



Synchronized / Practical Forms Demonstration



Goal: When practicing forms, our goal should always be to visualize the attacker and to execute the form in such a way that spectators would “see” the attacker, as well. This activity allows participants to demonstrate their understanding of a form by showing the practical application of each movement.

Procedure:

- Teams will select any one of the WTSDA sanctioned forms approved for the rank of all members.
- First, the form will be preformed by all members of the team in synchronization.
- Next, the form will be preformed again by one or more members of the team while the other members simulate attackers.

Rules:

- All members of the team must be WTSDA registered students in good standing.
- Any number of team members is acceptable.
- While creativity and interpretation are important in the application of the form, movements must remain true to the form’s original intent.
- While costumes and appropriate weapons are acceptable, music and props should not be used in order to limit distractions from the form itself.

Demonstration Opportunity: Following the gup competition at the Masters’ Extravaganza in October, teams will be asked to demonstrate their Form. As this is the first time the activity is being included in a tournament, it will not be a judged competition this year. So, upon return to your home studios, please create a team, and begin preparing for the Masters’ Extravaganza in October!

Once your team has decided to perform at the Masters’ Extravaganza, please let me know so I can add you to the schedule. If you have any additional questions, please contact Mindy Perkins, 2010 Masters’ Extravaganza coordinator, by email at 2010extravaganza@comcast.net

