



# Z-ULTIMATE SELF DEFENSE STUDIOS

## ***TOURNAMENT COMPETITOR CHECKLIST***

*To ensure you maximize your "Tournament Experience" and SHOW UP ready to compete, here is a Tournament Competitor Checklist for you to complete - Good Luck Everyone!!*

- Determine the drive time to the Venue - Ocean View High School, Huntington Beach, CA.
- Plan on arriving 45 to 60 minutes AHEAD of your first scheduled event.
- Know the TIME and RING# of your scheduled event(s). *Listen for any Ring# changes.*
- Prioritize a healthy lifestyle the week before - Focused on rest, diet, and hydration.
- Determine what foods and drinks provide you the BEST performance energy.
- Record your Tournament Kata and Greeting on video and review your performance.
- Have your Tournament Uniform CLEAN and PATCHED UP - *Look your BEST!!*
- Double Check you have all your required Sparring Gear = *Headgear, mouthpiece, closed-fingered gloves, shin pads, instep pads, kicks, or Zen Combat Action Trainers. \*Groin protectors are also required for all male competitors.*
- For the SAFETY of all Competitors, only Zen Combat Action Trainer Shoes, Grip-Socks (Pilates styled socks), or bare feet are allowed for competition on the basketball court floors.
- Pack healthy snacks and drinks so you have quick and easy access to fueling and feeling your BEST. *Please enjoy your refreshments outside, as no food or drinks are allowed inside.*

### *Day of Z-Tournament:*

- Get up a few minutes EARLY, so you gain the advantages of a calm and controlled morning that allows you enough time to eat a healthy and energizing breakfast, double check you have your Uniform, Belt, and required Sparring Gear... and still have extra time to get gas, avoid construction detours, and potential traffic - *Please DRIVE and ARRIVE SAFE!!*
- Upon arrival, get familiar with the Venue - Entrances, restrooms, ring numbers, good space for you to warm up and stretch, along with where to meet your fellow students.
- Warm Up, Stretch Out, and Prepare for your Event(s). *No "non-event" sparring please.*
- Have a GREAT ATTITUDE and display GREAT SPORTSMANSHIP - Cheer on the other Competitors and accept the Judge's final call. *No instant replays or bribes allowed.*
- Upon conclusion of your final event, TAKE GREAT PRIDE knowing you did versus wishing that you had, as you REFLECT POSTIVELY on all that you learned for the day!!

*If you have any specific questions, please see your Sensei or email [hq@zultimate.com](mailto:hq@zultimate.com).*