# TEAM CORNERSTONE 2026

**PRACTICE SCHEDULE THROUGH DESTIN OPEN**
Saturdays - 11 a
October 3, 10 & 24
November 7

## FALL

**Minter Fire & Ice Tournament - October 17**
2135 East Main St.
Suite 150
Snellville, GA 30078

***Fee: All Inclusive*** ***USE CODE KARATE10 to get lower price***

| To October 10 | After October 10 |
|---|---|
| $80 | $90 |

***Events***

| | | | |
|---|---|---|---|
| Forms | Breaking | Point Sparring | Sword Sparring |

***Schedule (arrival times)***

| | |
|---|---|
| 2:30 p | White, Yellow & Orange Belts |
| 3:55 p | Green & Blue Belts |
| 5:05 p | Red Belts |

**REGISTRATION LINK**
https://sparkpages.io/cart/2/?i=_H6Hb&c&ocu&utm_source=ig&utm_medium=social&utm_content=link_in_bio

**Destin Open - November 13 - 14**
Destin Life Center at Destin Methodist Church
200 Beach Dr.
Destin, FL 32541

***Fees***

| | To November 7 | After November 7 |
|---|---|---|
| 1st Event | $70 | $75 for 1st event |
| Additional Events | $20 | $25 |

CUMA Coaches Fee $35
Spectator Fee $10 (at the door)

***Events***

| | | |
|---|---|---|
| Creative Forms | Point Sparring | Sport Sword |
| Team Forms | Double Elimination Point Sparring | |
| Traditional Forms (BB) | Continuous Sparring | |

***Schedule***
Full schedule not yet available
**Be prepared to compete on Friday night & Saturday**