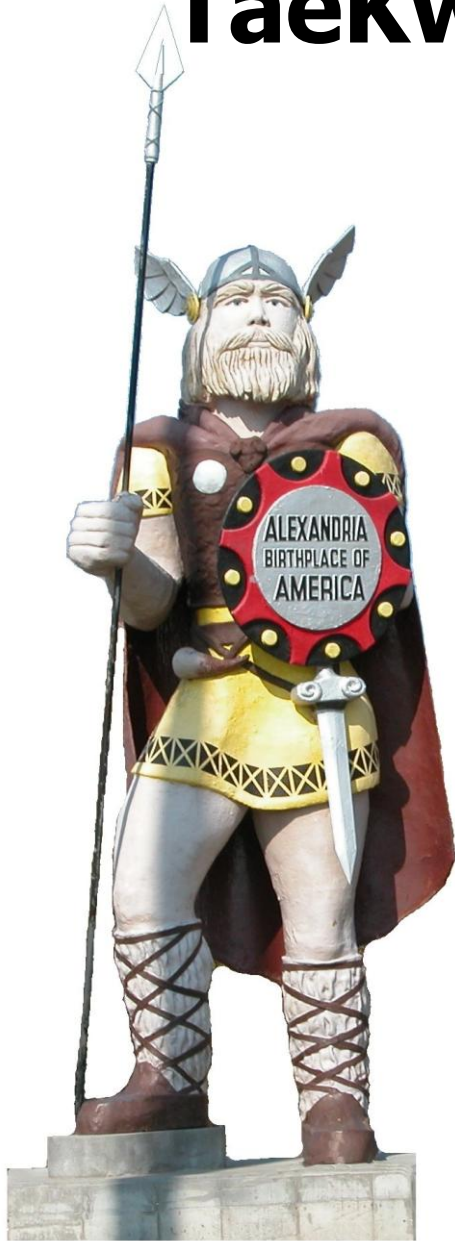


# TaeKwonDo Tournament



**Saturday April 17<sup>th</sup>, 2010**  
**Northwest Black Belt Association**



## ***Competitions in:***

- *Pattern*
- *Sparring*
- *Breaking*
- *Team Pattern*

## **Tournament Location:**

Jefferson High School  
1401 Jefferson Street  
Alexandria, MN 55308

## **Registration Forms mailed to:**

Northwest Martial Arts-HUTCH  
1030 Highway 7 West  
Hutchinson, MN 55350

## **Tournament Directors:**

Master Roy Gilbertson - Host  
Todd Malenke and Tim Utsch  
320-583-7194 320-587-6500

# 2010 - Northwest Black Belt Association TaekwonDo Tournament

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## SCHEDULE OF EVENTS – April 17, 2010

8:30 – 9:45am Competitor Check-In  
\*Note that team pattern and breaking start at 10:30am  
for ALL AGES AND RANKS

10:00am Judges Meeting & Ring Assignments

10:30am – 12:30pm		10:30am – 12:30pm
Black Belt / Poom		
Patterns		Team Pattern Division
Sparring	<b>*** At Same Time ***</b>	
Breaking		Color Belt Breaking

**Note: The Tourney will proceed as fast as possible, Please allow for events to shift forward or back as required.**

- Opening Ceremonies
  - All Competitors Line-up & School Recognition
  - National Anthem
  - Explanation of Rules
  
- All Ninja Divisions ( to be assigned to 1 ring )
  - Pattern, Sparring, Breaking
  
- Color Belt Competition
  - Pattern
    - Youth Divisions ( Beginning, Intermediate, Advanced )
    - Adult Divisions ( Beginning, Intermediate, Advanced )
  
- Sparring
  - Youth Divisions ( Beginning, Intermediate, Advanced )
  - Adult Divisions ( Beginning, Intermediate, Advanced )

6:00pm Northwest Black Belt Supper:  
D Michael B's  
3015 Highway 29 S  
Alexandria, MN

# 2010 - Northwest Black Belt Association TaekwonDo Tournament



## Rules for ALL Pattern Divisions

Competitors Should perform only the authorized patterns designated for their specific rank. Due to promotion schedules, competitors may perform the pattern directly below their current rank.

Patterns competition will be judged by using a single elimination Sparing Bracket. Each competitor may be asked to perform their pattern multiple times. The Winner will be chosen based on proper: Technique ( includes breathing ), Accuracy, Power, Balance, Manners, and Attitude.

There will be a maximum of 16 competitors per division.

\*\* Please note the Tournament officials reserve the right to combine and add divisions as needed.

\*\* Little Ninja competitors will perform as much of the pattern Ki-Bone-Hyung that they have learned. Ex. Ninja Orange Belts have moves 1-4, whereas Purple Belts have moves 1-20. Judges are allowed to, and will, help Ninja Competitors. This event is designed to give them confidence, remember these youngsters are our future black belts. All Ninja competitors shall win a medal.\*\*

## Rules for ALL Breaking Divisions-

All Boards are Pine and cut from a 1"x12" - 8" in length and will be supplied for each competitor.

Competitors Must perform only the authorized breaks as listed below.

The tournament committee reserves the right to combine and add divisions as needed.

The tournament committee reserves the right to determine a break is Unsafe, to which the competitor says "Thank you Judges" and promptly chooses another Break.

Scores will be given and based on: Difficulty of break in comparison to competitors rank, number of successful boards broken, rhythm, power, technique, manners and attitude.

All competitors will get ONE ATTEMPT to successfully break the board/s. With the Exception of Little Ninjas and Wht / Org / Yel belt divisions; these divisions will attempt multiple rounds until a winner has been determined.

Combination breaking competitors will get 1 minute to set, up and 1 minute to break boards. Competitors that take longer than allotted times WILL suffer a penalty per the judges discretion.

Belt Rank	Breaking	
Little Ninja	Stomp Kick ( 1"x12" x 8" long )	
Wht / Org / Yel	Division 1 - Under Age 8	Run Jump Sidekick ( Waist High )
	Division 2 - Ages 8 thru 12 Division 3 - Ages 13 thru 15 Division 4 - Ages 16 & older	Left Leg Back kick ( Waist High )
Grn / Blu Pur / Pur-Trim	Division 1 - Ages 8 thru 12 Division 2 - Ages 13 thru 15 Division 3 - Ages 16 & older	2 Station Break, Choose 2 of the following breaks: Roundhouse, Front, Axe, Hammer, Forearm, Palm
Brn / Brn-Trim Red / Red-Trim	Division 1 - Ages 8 thru 12 Division 2 - Ages 13 thru 15 Division 3 - Ages 16 & older	Any 3 Board Safe Combination ( ie. Run Jump Sidekick over 15 people NOT SAFE )
Poom	ALL	Any 4 Board Safe Combination ( ie. 6 Board Head butt NOT SAFE )
Black Belt	ALL	Any 8 Board Combination + 1 special* ( ie. PLEASE be careful with holders )

# 2010 - Northwest Black Belt Association TaekwonDo Tournament

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## Rules for ALL Sparring Divisions

### **Overview for ALL Sparring Divisions**

The AAU competition rules with slight Modifications ( See specific division ) shall govern this event.

Any protesting, arguing with officials, or other display of un-sportsmanlike conduct will result in immediate disqualification of that, and all events to follow.

### In General

- 7 point safety rule will be in effect. ( If a 7 point spread in points occurs, the match will end )
- CONTROLLED HEAD CONTACT WILL BE ALLOWED, Unless Specified.
- The competitor who executes a successful technique to the Legal Body target area shall be awarded 1 point.
- The competitor who executes a successful technique to the Legal Head target area shall be awarded 2 points.
- ONE Coach may be present in designated area per competitor.
- In the Event the match ends in a TIE, the match will go into a 1<sup>st</sup> Point Scored Sudden Death Round. Competitors will receive a 1 minute rest period before the sudden death round.
- NO extra points will be awarded for "Turning" or "Jumping" type kicks.
- Every effort will be made to assure each competitor has at least TWO matches.

The tournament committee reserves the right to combine or divide the categories, if necessary. This will give all competitors opportunities for **fair** competition.

Sparring divisions will be broken down according to Similar Rank, Weight, and Age.

### Required Sparring Equipment:

Proper Fitting Chest Protector ( ie. size 1 chest protector does NOT fit a person 6 foot tall ), Headgear, Mouth guard, Groin cup for males, Gloves or Forearm, Shin, and Instep pads.

We highly recommend that each competitor has his/her own equipment for safety, although there will be some Chest Protectors and Headgear available at ringside. **Two Minutes** will be provided to competitors who do not have appropriate equipment when his/her name is called or they will forfeit their match.

## **Little Ninja Sparring Division**

### Summary:

- Single Elimination, each competitor is guaranteed at least two fights.
- Each Match will consist of 2 rounds at 1.1/2 minutes in length.
- This will be a 'Stop for Point' Event. ( note: round time does not stop for point awards )
- NO HEAD CONTACT WILL BE ALLOWED
- No bonus point awards for Ninja Divisions.

## **White, Orange & Yellow Belt Sparring Division**

### Summary:

- Single Elimination, each competitor is guaranteed at least two matches.
- Each Match will consist of 2 rounds at 1.1/2 minutes in length.
- Continuous Sparring.
- CONTROLLED HEAD CONTACT WILL BE ALLOWED
- No bonus point awards for White, Orange & Yellow Belt divisions.
- The competitor who executes a kick to the head which results in a minor injury shall receive a 1 point deduction. If a second Minor Injury occurs that competitor shall forfeit that match and be disqualified from sparring for the rest of the day. Crying is not an injury.
- The competitor who executes a kick to the head that results in a severe injury shall forfeit and disqualified from sparring for the rest of the day.

# 2010 - Northwest Black Belt Association TaekwonDo Tournament

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## Green to Red Trim Belt Sparring Divisions ( Includes Poom Under 13 )

### Summary:

- Green – Purple:  
Single Elimination, each competitor is guaranteed at least two fights.
  - Purple Trim – Poom under 13:  
Double Elimination
  - Each Match will consist of 2 rounds at 1.1/2 minutes in length.
  - CONTROLLED HEAD CONTACT WILL BE ALLOWED
  - Bonus point awards for Body Targets SHALL be awarded, but NOT for Head Targets ( reminder these are controlled kicks to the head )
  - The competitor who executes a kick to the head which results in a minor injury shall receive a 1 point deduction. If a second Minor Injury occurs that competitor shall forfeit that match and be disqualified from sparring for the rest of the day. Crying is not an injury.
  - The competitor who executes a kick to the head that results in a severe injury shall forfeit and disqualified from sparring for the rest of the day.
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## Black Belt Sparring Division ( Includes POOM ages 14 – 17 )

### Summary:

- Double Elimination
  - Each elimination Match will consist of 2 rounds at 1.1/2 minutes in length, Finals ( 1,2, and 3<sup>rd</sup> place ) will be 2 rounds at 2 minutes in length.
  - HEAD CONTACT WILL BE ALLOWED
  - Bonus point awards SHALL be awarded to Legal Body & Head Targets.
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## General Sparring Divisions are as follows:

### **BLACK/POOM BELT SPARRING**

Ages 13 & under  
Ages 14 - 17  
Ages 18 -29  
Ages 30 +

### **YOUTH 13 AND UNDER**

Little Ninja ( 4 to 6 years old )  
White / Orange / Yellow  
Green / Blue / Purple Belts  
Purple Trim thru Red Trim

### **YOUTH 14-17 SPARRING CATEGORIES**

Boy's White / Orange / Yellow Belts  
Boy's Green / Blue Belts / Purple  
Boy's Purple Trim thru Red Trim Belts  
Girl's White / Orange / Yellow Belts  
Girl's Green / Blue Belts / Purple Belts  
Girl's Purple Trim thru Red Trim Belts

### **MEN 18-29 SPARRING CATEGORIES**

White / Orange / Yellow Belts  
Green / Blue / Purple Belts  
Purple Trim thru Red Trim Belts

### **WOMEN 18-29 SPARRING CATEGORIES**

White / Orange / Yellow Belts  
Green / Blue / Purple Belts  
Purple Trim thru Red Trim Belts

### **MEN SENIOR SPARRING CATEGORIES**

White / Orange / Yellow / Green Belts  
Blue Thru Red Trim

### **WOMEN SENIOR SPARRING CATEGORIES**

All

# 2010 - Northwest Black Belt Association TaekwonDo Tournament



## Team Pattern Division

### Summary:

Here is an opportunity to generate some excitement in the crowd. As well as show-off your martial art skills. XMA ( Extreme Martial Arts ) is one of the latest trends in the martial arts industry. Its focus is on Highly Energy, Exciting Demonstrations ( the stuff you see in movies ).

### Basic Guidelines:

- BE CREATIVE, SMILE, and HAVE FUN
- Provide a Martial Arts creative form of up to 2 Minutes in length.
- Music is allowed IF appropriate ( NO SWEARING ). Competitor must provide boom box.

Here are some General Guidelines for what to wear:

Martial Arts Uniforms	YES
Colored Uniforms	YES
TaekwonDo Belt or Colored Sash	YES
Bad guy T-shirts / Coats	NO
Sunglasses / Masks	NO
Hats	NO
Capes	NO
Shoes ( TKD Kickers )	YES
Shoes ( Tennis, Cross trainers )	NO
Shoes ( Barefoot )	YES
Weapons	NO

### Judging will be based on:

- Enthusiasm / Excitement
- Flow
- Skill ( stances, quality of kicks etc )
- Difficulty
- Appearance

## Hotel Information

### A - Jefferson High school

- ★ **1 Arrowwood Resort**  
2100 Arrowwood Lane  
Alexandria, MN  
320.762-1124
- ★ **2 Hampton Inn**  
2705 S Broadway Street  
Alexandria, MN  
320.763-3360
- ★ **3 AmericInn Lodge**  
4520 Highway 29 S  
Alexandria, MN  
800-634-3444
- ★ **4 Super 8 Motel**  
4620 Highway 29 S  
Alexandria, MN

