Enter as many events as you like for one price!

Please fill out the registration form below and mail it to:

Shaolin Martial Arts Training Center

71 Rosemar Rd

Parkersburg, WV 26101

304-481-5185

shaolinmatc108@gmail.com

Registration Form for the 2026 Spring Festival

** For preregistration, we must receive this form on or before March 14, 2026 **

Name: _____ Email: _____

Address: _____ Phone #: _____

City: _____ State: _____ Zip: _____ Rank: _____

Instructor: _____ Phone #: _____

Circle price and enter at right	Preregistration	At the door	Total
All Shaolin Students	\$40.00 (includes sales tax)	\$60.00 (includes sales tax)	\$
		TOTAL	\$

DEMO: If you want to participate, send your name, kata, and music title to Master Jason:t 304-481-5185 or shaolintatc108@gmail.com. Fight scenes welcome!!

Cash or Check only, we do not process credit cards

****Waiver of Liability:**** It is expressly agreed that use of the SMATC facilities, participation in SMATC sponsored outside activities or events and participation in any SMATC activity is at the sole risk of the participant or guest or his/her sole risk and the SMATC shall not be liable for any injuries or any damages to any member or to the property of any member or for subject to any claim, demand, injury or damages whatsoever. The SMATC shall not be responsible or liable for any damage to vehicles, vehicle contents or any other personal property including, but not limited to, automobiles and the contents thereof.

Please make checks payable to Shaolin Martial Arts. Sorry, no refunds!

For the latest news and updates, visit sinthe.com!

Hotel Suggestions

Hampton Inn and Suites
920 Emerson Ave
Parkersburg, WV 26104
304-428-0555

Sleep Inn and Suites
97 Emerson Ave
Parkersburg, WV 26104
304-916-7277

Holiday Inn Express
10057 Emerson Ave
Parkersburg, WV 26104
304-916-7380