

2022 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP

Greetings!

Saturday, March 12th, 2022 at Leominster High School
122 Granite St, Leominster, MA 01453

Dear students, masters and parents!

Thanks to the support of all our students, parents, and masters we are able to bring you the 2022 Massachusetts Cup Taekwondo Championship. Due to Covid-19, we could not have our championships in two years. We have really missed the atmosphere of championship. Finally, we are opening our championship again in 2022. We are so excited to introduce some changes from the last championship and a few additions to the competition rewards. As you know, we have a very large focus on team competition, including Team Poomsae, Team Demo, and Team Sparring. We love to support and see students working together with their best effort. Beginning this year, we will award the school with the highest overall score in these divisions with our Massachusetts Cup. This cup will remain with the highest scoring school until the following year's Massachusetts Cup Championship, when the schools will be able to compete to win the cup again. We hope that this can encourage students to work as a team and support each other and their schools. We wish you the best luck and hope that we can have a fun and safe time competing.

We would like to give our sincerest thanks to all the families, masters, volunteers, referees, and everyone involved in making the 2022 Massachusetts Cup possible.

Sincerely,

Master Myounggho Jun

2022 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP

Win the Cup!

Saturday, March 12th, 2022 at Leominster High School
122 Granite St, Leominster, MA 01453

The following lists the criteria used for scoring each event in regards to winning the 2022 Cup!

We will add total scores from each Taekwondo School.

The highest scoring school will take the Cup for 2022!

1. Team Demo: 100 pts(First Place), 50 pts(Second Place), 30 pts(Third Place) – 1Division
2. Team Sparring: 30 pts(First Place), 20 pts(Second Place), 10 pts(Third Place) – 3 Divisions
3. Team Poomsae: 100 pts(First Place), 50 pts(Second Place), 30 pts(Third Place) – 1Division
4. Power Breaking: 30 pts(First Place), 20 pts(Second Place), 10 pts(Third Place) – 3 Divisions
5. Pair Poomsae: 30 pts(First Place), 20 pts(Second Place), 10 pts(Third Place) – 3 Divisions

2022 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP

EVENT SCHEDULE

Saturday, March 12th, 2022 at Leominster High School
122 Granite St, Leominster, MA 01453
www.TKDLeominster.com

Time Line

7:30 am	All Competitors Check In
8:00 am	Senior (18&up yrs) Individual Competition Begins (Poomsae, Breaking, Sparring) Junior II (13-17yrs) Individual Competition Begins (Poomsae, Breaking, Sparring)
9:00 am	Pair Poomsae, Team Poomsae, Team Demo, Weapon, Power Breaking, Jump High Kick, Team Sparring, Speed Kick
11:30 am	Lunch Break
12:00 pm	Opening Ceremony
12:30 pm	Youth I (4-7yrs) Individual Competition Begins (Poomsae, Breaking, Sparring)
1:30 pm	Youth II (8-9yrs) Individual Competition Begins (Poomsae, Breaking, Sparring),
2:00 pm	Junior I (10-12yrs) Individual Competition Begins (Poomsae, Breaking, Sparring)

* ALL COMPETITORS MUST WEAR A CLEAN STANDARD V-NECK UNIFORM, Poomsae Uniform or Demo team Uniform.

* Please be aware that these are tentative times & events may move faster or slower, so listen for all announcements throughout the day.

* Registration includes a Digital Celebratory Photo to be taken at the Championship by a professional photographer. After your event, go the photo booth to have your Celebratory Photo taken. Hard copies are available for purchase.

Spectator Entrance Fee: \$10 (5 years and under: Free)

2022 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP

INDIVIDUAL EVENT APPLICATION

Saturday, March 12th, 2022 at Leominster High School

122 Granite St, Leominster, MA 01453

www.TKDLLeominster.com

*** You must PRINT all information below:**

Competitor's Name: _____
(First Name) (Last Name)

Address: _____

Phone: () _____ **Email:** _____

Taekwondo(Martial arts) School Name: _____ **Phone:** () _____

☐ Male ☐ Female **Birth Date:** _____ **Age:** _____

Belt Color: _____ **Dan Level:** _____ **Height** ____ ' ____ " **Competition Weight:** _____ lbs

Check all EVENTS you will be competing in:

☐ Poomsae ☐ Individual Sparring ☐ Breaking ☐ Team Poomsae ☐ Pair Poomsae
☐ Team Sparring ☐ Jump High Kick ☐ Power Breaking ☐ Speed Kick ☐ Team Demo ☐ Weapon

Please check your Division:

<input type="checkbox"/> Division BEGINNER	<input type="checkbox"/> Division INTERMEDIATE	<input type="checkbox"/> Division ADVANCE	<input type="checkbox"/> Division BLACK BELT
WHITE YELLOW ORANGE GREEN HIGH-GREEN	BLUE HIGH-BLUE PURPLE HIGH-PURPLE	RED HIGH-RED BROWN HIGH-BROWB DEPUTY-BLACK	1 ST DEGREE TO 4 TH DEGREE
Basic Poomsae, Taekuk 1 or Taekuk 2	Taekuk 3 or Taekuk 4	Taekuk 5, Taekuk 6 Taekuk 7 or Taekuk 8	Koryu, Kumkang, Taebaek or Pyongwon

☐ Youth I (4-7yrs) ☐ Youth II (8-9yrs) ☐ Junior I (10-12yrs) ☐ Junior II (13-17yrs) ☐ Senior (18yrs&up)

REGISTRATION & PAYMENT INFORMATION: (PLEASE CHECK)

Standard Registration: Must be received by March 5th, 2022

☐ 1 EVENT \$60 & \$10 per any additional event

Late Registration: March 6th, 2022 to March 11th, 2022

☐ 1 EVENT \$70 & \$15 per any additional event

- All payments are final. No refunds will be accepted.
- Registration includes a Digital Ceremony Photo at the Championship.
- Payment by Cashier's Check or Money Order should be made out to 'USTF'

Total Enclosed: \$ _____

Mail Payment To: Massachusetts Taekwondo Academy at 50 Bond Ave, East Longmeadow, MA 01028

(Applications Received With Out Signatures Will Not Be Processed – Competitors under 18 must have parent/guardian sign form)

Liability Waiver

I/WE THE MINOR hereby release, discharge, covenant not to sue and agree to hold harmless the 2022 Massachusetts Cup Taekwondo Championship, any schools and/or Clubs at the 2022 Massachusetts Cup Taekwondo Championship or any organizations with a vested interest in the activity, their respective administrators, directors, agents, officers, volunteers, referees, employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises of Leominster high school (each considered one of the "Releasees" herein) from all liability, claims, demands, losses, or damages on account caused or alleged to be caused in whole or in part by the negligence of the "Releasees" or otherwise, including negligent rescue operations and further agree that if, despite this release, I, or anyone on my/the minor's behalf makes a claim against any of the Releasees named above, I will indemnify, save and hold harmless each of the Releasees from any litigation expenses, attorney fees, loss liability, damage or cost that may incur as the result of any such claim. I have read this agreement, fully understand its terms, understand that I/the minor have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by the law and agree that if any portion of this agreement is held to be invalid, that the balance, notwithstanding, shall continue in full force and effect.

Participant's Printed Name

Participant/Guardian's Signature

Date

2022 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP

TEAM DEMO APPLICATION

Saturday, March 12th, 2022 at Leominster High School
122 Granite St, Leominster, MA 01453
www.TKDLeominster.com

PRINT ALL INFORMATION:

Taekwondo (Martial Arts) School Name: _____

School Phone: () _____ Master / Instructor Name: _____

- No limit on number of members
- **7 MINUTE LIMIT** on Demonstration time
- All members must register with an **INDIVIDUAL APPLICATION** as well.
 - All members must check 'Demo Team' in the individual application.
- Any music needed for the event must be provided by that team.
- Any special demo team uniform is allowed.

Please list all members in your team below.

- | | |
|-----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |
| 11. _____ | 12. _____ |
| 13. _____ | 14. _____ |
| 15. _____ | 16. _____ |
| 17. _____ | 18. _____ |
| 19. _____ | 20. _____ |
| 21. _____ | 22. _____ |
| 23. _____ | 24. _____ |

2022 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP

TEAM POOMSAE APPLICATION

Saturday, March 12th, 2022 at Leominster High School

122 Granite St, Leominster, MA 01453

www.TKDLeominster.com

- Must be **Three** members per team
- Only **One Team** per school
- Taekuk 7Jang is the designated Poomsae.
- Members DO NOT need to be same Gender, Age Group or Belt Rank.
- All members must register with an **INDIVIDUAL APPLICATION** as well.
- All members must check 'Team Poomsae' in the individual application.
- Traditional White Uniform or Poomsae Uniform is allowed.

PRINT ALL INFORMATION:

Taekwondo (Martial Arts) School Name: _____

School Phone: () _____ Master / Instructor Name: _____

Team Name: _____

Member 1

Name: _____

Age: _____ ☐ Male ☐ Female Belt Rank: _____

Member 2

Name: _____

Age: _____ ☐ Male ☐ Female Belt Rank: _____

Member 3

Name: _____

Age: _____ ☐ Male ☐ Female Belt Rank: _____

2022 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP

PAIR POOMSAE APPLICATION

Saturday, March 12th, 2022 at Leominster High School

122 Granite St, Leominster, MA 01453

www.TKDLeominster.com

- Must be **Two** members per team
- You must choose Taeguk 2 Jang for SEED 1, Taeguk 6 Jang for SEED 2 and Koryo for SEED 3
- Members DO NOT need to be same Gender, Age Group or Belt Rank.
- All members must register with an **INDIVIDUAL APPLICATION** as well.
- All members must check 'Pair Poomsae' in the individual application.
- Traditional White Uniform or Poomsae Uniform is allowed.

PRINT ALL INFORMATION:

Taekwondo (Martial Arts) School Name: _____

School Phone: () _____ Master / Instructor Name: _____

SEED (Your master will assign to you):

☐ 1 (Taeguk 2) ☐ 2 (Taeguk 6) ☐ 3 (Koryo)

Member 1

Name: _____

Age: _____ ☐ Male ☐ Female Belt Rank: _____

Member 2

Name: _____

Age: _____ ☐ Male ☐ Female Belt Rank: _____

2022 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP

TEAM SPARRING APPLICATION

Saturday, March 12th, 2022 at Leominster High School

122 Granite St, Leominster, MA 01453

www.TKDLeominster.com

- Each team will have **FOUR or FIVE** members.
- Members do not need to be same Gender or Belt Rank.
- All members must register with an **INDIVIDUAL APPLICATION** as well.
 - All members must check 'Team Sparring' in the individual application.
- Members must wear all Sparring Equipment (*including mouth piece*).
- During the first two and half minutes, players will be switched every 30 seconds until each player has participated. After this, players can be switched as needed by the team coach.

PRINT ALL INFORMATION:

Taekwondo (Martial Arts) School Name: _____

School Phone: () _____ Master / Instructor Name: _____

Team Name: _____

Age Group: ☐ 7-9 yrs ☐ 10-12 yrs ☐ 13-17yrs

Member 1

Name: _____

Age: _____ ☐ Male ☐ Female

Belt Rank: _____

Height ____' ____" Competition Weight: _____lbs

Member 2

Name: _____

Age: _____ ☐ Male ☐ Female

Belt Rank: _____

Height ____' ____" Competition Weight: _____lbs

Member 3

Name: _____

Age: _____ ☐ Male ☐ Female

Belt Rank: _____

Height ____' ____" Competition Weight: _____lbs

Member 4

Name: _____

Age: _____ ☐ Male ☐ Female

Belt Rank: _____

Height ____' ____" Competition Weight: _____lbs

Member 5

Name: _____

Age: _____ ☐ Male ☐ Female

Belt Rank: _____

Height ____' ____" Competition Weight: _____lbs

2022 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP

REFEREE REGISTRATION

Saturday, March 12th, 2022 at Leominster High School
122 Granite St, Leominster, MA 01453
www.TKDLeominster.com

NAME: (FIRST) _____ (LAST) _____ (MI) _____

AGE: _____ DATE OF BIRTH: _____ (month/day/year) ☐ MALE ☐ FEMALE

ADDRESS: _____ CITY: _____

STATE: _____ ZIP CODE: _____ PHONE: _____

DAN: _____ KUKKIWON DAN NO: _____

Referee Seminar for 2022 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP:

Saturday, February 5th, 2022 from 4pm to 6pm
Saturday, March 5th, 2022 from 4pm to 6pm
At 616 Central ST, Leominster, MA 01453

- Attendance to the seminars is MANDATORY for all Referees.
- If absent, you will not be qualified to serve as referee for this championship.
- Lunch, red referee tie (required), and referee certificate from MCTC will be provided.
- Referees may participate in championship events.
- All referees' competition fees will be waived. (Please speak with your master.)
- You will be expected to stay from the beginning to end of all events.

Liability Waiver

IN CONSIDERATION OF YOUR ACCEPTANCE OF MY REGISTRATION, I DO HEREBY, FOR MYSELF, EXECUTORS AND ADMINISTRATORS WAIVE, RELEASE AND FOREVER DISCHARGE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES WHICH I MAY HAVE, OR WHICH MAY OCCUR TO ME DURING THESE CHAMPIONSHIPS. THIS INCLUDES THE 2022 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP ORGANIZING COMMITTEE, MASTER Myoungcho Jun, Master Minsuk Kang, Master Merdad AND THE US TAEKWONDO CENTER, Massachusetts Taekwondo Academy, CITY OF Leominster, MA., USTF, Leominster High School AND ALL MEMBERS OF THE CHAMPIONSHIP OR THEIR RESPECTIVE OFFICERS, AGENTS, REPRESENTATIVES, SUCCESSORS AND OR ASSIGNS. ALSO AGAINST ANY COMPETITOR FOR ANY AND ALL DAMAGES WHICH MAY BE SUSTAINED TO ME IN CONNECTION WITH MY ASSOCIATION WITH OR ENTRY IN THE ABOVE ATHLETIC MEET OR WHICH MAY ARISE OUT OF TRAVELING TO, PARTICIPATING IN AND RETURNING FROM THIS ATHLETIC MEET. I UNDERSTAND THAT TAEKWONDO IS A BODY CONTACT SPORT AND I FURTHER UNDERSTAND THAT ALL THE CONTENTS OF RULES AND GENERAL INFORMATION PUBLISHED BY SPONSORS AND I AGREE WITH THEM IN THEIR ENTIRETY. I FURTHER UNDERSTAND THAT I MAY BE DISMISSED FROM THE PREMISES WITHOUT COMPENSATION IF MY CONDUCT IS NOT COOPERATIVE FOR THE SUCCESSFUL OPERATION OF THE CHAMPIONSHIP.

SIGNATURE

DATE

2022 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP

COACH & MASTER REGISTRATION

Saturday, March 12th, 2022 at Leominster High School

122 Granite St, Leominster, MA 01453

www.TKDLeominster.com

PLEASE CHECK WHICH APPLIES: ☐ COACH: MUST BE AT LEAST 18 YEARS OF AGE or JUNIOR BLACK BELTS
☐ MASTER: 4th DEGREE BLACK BELT and up

NAME: (FIRST) _____ (LAST) _____ (MI) _____

AGE: _____ DATE OF BIRTH: _____ (month/day/year) ☐ MALE ☐ FEMALE

ADDRESS: _____ CITY: _____

STATE: _____ ZIP CODE: _____ HOME PHONE: _____

TAEKWONDO SCHOOL: _____ EMAIL: _____

DAN: _____ KUKKIWON DAN NO: _____

Liability Waiver

IN CONSIDERATION OF YOUR ACCEPTANCE OF MY REGISTRATION, I DO HEREBY, FOR MYSELF, EXECUTORS AND ADMINISTRATORS WAIVE, RELEASE AND FOREVER DISCHARGE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES WHICH I MAY HAVE, OR WHICH MAY OCCUR TO ME DURING THESE CHAMPIONSHIPS. THIS INCLUDES THE 2022 MASSCHUSETTS CUP TAEKWONDO CHAMPIONSHIP ORGANIZING COMMITTEE, MASTER Myoungho Jun, Master Minsuk Kang, Master Merdad AND THE US TAEKWONDO CENTER, Massachusetts Taekwondo Academy, CITY OF Leominster, MA., USTF, Leominster High SCHOOL AND ALL MEMBERS OF THE CHAMPIONSHIP OR THEIR RESPECTIVE OFFICERS, AGENTS, REPRESENTATIVES, SUCCESSORS AND OR ASSIGNS. ALSO AGAINST ANY COMPETITOR FOR ANY AND ALL DAMAGES WHICH MAY BE SUSTAINED TO ME IN CONNECTION WITH MY ASSOCIATION WITH OR ENTRY IN THE ABOVE ATHLETIC MEET OR WHICH MAY ARISE OUT OF TRAVELING TO, PARTICIPATING IN AND RETURNING FROM THIS ATHLETIC MEET. I UNDERSTAND THAT TAEKWONDO IS A BODY CONTACT SPORT AND I FURTHER UNDERSTAND THAT ALL THE CONTENTS OF RULES AND GENERAL INFORMATION PUBLISHED BY SPONSORS AND I AGREE WITH THEM IN THEIR ENTIRETY. I FURTHER UNDERSTAND THAT I MAY BE DISMISSED FROM THE PREMISES WITHOUT COMPENSATION IF MY CONDUCT IS NOT COOPERATIVE FOR THE SUCCESSFUL OPERATION OF THE CHAMPIONSHIP.

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DATE

2022 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP

VOLUNTEER REGISTRATION

Saturday, March 12th, 2022 at Leominster High School

122 Granite St, Leominster, MA 01453

www.TKDLeominster.com

NAME: (FIRST) _____ (LAST) _____ (MI) _____

AGE: _____ DATE OF BIRTH: _____ (month/day/year) ☐ MALE ☐ FEMALE

ADDRESS: _____ CITY: _____

STATE: _____ ZIP CODE: _____ HOME PHONE: _____

TAEKWONDO SCHOOL: _____ EMAIL: _____

T SHIRT SIZE: _____

- * You must stay for the entirety of all events.
- * Volunteers' entrance fee will be waived.
- * Lunch and T-shirts (required) will be provided.
- * Please confirm your duty with your master.

Liability Waiver

IN CONSIDERATION OF YOUR ACCEPTANCE OF MY REGISTRATION, I DO HEREBY, FOR MYSELF, EXECUTORS AND ADMINISTRATORS WAIVE, RELEASE AND FOREVER DISCHARGE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES WHICH I MAY HAVE, OR WHICH MAY OCCUR TO ME DURING THESE CHAMPIONSHIPS. THIS INCLUDES THE 2022 MASSCHUSETTS CUP TAEKWONDO CHAMPIONSHIP ORGANIZING COMMITTEE, MASTER Myoungho Jun, Master Minsuk Kang, Master Merdad AND THE US TAEKWONDO CENTER, Massachusetts Taekwondo Academy, CITY OF Leominster, MA., USTF, Leominster High SCHOOL AND ALL MEMBERS OF THE CHAMPIONSHIP OR THEIR RESPECTIVE OFFICERS, AGENTS, REPRESENTATIVES, SUCCESSORS AND OR ASSIGNS. ALSO AGAINST ANY COMPETITOR FOR ANY AND ALL DAMAGES WHICH MAY BE SUSTAINED TO ME IN CONNECTION WITH MY ASSOCIATION WITH OR ENTRY IN THE ABOVE ATHLETIC MEET OR WHICH MAY ARISE OUT OF TRAVELING TO, PARTICIPATING IN AND RETURNING FROM THIS ATHLETIC MEET. I UNDERSTAND THAT TAEKWONDO IS A BODY CONTACT SPORT AND I FURTHER UNDERSTAND THAT ALL THE CONTENTS OF RULES AND GENERAL INFORMATION PUBLISHED BY SPONSORS AND I AGREE WITH THEM IN THEIR ENTIRETY. I FURTHER UNDERSTAND THAT I MAY BE DISMISSED FROM THE PREMISES WITHOUT COMPENSATION IF MY CONDUCT IS NOT COOPERATIVE FOR THE SUCCESSFUL OPERATION OF THE CHAMPIONSHIP.

SIGNATURE

DATE

2022 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP

CHAMPIONSHIP RULES & REGULATIONS

Saturday, March 12th, 2022 at Leominster High School
122 Granite St, Leominster, MA 01453
www.TKDLeominster.com

POOMSAE

- **Competitors must compete with one of the designated Poomsae for your division.**
 - Divisions will be determined by age, choice of Poomsae, and gender.
 - Poomsae Divisions will be separated into brackets of 4 competitors
- Poomsae will be scored based on the accuracy and precision of the Poomsae being demonstrated.
- Poomsae divisions will no longer be judged using red & blue competitor cards.

BREAKING

- Breaking divisions will be determined by competitor age, Belt rank and gender.
- **Each competitor MUST compete with the amount of breaking boards specified for their Division (no exceptions!) with the designated THREE Station Breaking Routine.**
- Thin boards will be used for both Technical and Power Breaking for 4-17yrs.
- Thick boards will be used for both Technical and Power Breaking for 18yrs & up.

(IMPORTANT: To ensure that all breaking competitors have the appropriate amount of breaking boards for their divisions, competitors can purchase their breaking boards at the registration table on the day of the championship. Thin boards will be \$3 and Thick boards will be \$4.)

BEGINNER Designated Breaking

Station 1: Any kind of **Front Kick**

Station 2: Any Kind of **Round House Kick**

Station 3: **Hammer Fist** (Multiple boards are available for higher score.)

INTERMEDIATE Designated Breaking

Station 1: Any kind of **Round House Kick**

Station 2: Any Kind of **Back Kick**

Station 3: **Elbow Strike** (Multiple boards are available for higher score.)

ADVANCED Designated Breaking

Station 1: Any kind of **Spinning Hook Kick**

Station 2: Any Kind of **Round House Kick**

Station 3: **Knife Hand Strike** (Multiple boards are available for higher score.)

BLACK BELT Creative 3 Station Breaking

CREATE your own technics and routine.

2022 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP

CHAMPIONSHIP RULES & REGULATIONS

Saturday, March 12th, 2022 at Leominster High School
122 Granite St, Leominster, MA 01453
www.TKDLeominster.com

INDIVIDUAL SPARRING

- **Youth(4-9yrs)-all belts and Junior I(10-12yrs)-Color belts Sparring Competitors–**

No Head Contact, 1:00 min 2 rounds

- Head contact with the foot will be enforced just the same as the rule that forbids punching to the face with the fist.
- The face contact, if deemed incidental, will result in a Gam-Jeom (-1 point) penalty as long as no injury results from the attack.
- Any injury will result in a Gam-Jeom (-1 point) penalty. If one player is too badly injured to continue, then the attacker will be disqualified.
- All sparring competitors please note: In the event of a tie score at the end of the match, an extra round will be held. The competitor who scores the first point in the extra round will be the winner of the match.

- **Junior II(13-17yrs) and Senior(18&up) Color Belts**

Light Head Contact, 1:00 min 2 rounds

- **Black Belt Sparring Competitors (10yrs &up)**

Light Head Contact, 1:30 min 2 rounds

Equipment: Sparring Competitors must supply their own protective gear. White forearm and shin instep protectors, mouth pieces, chest protectors, headgear, and a protective athletic cup (for male sparring competitors) are **mandatory**. Sparring Gloves are optional. Only plastic covered water bottles are allowed. Only approved, white V-neck uniforms are allowed.

SPEED KICK

- The player who makes the most qualifiable kicks without the allotted time will win.
- Divisions will be **Youth, Junior I, Junior II and Senior. (Gender and Belt Rank do not matter.)**
- All divisions - **Single leg Front Kick.**

POWER BREAKING

- **Only one representative from each school may participate in each division.** (Please speak with your master if you wish to participate.)
- Divisions will be **Youth, Junior and Senior. (Gender and Belt Rank does not matter.)**
- Must purchase boards at the door
- **Youth** (4-9yrs)Technique - **Hammer Fist** 10 thin boards
- **Junior** (10-17yrs) Technique - **Straight Punch** 10 thin boards
- **Senior** (18yrs &up)Technique - **Straight Punch** 10 thick boards

HIGH JUMP KICK

- A Focus Target will be used (not Breaking Boards).
- Competitors can choose the technique of their jumping kick.
- If the focus target is touched then the player will be advanced to the next round.
- If you fall after the kick, then you will be disqualified.
- Divisions will be **Youth I, Youth II, Junior I, Junior II and Senior. (Gender and Belt Rank do not matter.)**