

31st Annual
Northwest
Black Belt Association
Invitational Taekwondo
Championships



Saturday, October 23rd
Shanley High School
5600 25th St S Fargo, ND

Competition in Sparring, Pattern, Creative Pattern

Black Belt Competition starts at 10 am

Color Belt Competition starts at 12 noon

Mail Registrations To:

Northwest Martial Arts

1430 Main Av

Fargo, ND 58103

Pre-Registration is Highly Recommended

For registrations, questions, or information call

NWMA at (701) 237-3430 or (701) 371-7648

or go to www.northwestmartialarts.com



**31st Annual
Northwest Black Belt Association
Invitational Taekwondo Championships**

Medals for 1st, 2nd and 3rd Place

Pre-registration is highly recommended!

Late entries will be taken the morning of competition until 10:00 a.m.

Pre-Registrations must be postmarked by Oct. 15th.

Weigh In Policy for all competitors:

Weigh ins will be done on a digital scale *RANDOMLY* at ringside prior to competition. Competitors will be weighed wearing full uniform. *You must be within 5lbs of your registered weight* or you will be disqualified! Please make sure your weight is correct on your registration form! No exceptions.

SCHEDULE OF EVENTS – October 23rd, 2010

8:30 – 9:45am Competitor Check-In

9:30 am Judges Meeting & Ring Assignments

10:00am – 12:00pm

Black Belt / Poom

Patterns

Sparring

Note: Times listed below are Reference. The competition will proceed as fast as possible.

11:30 pm Creative Pattern Divisions
Youth Color Belt and Black Belt
Adult Color Belt and Black Belt

12:15 pm 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)

Complimentary Black Belt Dinner for all referees at
Jade Dragon, 1015 Main Ave, Fargo following the event

Hotel Information

1. Ramada Plaza Suites 1635 42nd St S Fargo, ND
(701) 277-9000
2. Sleep Inn 1921 44th Street SW Fargo, ND
(701) 281-8240
\$74.99 Rooms with code “Northwest Martial Arts”
3. Expressway Suites 4303 17th Ave S Fargo, ND 58103
(701) 239-4303

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 Sparring Bracket. Each competitor may be asked to perform their pattern multiple times. The Winner will be chosen based on proper: Technique, 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 and very young competitors (6 and under) 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 Little Ninja Competitors. This event is designed to give them confidence, remember these youngsters are our future black belts.

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 rule in effect.
- 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 of a TIE, the match will go into a complete third Round.
- NO extra points will be awarded for "Turning" or "Jumping" type kicks.

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.

Color Belt Sparring Division

Summary:

- Single Elimination, each competitor is guaranteed at least two matches.
 - Each Match will consist of 2 rounds at 1 and 1/2 minutes in length.
 - Continuous Sparring for all Ranks. Stop for Point with Little Ninjas Sparring Division (6 and under)
 - CONTROLLED HEAD CONTACT WILL BE ALLOWED
 - 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 until Finals
 - Each elimination Match will consist of 2 rounds at 2 minutes in length, Including Finals.
 - FULL CONTACT WILL BE ALLOWED for 14 and Up.
 - 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 SPARRING

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

MEN 18-29 SPARRING CATEGORIES

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

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

WOMEN 18-29 SPARRING CATEGORIES

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

MEN and WOMEN SENIOR SPARRING

Men White / Orange / Yellow / Green
Men Blue Thru Red Trim
Women All Ranks

Rules for Creative Pattern Divisions

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.

Here are some General Guidelines for optional additions to this event:

| | | | |
|-----------------------------------|-----|----------------------------------|-----|
| Music (supply your own) | YES | Colored Uniforms | YES |
| Martial Arts Uniforms | YES | Bad guy T-shirts / Coats | NO |
| Sunglasses / Masks/ Hats | NO | Shoes (Tennis, Cross trainers) | NO |
| Shoes (Barefoot or TKD Kickers) | YES | Weapons | No |

Judging will be based on:

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

OFFICIAL REGISTRATION FORM

NWBBA Invitational Taekwondo Championships

Saturday October 23rd, 2010

Pre-Registered is Highly Recommended.

Pre-Registrations must be post marked by October 16th.

Late Registrations taken until 10:00 am on day of Competition.

IMPORTANT INSTRUCTIONS: Please read the following instructions and the entire form carefully before you start writing.

- * Please print legibly using all capital letters.
- * Read about the entry fees and the late charges. (No Exceptions)
- * Write the expected rank on the day of the tournament.
- * Should you have any questions, please call 701-237-3430.
- * For Athlete's Safety ALL Information MUST be Accurate and Complete !
- * All Payments are absolutely non-refundable - \$30 charge on all returned checks.

* Make Checks / payable to Northwest Black Belt Association and Mail to:

Northwest Martial Arts
1430 Main Ave
Fargo, ND 58078

Participants Name: _____
(Last Name) (First Name) (Initial)

Date of Birth: ____/____/____
(Month) (Day) (Year)

Home Address: _____
(Street) (City) (State) (Zip)

Home Phone: (_____) _____ Name of TKD School _____

Name of Instructor: _____ TKD School Phone: (_____) _____

In case of an emergency call: (Name) _____ (Phone) _____

Age: _____ Sex: Male / Female

TKD Rank (circle one) Little-NINJA, W, O, Y, G, B, P, PT, B, BT, R, RT

Black Belt Rank (circle one) 1st Poom, 2nd Poom, 3rd Poom, 1st Dan, 2nd Dan, 3rd Dan, 4TH Dan+

Please check divisions in which you wish to compete:

Pattern (____) Creative Pattern (____)

Sparring (____) enter weight so we can create proper divisions prior to event (____)
**To ensure a fair and safe competition, there will be random weigh ins ringside, you must be within 5 lbs of your registered weight or you will be disqualified!

FEES: \$55.00 for One or ALL Events

\$10 late fee for registrations mailed or turned in after October 16th, including day of competition

I have enclosed check or money order for \$_____ payable to Northwest Martial Arts*Please do not send cash through the mail.

LIABILITY WAIVER (ADULT SIGNATURE REQUIRED)

I hereby submit this registration and liability waiver form to participate in the 30th Annual Northwest Association Tournament. I certify that the above information is true and correct and hereby release, discharge, and waive any and all responsibilities of the Northwest Black Belt Association, Northwest Martial Arts, Tournament Organizing Committee, referees, instructors, and other competitors from liability for any injury, including death, and for damage to, or loss of property which may be suffered by myself arising out of, or in any way resulting from, or attributable in whole or part, to my traveling to, training for, being coached in, using any sports equipment in, or participating in a Northwest Black Belt Association Event. I understand that TaekwonDo is a contact sport and I am responsible for my own medical insurance for any and all injuries that I may sustain from competition.

Participants Signature (if 18 years of age or older) _____ Date: ____/____/____

Parent/Guardian Signature _____ Date: ____/____/____

Office use only. Do not write below this line. Review your form thoroughly before sending.

Application Received
____/____/____

Post Marked
____/____/10

Fee Paid
\$ (Check, Money order, Cash)