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City of Mount Dora Recreation Dept

presents

2012

FireDragon Challenge

Date: March 31, 2012

Time: 10AM

Where: Mount Dora Middle School

The Test

Challenge Coordinator

Tom Bentley



Competitor's Meeting: 9:30AM

Competition begins: 10:00AM

Stage 1: Maximum push-ups that can be done in a minute. These will be flat -handed pushups, with elbows rubbing against the body (sort of like karate fist pushups). Quickly go to stage 2.

Stage 2: Maximum pull-ups that can be done in a minute. You get one shot here. Once your feet touch the ground, you are done. Quickly go to stage 3:

Stage 3: Maximum sit-ups that can be done in a minute. These will be bent-knee sit-ups with a partner holding your feet. Quickly go to stage 4:

Stage 4: You get one minute to do 2 tries at a standing broad jump. Your best effort is your score. Quickly go to stage 5:

Stage 5 : Maximum number of "squats" that can be done in a minute. A squat is to be done down to thigh-parallel, and then stand completely up. Any squat that doesn't go down that far, or goes all the way down does not count. Judge will stop you if form gets unacceptable. Quickly go to stage 6:

Stage 6: A one-mile run.

12 Noon: Awards Ceremony where Team and Individual competitors will be awarded participation certificates and trophies.

FireDragon Challenge

Mission Statement

The FireDragon Challenge was conceived by George E. Mattson in 2001 as a way to motivate karate students and teachers to test their physical potential with a challenging set of exercises that measures their martial art potential. Mattson asked Dr. William Glasheen, a scientist and martial art teacher, to design the challenge, using simple-to-perform and understand exercises that could become a widely accepted tool for measuring general fitness goals using popular competitive and individual motivating incentive and measurements.

The FireDragon Challenge Team
Hosted by City of Mount Dora Recreation Department

Senior Advisors
George E. Mattson & Dr. William Glasheen

Team Coordinator: Tom Bentley

Team members:

Kelly Sanders

David Berdt

Tim Dando

Jim Baggett



Sanctioned by

International Uechi-ryu Karate Federation
and
South China Martial Art Alliance