

IOWA



5 Star Event



IAMARRS.com

2026

MARRS
Rules
Apply

WEAPONS
KATA/FORMS
SPARRING

SCAN ME



CAPITAL CITY TOURNAMENT

Open Martial Arts Competition

Saturday, June 6, 2026

Des Moines, Iowa



Event Location:

Saydel High School
5601 NE 7th St.
Des Moines, Iowa 50313

Time of Event:

8:00am - Registration/Sign in
9:30am - Tournament begins

Pre Registration Online:

(Must register by June 4, 2026)
One event \$50.00
Each additional event \$15

(Registrations after June 4, 2026)
One event \$60.00
Each additional event \$20

Spectator Fee:

Age 4 and over \$10.00

**3 Events
for \$80**
Pre-Registration

Go To IAMARRS.com to register

- 1st - 4th Place Medals In Each Division
- Qualifying Event for 2026 Championships
- Padded Competition Area

Visit www.IAMARRS.com for a detailed description of tournament rules.