



AMMA INTRA-MURAL TOURNAMENT

On Saturday March 13, 2010 AMMA will be holding our long awaited Intra-mural Tournament (AMMA-IT). The tournament will be open to AMMA students only. This introduction to competition is one of our most subtle and gentle ways for our students to experience the thrill, excitement and joy of martial arts competition.

The AMMA-IT will have board breaking, kata, kick-boxing/point kumite and grappling competition categories for all ages (child, junior and adult) and rank levels. At the AMMA-IT EVERY ONE IS A WINNER. All participants will receive a ribbon of participation. In addition first, second and third place winners will receive a medal.

It is our mission to make all of our students have a positive and uplifting experience in martial arts. The AMMA-IT is the perfect way to accomplish these goals. We are encouraging all of our students to participate and experience the empowering effects of competition. Remember, every one is a winner at the AMMA-IT. Osu.