

THE 8th N.C. OPEN TAE KWON DO CHAMPIONSHIP

노스 캐롤라이나 태권도 대회

SATURDAY, MARCH 28, 2020

HILLSIDE HIGH SCHOOL (GYM)
3727 FAYETTEVILLE ST.
DURHAM, NC 27707



**ADMISSION FEE \$10 CASH ONLY
(AGE 3 AND UNDER FREE)**

ORGANIZED BY



KATU Presents
The 8th N.C. Open Taekwondo Championship

Event Date: March 28, 2020

Event Location: Hillside High School



Korean American Taekwondo Union

Korean American Taekwondo Union

KATU Presents

The 8th N.C. Open Taekwondo Championship

General Information

- Event Date:** Saturday, March 28, 2020
- Credentials (ID Tags):** Hillside High School- Saturday March 28th at Registration Table.
Check-In at Registration Table will open at 8 AM.
- Event Location:** Hillside High School
3727 Fayetteville Rd. Durham, NC 27707
- Spectator Admissions:** \$10 per person, **CASH ONLY**, part of the proceeds will go to Hillside High School Children 3 & Under – Free
- Host:** Korean American Taekwondo Union
- Contact:** **WTKD:** Master Y.S. Kim (919)567-2090 E-mail: kicktogether@gmail.com
Olympic: Master S.J. Choi (919)638-4045 E-mail: sujinh0829@hotmail.com
MODU: Master S.B. Jeong (919)544-2222 E-mail: durhamtkd@gmail.com
Master H.J. Oh (919)710-5267 E-mail: durhamtkd@gmail.com
KICKS: Master J.W. Jun (919)435-4258 E-mail: kickstknc@gmail.com
KIM's: Master S. Y. Kim (919)377-2066 E-mail: kimstkcenter@gmail.com
- Registration:** All registration materials must be received no later than Saturday March 21, 2020. No registration will be available the day of the event. School Owners, please remit all registration forms to:
- | | | |
|---|--|---|
| World Champion TKD
1308 N. Main St. 105W
Fuquay Varina, NC 27526 | Grand Master Choi's Olympic TKD
10120 Green Level Church Road #210
Cary, NC 27519 | MODU Martial Arts
105 W NC Hwy 54 Suite 269
Durham, NC 27713 |
| KICKS TKD
8111 Rowlock Way Ste. 111
Raleigh, NC 27613 | Kim's Taekwondo Center
1877 Lake Pine Dr
Cary, NC 27511 | |
- Payment:** All registration funds will be collected at individual locations.
- Concessions:** No food or drink will be permitted into the facility. Concessions will be available through the Hillside High School Booster Club. All proceeds will go directly to the school. No smoking or e-cigarettes are allowed in or around the facility.
- Parking:** No fees for parking. First come, first serve basis.

Special Event Notes

-) Young Tigers Ages 3-6 are eligible to compete in SPIRIT Division.
-) All competitors can choose from two categories: 1) Forms and/or 2) Sparring. You may choose to compete in one or both categories. Only White and High White Belts will have additional breaking for their Forms Competition.
-) There will be a Special Division for Olympic Sparring and Black Belt Poomsae Grand Championship. All competitors may also choose to compete in this category as a Special Division.
-) Divisions will be formed based on gender, age, belt, and weight, or as the tournament committee deems necessary for fair competition.
-) Eight mats for competition with digital score displays.
-) Sparring competitors must provide their own safety/sparring equipment: head gear, mouth guard, forearm guards, chest protector, groin protector, shin and instep protector.
-) Olympic Sparring Division will be using the electronic scoring system installed in protector and scoring system.

The 8th N.C. Open Taekwondo Championship

Events Schedule

*All times are approximate and subject to change.

FRIDAY MARCH 27, 2020

ALL Volunteers, Judges & Referees to Report to Hillside High School by 5:00 PM

- 5:00 PM** Unload Tournament Materials: Mats, Ring Materials, etc.
6:00 PM Ring Set-Up and Stations Set-Up: Registration, Awards, etc.
9:00 -10:00 PM Wrap-Up and Volunteer T-shirt Pick-Up

SATURDAY MARCH 28, 2020

- 7:00 AM** Arrival of ALL Volunteers, Judges & Referees
8:00 AM Registration Table Opens for Credentials Pick-up
8:00 AM – 1:00 PM Credentials Pick-up
8:30 AM Referee & Judges Meeting
Call to Holding Area, Young Tigers Ages 3-6 (Wave 1)
9:00 AM **Spirit Competition for Young Tigers Begins**
9:10 AM Call to Holding Area, Poomsae Competitors (Wave 2)
(Competitors will be separated by rank into individual rings and competition for all belts will begin simultaneously)
10:00AM **Competition for Poomsae Begins**
Call to Holding Area, Sparring Competitors (Wave 3)
11:00 AM **Competition for Sparring Begins**
Call to Holding Area, ALL DEMO TEAMS (Wave 4)
12:30 PM **DEMO TEAM Competition Begins**
Lunch Break
1:00 PM Call to Holding Area, Black Belt Sparring Competitors (Wave 5)
1:30 PM **Opening Ceremony**
2:00 PM **Black Belt Sparring Competition Begins**
(Using Electronic Scoring System installed in Protector)
Call to Holding Area, Black Belt Poomsae Championship (Wave 6)
Call to Holding Area, Team Poomsae Championship (Wave 6)
3:00 PM **Black Belt Poomsae Grand Championship & Team Poomsae Competition Begins**
5:00 PM Competition Wrap-Up & Take Down

*All times are approximate and may be subject to change. Competition times may be moved up earlier if the preceding Wave of competition wraps up early. Please report at least (1) hour earlier than your scheduled time to assure that you are present for your Wave of competition.

General Division - Competition Rules

Where applicable, the World Taekwondo Federation (WT) rules and regulations will govern this championship.

The KATU (organizing committee) reserves the right to adopt changes as they deem necessary.

Young Tigers

Spirit Obstacle Course

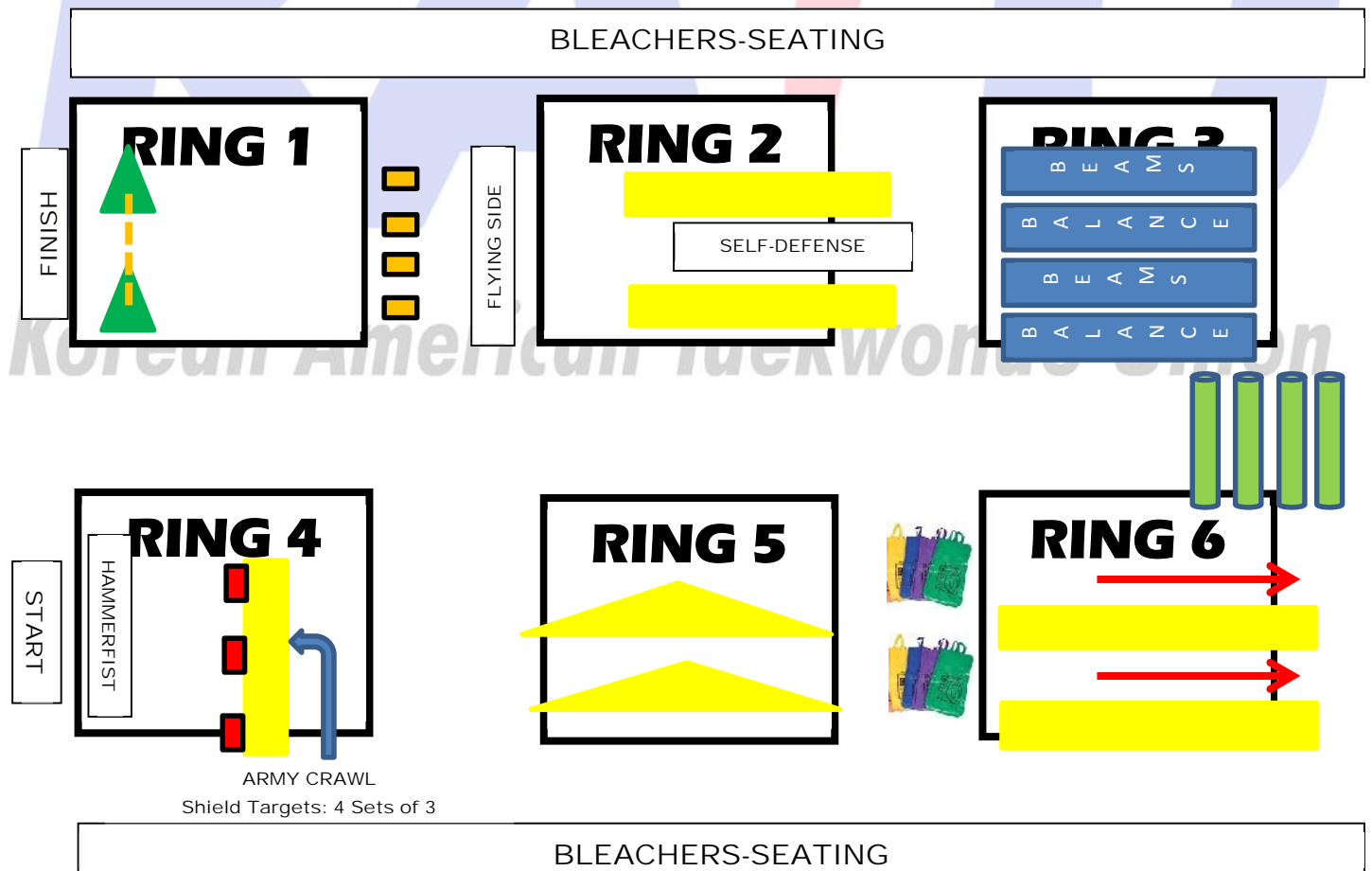
- A. Eligibility: Young Tigers Ages 3-6
- B. Directed by Master Instructors on the competition floor. Spirit participants will be competing in a relay style and will be divided into groups based on age.
- C. Young Tigers will not be picked up but will be aided if needed for Balance Beam.
- D. Order of Relay:

START

1. Hammer fist
2. Army Crawl
3. Climb Up (Air mat)
4. Slide Down (Air mat)
5. Potato Sack (Air mat)
6. Tunnel
7. Balance Beam
8. Self-Defense (Air mat)
9. Flying Side Kick

FINISH LINE

SPRIT OBSTACLE COURSE LAYOUT-9:00 AM



Regular Division

1. Poomsae (Forms)

- A. Point System: 1st, 2nd, 3rd, 3rd
- B. Competitors will be judged on ability to perform the form associated with their current rank, balance, rhythm, and manner. Competitors may choose to perform their previous level if they were recently promoted in Belt Ranking.
- C. White & High White Belts will also perform Breaking Techniques. White Belts will perform Front Kick and High White Belt will perform Roundhouse Kick in addition to their Poomsae.
- D. Official Forms

Belt Rank	White	H. White	Yellow	H. Yellow	Green	H. Green	Blue	H. Blue	Red	H. Red	Dep/Bo Dan	1 st Dan	2 nd Dan	3 rd &UP Dan
Official Form	Basic/10 Steps #1	Basic/10 Steps #2	TaeGuk 1	TaeGuk 2	TaeGuk 3	TaeGuk 4	TaeGuk 5	TaeGuk 6	TaeGuk 7	TaeGuk 8	Koryo	Keum Gang	Tae Baek	SipJin/Pyong Won

2. Sparring (Color Belt)

- A. Format
 - 1. Random Seeding
 - 2. Single Elimination
- B. Points
 - 1. 1 Point-Valid punch or kick on chest protector
 - 2. 2 Points-Valid turning kick on chest protector
- C. Application of Head Contact Safety Rules
 - 1. NO HEAD CONTACT- ALL Color Belts of any age
 - 2. Contact to head accidentally, deduct half-point. Contact to head intentionally, deduct 1 point.
- D. Rounds & Duration

Belt Level	# of Rounds	Round Duration	Rest Time
ALL Color Belts	2	1 min	30 sec.

3. Sparring (Black Belt)

A. Format

1. Random Seeding
2. Single Elimination
3. Choice of (1) of the following:
 - A. No Head Contact
 - Contact to head accidentally, deduct half-point. Contact to head intentionally, deduct 1 point.
 - B. Full Head Contact
 - Face Protector is MANDATORY

B. Points to Body

1. 1 Point-Valid punch or kick on chest protector
2. 2 Points-Valid turning kick on chest protector
3. 1 Point awarded for every one Gam-jeom given to the opponent contestant
4. At the end of the second round, 12 point difference rule will be in effect for Black Belts only.

C. Points to Head (For Full Head Contact Option ONLY)

1. 3 Points-Valid kick to the head
2. 4 Points-Valid turning kick to the head
3. 1 Point awarded for every one Gam-jeom given to the opponent contestant
4. At the end of the second round, 12 point difference rule will be in effect for Black Belts only.

D. Rounds & Duration

Belt Level	# of Rounds	Round Duration	Rest Time
ALL Black Belts	2	1 min	30 sec.

Korean American Taekwondo Union

Special Division - Competition Rules

Where applicable, the World Taekwondo Federation (WTF) rules and regulations will govern this championship.

The KATU (organizing committee) reserves the right to adopt changes as they deem necessary.

Special Division: Poomsae (Forms)

1. Black Belt Poomsae Grand Champion

A. Format & System

1. Random Seeding
2. Single Elimination, Final Placements: 1st, 2nd, 3rd
3. Duration of Contest: from 30 sec. to 90 Sec.
4. Men and Women divisions shall be divided to age
(Under 10 years old, 11- 14 years old, 15-17 years old, 18-30 years old, Over 31 years old)
5. Award: Display Sword

B. Uniform

1. All contestants must wear KATU-approved Taekwondo uniform , no T-shirts are allowed.

C. Poomsae Requirement Per Black Belt Level:

Belt Rank	1 st Dan	2 nd Dan	3 rd Dan	4 th Dan	5 th Dan & Up
Official Form	TaeGuk 4 & Koryo	TaeGuk 5 & Keum Gang	TaeGuk 6 & Tae Baek	TaeGuk 7 & Pyong Won	TaeGuk 8 & Sip Jin

2. Team Poomsae Competition

A. Format & System

1. Random Seeding
2. Single Elimination, Final Placements: 1st, 2nd, 3rd
3. Must consist of 2-5 members
4. All Team members **must** individually participate in one of the following:
 - A) Regular Poomsae
 - B) Regular Sparring
 - C) Special Division in Poomsae

5. Award: Individual Trophy

B. Poomsae Requirement per team

1. Choose one Poomsae below
-TaeGuk 2, TaeGuk 4, TaeGuk 6, TaeGuk 8, or Koryo

Special Division: Demonstration Team

PERFORMANCE RULES

1. The maximum set-up time is 1 minute.
2. The maximum time to complete the performance is 6 minutes.
3. Any Team exceeding this time limit will automatically be disqualified.
4. All Demo Team members **must** individually participate in regular or special division in Poomsae or Sparring.
5. The performance must be performed within the ring size of 6x6 standard puzzle mats.
6. There will be no limit on the number of Team Members but the team must comply with Rule #5.
7. The demonstration team must provide music and someone to cue music for their performance.
8. Absolutely NO pyrotechnics, fireworks or flame breaks.
9. Weapons, boards or any props will be provided by each Demonstration Team.
10. Demonstration Team Competition Top Prize: KATU Championship Flag to be kept at winning location until the Championship the following year.

SCORING GUIDELINES

1. Synchronicity of technique
2. Excitement of performance
3. Successful completion of Taekwondo techniques
4. Fun generated by the team
5. Demonstrations of Accuracy, Speed and Power

Korean American Taekwondo Union

The 8th N.C. Open Taekwondo Championship

Hosted By: The Korean American Taekwondo Union • Saturday, March 28, 2020

Team Poomsae Registration Form

Tournament Registration Collected Until Sat. March 21, 2020. Late Registration March 16 – March 21, 2020 will have a \$10 late fee added to registered events.

All Registration must be received no later than March 21, 2020. No Registration will be allowed on the day of the championship. Payments can be made to individual schools.

All Registrations Should Be Mailed To:

World Champion TKD 1308 N. Main St. Fuquay-Varina, NC 27526	Grand Master Choi's Olympic TKD 10120 Green Level Church Road #210 Cary, NC 27519	MODU Martial Arts 105W NC Hwy 54 Suite 269 Durham, NC 27713	KICKS Taekwondo 8111 Rowlock Way Ste. 111 Raleigh, NC 27613	Kim's Taekwondo Center 1877 Lake Pine Dr. Cary, NC 27511	Did you include: Registration Form Payment Turn in Form and payment to School Instructor
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TEAM NAME

E-MAIL

TKD SCHOOL Name: _____ Phone: () - _____
City: _____ STATE: _____ ZIP: _____

TEAM POOMSAE FEE
\$30/person

1
Late Registration
3/16– 3/21:
Add \$10/Event
Registered

1
1

TOTAL:
\$ _____

LIABILITY WAIVER

In consideration of your acceptance of my registration, I do hereby, for myself, heirs, executors, and administrators waive, release, and forever discharge any and all rights claims for damages which I may have, or which may accrue to me, against The Korean American Taekwondo Union, GM Choi's Olympic TKD, MODU Martial Arts, KICKS TKD, Kim's Taekwondo Center and World Champion TKD, and for its state and district associations, or their respective officers, agents, representatives, successors, and/or assigns, and against any competitors for any and all damages which may be sustained by me in connection with my association with, or entry in the above athletic meet and competition, and in connection with any medical service I may be provided in connection with any such injury or illness. I understand Taekwondo is a body contact sport and I further understand all contents of the rules and regulations and general information which were published by the sponsors and I agree with them in their entirety. I further understand that I may be dismissed from the premises without compensation of refund if my conduct is not courteous and cooperative for the successful operations of the championships.

CERTIFICATION

If you are a minor (under 18 years old) and will be at the tournament without a parent, the statement below must be read and signed by a parent or legal guardian and returned prior to participating in any competition or event. The undersigned competitor (parent or legal guardian of the competing minor) represents that he has the authority to consent to the medical care and treatment of such a competitor (or competing minor) by the designees of The Korean American Taekwondo Union, GM Choi's Olympic TKD, MODU Martial Arts, KICKS TKD, Kim's Taekwondo Center and World Champion TKD.

I hereby certify that I have read and understand the above information and my responses are true and accurate to the best of my knowledge.

- | | | |
|---|---|----------------------|
| 1. Contestant's Name _____
(Printed) | Contestant's Signature: _____
Parent/Legal Guardian Signature (If contestant is under the age of 18) | Date: ____/____/____ |
| 2. Contestant's Name _____
(Printed) | Contestant's Signature: _____
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| 3. Contestant's Name _____
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| 4. Contestant's Name _____
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| 5. Contestant's Name _____
(Printed) | Contestant's Signature: _____
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Demo Team Registration Form

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SCHOOL/TEAM NAME

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E-MAIL

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TKD SCHOOL

Name: _____	Phone: () - _____
City: _____	STATE: _____ ZIP: _____

TIME LIMIT: 6 MIN

TEAM FEE \$100!

1
Late Registration 3/16- 3/21: Add \$10/Event Registered

1
 1

TOTAL:

\$ _____

LIABILITY WAIVER

In consideration of your acceptance of my registration, I do hereby, for myself, heirs, executors, and administrators waive, release, and forever discharge any and all rights claims for damages which I may have, or which may accrue to me, against The Korean American Taekwondo Union, GM Choi's Olympic TKD, MODU Martial Arts, KICKS TKD, Kim's Taekwondo Center and World Champion TKD, and for its state and district associations, or their respective officers, agents, representatives, successors, and/or assigns, and against any competitors for any and all damages which may be sustained by me in connection with my association with, or entry in the above athletic meet and competition, and in connection with any medical service I may be provided in connection with any such injury or illness. I understand Taekwondo is a body contact sport and I further understand all contents of the rules and regulations and general information which were published by the sponsors and I agree with them in their entirety. I further understand that I may be dismissed from the premises without compensation of refund if my conduct is not courteous and cooperative for the successful operations of the championships.

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(Printed) | Contestant's Signature: _____
Parent/Legal Guardian Signature (If contestant is under the age of 18) | Date: ____/____/____ |

The 8th N.C. Open Taekwondo Championship
Hosted By: The Korean American Taekwondo Union • Saturday, March 28, 2020
Demo Team Registration Form Continued...

11. Contestant's Name _____ (Printed)	Contestant's Signature: _____ Parent/Legal Guardian Signature (If contestant is under the age of 18)	Date: ____/____/____
12. Contestant's Name _____ (Printed)	Contestant's Signature: _____ Parent/Legal Guardian Signature (If contestant is under the age of 18)	Date: ____/____/____
13. Contestant's Name _____ (Printed)	Contestant's Signature: _____ Parent/Legal Guardian Signature (If contestant is under the age of 18)	Date: ____/____/____
14. Contestant's Name _____ (Printed)	Contestant's Signature: _____ Parent/Legal Guardian Signature (If contestant is under the age of 18)	Date: ____/____/____
15. Contestant's Name _____ (Printed)	Contestant's Signature: _____ Parent/Legal Guardian Signature (If contestant is under the age of 18)	Date: ____/____/____
16. Contestant's Name _____ (Printed)	Contestant's Signature: _____ Parent/Legal Guardian Signature (If contestant is under the age of 18)	Date: ____/____/____
17. Contestant's Name _____ (Printed)	Contestant's Signature: _____ Parent/Legal Guardian Signature (If contestant is under the age of 18)	Date: ____/____/____
18. Contestant's Name _____ (Printed)	Contestant's Signature: _____ Parent/Legal Guardian Signature (If contestant is under the age of 18)	Date: ____/____/____
19. Contestant's Name _____ (Printed)	Contestant's Signature: _____ Parent/Legal Guardian Signature (If contestant is under the age of 18)	Date: ____/____/____
20. Contestant's Name _____ (Printed)	Contestant's Signature: _____ Parent/Legal Guardian Signature (If contestant is under the age of 18)	Date: ____/____/____
21. Contestant's Name _____ (Printed)	Contestant's Signature: _____ Parent/Legal Guardian Signature (If contestant is under the age of 18)	Date: ____/____/____
22. Contestant's Name _____ (Printed)	Contestant's Signature: _____ Parent/Legal Guardian Signature (If contestant is under the age of 18)	Date: ____/____/____
23. Contestant's Name _____ (Printed)	Contestant's Signature: _____ Parent/Legal Guardian Signature (If contestant is under the age of 18)	Date: ____/____/____
24. Contestant's Name _____ (Printed)	Contestant's Signature: _____ Parent/Legal Guardian Signature (If contestant is under the age of 18)	Date: ____/____/____
25. Contestant's Name _____ (Printed)	Contestant's Signature: _____ Parent/Legal Guardian Signature (If contestant is under the age of 18)	Date: ____/____/____
26. Contestant's Name _____ (Printed)	Contestant's Signature: _____ Parent/Legal Guardian Signature (If contestant is under the age of 18)	Date: ____/____/____
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