

# **World Class Tae Kwon Do Tournament**

## **Tae Park Tae Kwon Do Association**

### **November 12th, 2016**

#### **Competition Division: Form, One Step, Sparring, Basic Kicking, Power Breaking**

7 & Under	8-9 Years Old	10-11 Years Old	12-13 Years Old	14-15 Years Old
16-17 Years Old	18-26 Years Old	27-39 Years Old	40 - Over Years Old	

**Competitions are divided as follows:** Individual competition shall normally be between contestants in the same weight class. When necessary, adjoining weight classes may be combined to create a single classification.

No contestant is allowed to participate in more than one weight category in one event.

#### **Belt Divisions are as follows:**

<b>FORMS</b>	<b>ONE STEP</b>	<b>SPARRING</b>	<b>BASIC KICKING</b>
1. White 2. Yellow 3. Yellow- Green/Orange 4. Green 5. Blue 6. Red 7. Black (1 <sup>st</sup> -3 <sup>rd</sup> )	1. White 2. Yellow 3. Yellow- Green/Orange	1. Green 2. Blue 3. Red 4. Black (1 <sup>st</sup> -3 <sup>rd</sup> )	1. Green 2. Blue 3. Red 4. Black (1 <sup>st</sup> -3 <sup>rd</sup> )

**Protective Equipment:** Contestants shall wear an approved trunk protector, headgear (white, red for Hong and blue for Chung. Other colors at the discretion of the tournament director), groin guard (optional for female competitors), forearm protector, shin-instep protectors and a mouth guard before entering the contest area. Hand gloves optional. The groin, forearm and shin-instep protectors must be worn inside the uniform.

**Personal Requirements:** All competitors shall keep their nails cut short and shall not wear any articles that may injure or endanger an opponent. Any competitor whose hair, in the opinion of the referee is so long as to risk causing inconvenience to other competitors shall be required to tie it back securely.

**Required dobok or uniform:** All competitors are required to wear a clean, white V-neck uniform top and bottom. Black Trim collars are for black belts only.

### **Poomsae Competition Rules:**

Palgwae poomsae are used for all color belt competition and WTF recognized poomsae for black belt competition. Color belt contestants may perform any color belt poomsae up to and including their current color belt poomsae.

Black belt contestants may perform any red belt poomsae or black belt poomsae up to and including their current learned black belt forms (ie. 1<sup>st</sup> Dan can perform either Koryo or Keumgang, 2<sup>nd</sup> Dan either Keumgang or Taebaek etc).

**All competitors receive either a gold, silver or bronze medal based on their overall performance.**

### **One-Step Sparring:**

Competitors will be matched with another competitor at the same level performing one-step self-defense actions.

**All competitors receive either a gold, silver or bronze medal based on their overall performance.**

### **Sparring Competition:**

Sparring Competition Permitted Techniques:

1. Fist Techniques: A straight punching technique using the knuckle part of a tightly clenched fist.
2. Foot Techniques: Delivering techniques using any part of the foot below the ankle bone.

### **Scoring Areas:**

1. Trunk: Attack by fist and foot techniques on the colored areas covered by the trunk protector are permitted. Attack to the spine, however, is not permitted.
  2. Head: This is the area from the bottom helmet line and up. Only foot techniques are permitted.
- (Grand Champion Only)**

**Points:** Points shall be awarded when permitted techniques are delivered accurately and powerfully to the legal scoring areas of the trunk and accurately and controlled to the head.

1. One (1) point for attack to mid-section on trunk protector. 1 additional point will be awarded for turning kicks to the body.

### **Head kicks only in Grand Champion**

Referees may stop the contest if there is a great disparity in the athletes' skill levels or if there is risk of serious injury.

**Sparring Duration:** Two 60 second rounds, 30 second rest.

This is a single elimination event.

**Medals:** 1st Place = Gold, 2nd Place = Silver, All other places = Bronze

## Specialty Divisions

### **Basic Kicking:**

This is a single elimination, head to head competition. Divisions will be divided by age and belt rank.

Competitors will perform the following techniques:

**Front kick double punch, High sidekick & High roundhouse kick**

Judges will be evaluating the competitor on the following:

Power (waist, twist & stopping), speed, accuracy, starting position (stance), landing position (stance), proper kicking angle between base leg and extended leg, extension of kicking leg and foot, balance and concentration.

\*Note - Middle kick will be defined as solar plexus height and High kick will be defined as the space between the nose and the upper lip.

Each technique will be performed three times on each leg for a total of 18 kicks. One technique will be performed after every kihap command by the ring referee.

Each technique will be scored on a scale of 50-100 with 100 being the highest achievable score.

The competitor with the highest average score in the division will be declared the winner.

In the event of a tie, competitors will perform marching high sidekick (three per leg for a total of six kicks.)

The competitor with the highest average score of the marching high sidekick technique will be declared the winner.

This is a single elimination event.

**Medals:** 1st Place = Gold, 2nd Place = Silver, All other places = Bronze

## **Power Breaking:**

The Rules and Regulations for the World Class Tae Kwon Do Power Breaking Contest will be as follows;

### **1. Rules:**

a. Contestants are, male or female, will be 15 years of age or older.

<b><u>Belt Levels</u></b>	<b><u>Gender</u></b>	<b><u>Age Group 1</u></b>	<b><u>Age Group 2</u></b>	<b><u>Age Group 3</u></b>	<b><u>Board, Hand &amp; Foot</u></b>	<b><u>Block, Hand</u></b>
Green	Female	15 - 16	17 - 18	19+	Yes	No
Green	Male	15 - 16	17 - 18	19+	Yes	No
Blue	Female	15 - 16	17 - 18	19+	Yes	No
Blue	Male	15 - 16	17 - 18	19+	Yes	No
Red	Female	15 - 16	17 - 18	19+	Yes	*Yes
Red	Male	15 - 16	17 - 18	19+	Yes	*Yes
Black	Female	15 - 16	17 - 18	19+	Yes	*Yes
Black	Male	15 - 16	17 - 18	19+	Yes	*Yes
<u>Grand Champion, Black</u>	<u>Female</u>	<u>15 - 17</u>	<u>18+</u>	<u>NA</u>	<u>Yes</u>	<u>No</u>
<u>Grand Champion, Black</u>	<u>Male</u>	<u>15 - 17</u>	<u>18+</u>	<u>NA</u>	<u>Yes</u>	<u>No</u>

\*Block breaking applies only to Age Group 3 for Red and Black belts 19+ years of age.

b. All contestants will be the rank of Green Belt or its equivalent, above through to Black Belt.

c. Only contestants holding the rank of Red or Black belt in Age Group 3 [19+] will be allowed to break Patio blocks.

d. All contestants must complete the online registration and waiver in order to compete.

e. All contestants must be registered for this event on or before 11-5-16 by midnight. After this date registration will be closed.

f. Contestants will report the amount of material they intend to break during the online registration. There will be no changes allowed once registration is closed on 11-5-16 by midnight. This information will be kept confidential.

g. Contestants are to wear a Tae Kwon Do uniform recognized and approved by the WTF.

h. All breaking material will be provided by the tournament.

i. All breaks will be held in holding device or on blocks that will be provided by the tournament.

j. Breaking with the elbow is not allowed and not considered as a hand technique.

k. Contestants must break with a bare foot or hand and not covering the contact point with bandage or any other material. A towel will be provided by the tournament to be used with breaking patio blocks as a safety device. The use of the towel will not be mandatory and choice of the contestant. Contestants will be allowed to cover their feet as a safety device from possible falling patio blocks. The feet can be covered with martial art shoes or shin and instep pads. In addition wrapping the wrist will be allowed as a safety device for either hand technique division.

l. Contestants must break on first attempt. If the contestant fails to break on the first attempt they will be eliminated. Or if a contestant makes a choice to practice their technique within the 30 second time limit and touches the material. That point of contact will be considered to be their first attempt at the break.

m. The referee will check with the contestant to make sure that they are ready before signaling the time keeper. Once the time keeper is signaled the contestant will have 30 seconds to complete the break. Contestants may practice their technique before breaking but may only start practicing once the time has started. If the contestant exceeds the 30 second time limit they will be allowed to complete the break, but will be disqualified.

n. Contestants are only allowed to make contact with the material at the point of the break.

o. Boards will not be used once they have been struck by a contestant. If blocks appear to be cracked after being struck by a contestant then it too will be removed.

p. Competitors can drop boards at the ring. However, this will result in a loss of points for the amount of boards that they choose to drop. For example if they select 4 boards and choose to drop 1 board and break all remaining 3 pcs. They will be scored on 3 pcs, which results in 15 out 20 points for a foot technique or 24 out of 32 points for a hand technique

q. Types of breaking divisions:

Breaking Division	Material Type & Size	System	Safety Gear	Time Limit	Contest Goal
Hand Technique, any point below the wrist	¾" x 12" x 12" Board	Single Elimination	Wrist wrap is optional	30 Seconds	Contestant will break their maximum amount of blocks.
Kicking Technique, any point below the ankle	¾" x 12" x 12" Board	Single Elimination	None	30 Seconds	Contestant will break their maximum amount of blocks.
Hand Technique, any point below the wrist	1 ¾" x 7 ¾" x 15 ½" Patio Block	Single Elimination	Towel on the block, wrist wrap and shin and instep are all optional	30 Seconds	Contestant will break their maximum amount of blocks.

## 2. Scoring:

Breaking Division	Scoring Method	Tie Breaking Factor
Board, Hand, any point below the wrist	8 points for each piece of completely broken material	Percentage of broken material* and/or the individual of lesser weight.
Board, Kick, any point below the ankle	5 points for each piece of completely broken material	Percentage of broken material* and/or the individual of lesser weight.
Block, Hand, any point below the wrist	1 point for each piece of completely broken material.	Percentage of broken material* and/or the individual of lesser weight.

\*Example, Competitor A, selects 4 boards and breaks 3, which is 75% of the material selected. Competitor B, selects 5 boards and breaks 3, which is 60% of the material selected. Than Competitor A, wins by because they broke 15% more of the material.

- The material will be counted by the referee and then reported to the judges by holding up the number of fingers that represents the number of broken material.
- If there is a questionable piece of material the official or referee will hold the item up to see if it separates on its own. If it remains attached then this will not be counted as completely broken material.
- A panel of judges will determine the winners of the contest. The winner of each division will receive a gold medal and runners up will receive a silver or bronze medal.

## 3. Grounds for Disqualification:

- Judges will have the final determination of the intent and integrity of the break.
- Pressing down or application of an after push to the material with the contestant's body weight which will be determined by the referee.
- Unsportsmanlike like conduct. For example: if the contestant is questioning or arguing with officials they will be disqualified.
- Contestants failing to follow instructions by the referee or judges will be disqualified.