

4th Indoor Sports Festival

Tamils Health Organization-United Kingdom (THO-UK) is organising an Indoor Sports Festival for young and adults.

KARATE KUMITE/KATA - TOURNAMENT – 2010

Date of event: **Sunday, 4th April 2008**
Venue: Sports Centre, Dulwich College, College Road
London, SE21 7LD (Car Park at Dulwich College)

Indoor football teams should be submitted their application as a team application.

The tournaments are for

| Game | Age groups | Starts at | Contact person | |
|------------------------------|-------------------------------------|-----------|-------------------|---------------|
| Astro Turf 7-A side Football | Under 10, 12 Under 14 & under 16 | 10.00am | Mr S Kanesalingam | 079 4664 0368 |

For further information: Siva - 079 0348 5015 Or Wimal - 078 0156 8925

Closing Date for entries 1st April 2010

Entry forms can be obtained by visiting the
<http://www.tamilshealth.com/Sports2010/sports10.htm>

Aims

- To promote health and fitness among the Tamil community in the UK. A Lack of exercise increases the risk of obesity, high blood pressure, diabetes and coronary heart disease.
- All proceeds will go towards go towards the ***“Relief and Rehabilitation Fund for Displaced People”***



தமிழர் நலவாழ்வு நிறுவனம் - ஐக்கிய இராச்சியம்
Tamils Health Organization - United Kingdom

ஆரோக்கியமான சமூகத்தை நோக்கி
Towards a healthy nation

Web site: www.tamilshealth.com

email: thouk@live.co.uk

Discussion Group: <http://groups.yahoo.com/group/tamilshealth>
THO-UK is registered Charity in the UK. Charity No. 1112612

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| | | | |
|------------|--|---------------------------------|---------------------------------|
| Surname | Initials | | |
| First Name | Gender | <input type="checkbox"/> Male | <input type="checkbox"/> Female |
| DOB | DD/MM/YYYY (proof of ID must be shown) | AGE as 1 st Oct 2010 | ___Years |
| Address | Postcode | | |
| Email | Phone | | |

KATA

Group KATA

KUMITE

Group KUMITE

GRADE (KYU)

BELT (Colour)

Club Name (if any)

Club Registration No.

(Please bring insurance with club licence)

| | | |
|-------|---------------------------------------|--------|
| Fees: | Single entry | £9.00 |
| | 1 KYU & above single applicant | £9.00 |
| | One participant enters for two events | £15.00 |
| | Group entry | £22.00 |

Application Acceptance Rules

- Entry forms will not be accepted without appropriate entry fee.
- Make cheque payable to *THO-UK*.
- Post your entry to *Mr V Siva, Indoors Sports Festival (KARATE), 95 Knightwood Crescent New Malden, Surrey. KT3 5JP.*
- Contact Details Mr V Siva – 079 0348 5015
- **Closing Date for all entries 1st April 2010**

We/I agree to abide by the rules of the International Karate Federation and judges decision.

Name (please print)

Signature:

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