

# 2019 U.S. Taekwondo Invitation Championship

Saturday  
November 2<sup>nd</sup> 2019  
10:00am  
Location:  
U.S. Taekwondo School  
2620 SE Willoughby Blvd  
Stuart, FL 34994  
(772)-288-2468



<p><b>Entry Fee</b></p> <p>2 events        \$80 Extra events    +\$10</p>	<p><b>Breaking Boards</b></p> <p>Children Boards        \$3 each – Minimum 3 Adult Boards            \$3 each – Minimum 3</p>
<p><b>Liability Waiver</b></p> <p>In consideration of my acceptance of my entry, I do hereby, for myself, my heirs, executors and administrators waive release and forever discharge and any and all rights and claims for damages which I may have, or which may accrue to me, against US Taekwondo, and all members of the tournament, or their respective officers, agents, representatives, successors, and/or assigns, and against any competitor for any and all damages which may be sustained by me in connection with my association with or entry in the above athletic meet, or out of which may arise out of traveling to, participating in and returning from this athletic meet. I understand that martial arts is a body contact sport and I further understand all the contents of the rules and general information which was published by the sponsors and I agree with them in their entirety. I also understand that the tournament director has the right to assign, alter, and/or change any division for any competitors during the tournament.</p>	<p>Name _____</p> <p>Address _____</p> <p>City _____ State _____</p> <p>Age _____</p> <p>DOB _____</p> <p>Height _____</p> <p>Weight _____</p>

Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Breaking	Form	Sparring
Name: _____	Name: _____	Name: _____
Age: _____	Age: _____	Age: _____
Belt: _____	Belt: _____	Weight: _____
# boards: _____	Techniques/Form: _____	Belt: _____
Techniques/Form: _____		
_____		
_____		

REGISTRATION DEADLINE: NOVEMBER 1<sup>st</sup>      REGISTRATION FEE: CHECK AND CREDIT CARD ACCEPTED

CREDIT CARD NUMBER: \_\_\_\_\_ EXP. DATE: \_\_\_\_\_ SECURITY #: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

# FORM COMPETITION RULES

## Poomsae

- A. Eligibility
  - 1. White belts age 4 and up.
  - 2. Yellow/orange belts and higher of any age.
- B. Single elimination format.
- C. Competitors will be judged on ability to perform the form associated with their current rank, balance, rhythm, and manner.
- D. Official poomsae:

Color Belts
White-- Basic
Yellow/Orange-- Taeguk & Palgwe 1 or 2
Green-- Taeguk & Palgwe 3 or 4
Blue/Purple-- Taeguk & Palgwe 5 or 6
Red/Brown-- Taeguk & Palgwe 7 or 8

Black Belts
1st Dan-- Koryo
2nd Dan-- Keumgang
3rd Dan-- Taebaek
4th Dan-- Pyong Won
5th Dan-- Sipjin

- E. Poomsae weight divisions (ALL Belts-No weight divisions for ages 4-5):

All Belts	Age	Male (lbs.)	Female (lbs.)	Weight Class
	6-7	<48		
48+				Heavy
8-9	<64			Light
	64+			Heavy
10-11	<75			Light
	75+			Heavy
12-13	<90	<77		Light
	90+	77+		Heavy

All Belts	Age	Male (lbs.)	Female (lbs.)	Weight Class
	14-15	<132	<119	
132+		119+		Heavy
16-17	<139	<121		Light
	139+	121+		Heavy
18-32	<154	<134		Light
	154+	134+		Heavy
33 and Up *	<150	<130		Light
	150+	130+		Heavy

\*33 and up will be divided into 33-40, 41-50, and 51+.

# BOARD BREAKING COMPETITION RULES

A. Eligibility

1. ALL participants.

B. Ten point scoring system based on:

1. Technique.
2. Presentation: balance, rhythm, manner, and kihap from entrance to completion.

Belt Color	# of boards	Technique
White	3	Any 1 Hand + Any 1 Kick + Freestyle
Yellow/Orange	3	Any 1 Hand + Any 1 Kick + Freestyle
Green	3	Any 1 Hand + Any 1 Kick + Freestyle
Blue/Purple	3	Any 1 Hand + Any 1 Kick + Freestyle
Red/Brown	3	Any 1 Hand + Any 1 Kick + Freestyle
Black Belts	4	Any 1 Hand + Any 2 Kick + Freestyle

C. Board Sizes (boards can be purchased at the tournament)

1. Ages 11 and less—1/2 inch board
2. Ages 12 plus—1 inch board

D. Boards will be provided at the ring during the competition. Board fees will be due at the time of registration. Boards will be \$2 each.

E. No props allowed. Only the competitor and board holders are allowed on the mat.

F. Weight Divisions (ALL Belts—No weight divisions for ages 4-5):

All Belts	Age	Male (lbs.)	Female (lbs.)	Weight Class
	6-7	<48		
48+				Heavy
8-9	<64			Light
	64+			Heavy
10-11	<75			Light
	75+			Heavy
12-13	<90	<77		Light
	90+	77+		Heavy

All Belts	Age	Male (lbs.)	Female (lbs.)	Weight Class
	14-15	<132	<119	
132+		119+		Heavy
16-17	<139	<121		Light
	139+	121+		Heavy
18-32	<154	<134		Light
	154+	134+		Heavy
33 and Up *	<150	<130		Light
	150+	130+		Heavy

\*33 and up will be divided into 33-40, 41-50, and 51+.

# SPARRING COMPETITION RULES

- A. Eligibility
  - 1. Yellow/orange belts and higher of any age.
- B. Format
  - 1. Random seeding
  - 2. Single elimination
- C. **All** sparring gear must be worn
  - a. Mouth guard is mandatory
  - b. Protective cup must be worn under uniform
  - c. Summer uniform may not be worn for sparring
- D. Points
  - 1. 1 point—valid punch on chest protector
  - 2. 2 points—valid round house kick on chest protector
  - 3. 4 points—valid turning kick on chest protector
  - 4. 3 points—valid kick to the head
  - 5. 5 points—valid turning kick to the head
- E. Application of head contact safety rules
  - 1. NO HEAD CONTACT:
    - a. ALL color belts of any age
    - b. Black belts ages 7 and under
  - 2. LIGHT HEAD CONTACT—Black belts ages 8-14
  - 3. HEAD CONTACT—Black belts ages 15 and up
- F. Rounds and duration

Belt	# of rounds	Round Duration	Rest Time
ALL Color Belts	2	1 min.	30 sec.
ALL Black Belts	3	1 min.	30 sec.
World Class BB	3	1 min.	30 sec.

- G. Weight Divisions: See next page, please.



Age	Belt	Male (lbs.)	Female (lbs.)	Weight Class	
6-7	ALL BELTS	<42		FIN	
		42-51		LIGHT	
		51.1-59		MIDDLE	
		>59		HEAVY	
8-9		<46		FIN	
		46.1-55		LIGHT	
		55.1-66		MIDDLE	
		>66		HEAVY	
10-11		<66		FIN	
		66.1-77		LIGHT	
		77.1-88		MIDDLE	
		>88		HEAVY	
12-14		<72.8		<63.9	FIN
		72.8-81.6	63.9-72.8	FLY	
		81.7-90.4	72.9-81.6	BANTAM	
		90.5-99.2	81.7-90.4	FEATHER	
	99.3-108.0	90.5-97.0	LIGHT		
	108.1-116.8	97.1-103.6	WELTER		
	116.9-125.7	103.7-112.4	L. MIDDLE		
	125.8-134.4	112.5-121.3	MIDDLE		
	134.5-143.3	121.4-130.1	L. HEAVY		
	>143.3	>130.1	HEAVY		
15-17	COLOR BELTS	<106		<97	FIN/FLY
		106-121	97-108	BANTAM/FEATHER	
		121.1-139	108.1-121	LIGHT/WELTER	
		139.1-161	121.1-139	L. MIDDLE/MIDDLE	
		>161	>139	L. HEAVY/HEAVY	
15-17	BLACK BELTS	<99.2		<92.6	FIN
		99.2-105.8	92.6-97	FLY	
		105.9-112.4	97.1-101.4	BANTAM	
		112.5-121.3	101.5-108.0	FEATHER	
		121.4-130.0	108.1-114.6	LIGHT	
		130.1-138.9	114.7-121.3	WELTER	
		139.1-149.9	121.4-130.0	L. MIDDLE	
		150.1-160.9	130.1-138.9	MIDDLE	
		161.0-172.0	139.0-149.9	L. HEAVY	
>172	>149.9	HEAVY			
18-32	COLOR BELTS	<128		<108	FLY
		128-150	108-126	FEATHER	
		150.1-176	126.1-148	WELTER	
		>176	>148	HEAVY	
18-32	BLACK BELTS	<112		<101	FIN
		112-128	101-108	FLY	
		128.1-139	108.1-117	BANTAM	
		139.1-150	117-126	FEATHER	
		150.1-163	126.1-37	LIGHT	
		163.1-176	137.1-148	WELTER	
		176.1-192	148.1-161	MIDDLE	
>192	>161	HEAVY			
33-40, 41-50, 51+	ALL BELTS	<128		<108	FLY
		128-150	108-126	FEATHER	
		150.1-176	126.1-148	WELTER	
		>176	>148	HEAVY	