

2023 Arizona Taekwondo Festival November 11th, 2023



ARIZONA
TAEKWONDO
FESTIVAL



**Poomsae, Board Breaking, Demo Team,
Sparring & Obstacle Course**

DAEDO PSS will be used for All Black Belt Sparring Divisions

Washington High School

2217 W. Glendale Ave. Phoenix, AZ 85021

Tournament Director: Grand Master Young Choi, Grand Master Rubben Lolly

Contact: (623) 875-2882 or (480) 632-1894 Email: aztkdworld@gmail.com

Sanctioned by: Arizona State Taekwondo Association

ADMISSION: \$ 15 per Person (\$5 will be donate to Desert Mission Food Bank)





2023 ARIZONA TAEKWONDO FESTIVAL

GENERAL INFO

DATE: NOVEMBER 11th, 2023

FEES: One Event **\$95**,
and \$25 for Each Additional Event

SPECTATOR ADMISSION: \$15.00 (**\$5 will be donate to Desert Mission Food Bank & MeHug**) 5 yrs old & under **FREE**

TIMES: Check in 8:00 am, competition begins 9:00 am

WHERE: Washington High School
2217 W. Glendale Ave. Phoenix, AZ 85021

AWARDS: Medals will be awarded to places 1st through 3rd place.

SCHEDULE OF EVENT

8:00 AM - 8:30 AM: Referee Meeting

8:00 AM - 9:00 AM: Registration and Pick Up Competitor Card (Coach Only)

9:00 AM - 11:00 AM: Poomsae, All Divisions

11:00 AM - 1:00 PM: Breaking, All Divisions

12:00 PM - 1:15 PM: **Opening Ceremony & Obstacle Course, & Zemita**

1:15 PM – 5:00 PM: Demo Team & Sparring, All Divisions

**** Tournament Director has the right to refuse any competitor, coach or master to participate in Arizona Taekwondo Festival. ****

2023 Arizona Taekwondo Festival

Saturday, November 11th 2023

Registration Forms

Competitors Name (PRINT): _____

Belt Color: _____ Dan Age _____ F / M Weight _____ Lbs

TKD School Name: _____

Events: Poomsae Sparring Board Breaking Demo Team (Please circle the events)

Team Poomsae Team Sparring Obstacle Course & Zemita

Events Fee: **One Event - \$95 (ADD \$25 Additional EVENT)**

Total Amount Enclosed: \$ _____ **NO REFUNDS**

Payable to: **CTTA**

Payment **MUST** be **MONEY ORDER OR CASHIER'S CHECK**

Registration Deadline: October 31st 2023 (NO REGISTRATION AT THE DOOR)

Mail to: Choi's Traditional TKD Academy

9001 W. Union Hills Dr. Suite 1 Peoria, AZ 85382

E-Mail: aztkdworld@gmail.com

Liability Waiver

I do hereby voluntarily submit my application for attendance participation in 2023 Arizona Taekwondo Festival, Sponsored by WTHA, First TKD and I hereby assume full responsibility for injuries, damaged or losses, even death that I may sustain or incur during the participation.

I agree to waive all claims against any person connected with the tournament, individually or others. I hereby give my consent to receive first aid treatment from the volunteers only.

Contestant Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Poomsae Rules

WT Poomsae ONLY (TAE GEUK POOMSAE)

White/ Yellow	Orange	Green	Purple	Blue	Brown	Red	Black Belt
Basic/ TaeGeuk 1 or 2	TaeGeuk 2 or 3	TaeGeuk 3 or 4	TaeGeuk 4 or 5	Taegeuk 5 or 6	TaeGeuk 6 or 7	TaeGeuk 7 or 8	Koryo - Hansu

- **Black Belt will use a POOMSAE SCORING SYSTEM.**

Sparring Rules

- **Color Belt - Ages 11 & Under: NO HEAD KICK.**
 - Age 12 to 14: HEAD KICK, Light Contact (Touch).**
 - Ages 15 to 17: HEAD KICK, Light Contact (Touch).**
 - Age 18 & Up: HEAD KICK, Light Contact (Touch).**
- **Back Belt – USATKD Junior Rules & USATKD Rules (Light Contact)**
- **Color Belt: All Ages, 1 minute 3 rounds, 30 sec rest**
- **Black Belt: All Ages, 1 minute 30 sec 3 rounds, 30 sec rest**
 - Final Round: 1 min 30 sec 3 rounds, 30 sec rest**
- **Face Shield or Sports Goggle is Allowed. (ALL AGES AND ALL BELTS)**

USATKD Board Breaking Rules (Breaking Board - \$4 per Board)

- Color Belt their own routine.
- Black Belt their own routine.
- **Yellow to Purple Belt (Max 10 Boards) – Hand Tech. & Foot Tech.**
- **Blue to Red Belt (Max 10 Boards) – Hand Tech. & Foot Tech.**
- **Black Belt (Max 10 Boards) – Hand Tech. & Foot Tech.**
- Competitors may choose the kind of techniques and number of boards to break, up to a **maximum of 10 boards**. Each board will receive a **0.3 point** of the Number of Boards. **NO Head Strikes**.
- There is **TWO CHANCE** for each breaking. Failure to break all of the board in a single attempt will result in a **0.1 point deduction** for each missed board. Failure to complete the break after two attempts will result in a **0.5 point deduction** in the final score.
- Competitors and helpers will have **THREE MINUTE** to set up, perform the breaking routine and clean up all boards, broken boards and wooden fragments. Exceeding the time limit will result in **0.5 point deduction** in the final score for **each 10 seconds**.
- Competitors may not use props such as chairs, trampolines, tables, etc. for aerial techniques. However, board holders may be used as “human launch pads.”
- A competitor who crosses the boundary line will receive a **0.5 point deduction** for each violation. Holders may cross boundary line or stand outside the boundary line with no penalty.
- Boards must be purchased from a Designated Vendor at the competition venue.
- **All Belts will use a Scoring System.**
- Scoring Guidelines: 10.0 (Number of Boards + Difficulty + Presentation)
 - I. Technical Execution (6.0)
 - a. Number of Boards Broken (3.0)
 - b. Difficulty (3.0)
 - II. Presentation (4.0) - Demonstration of Taekwondo Skill & Creativity
- **Trophies will be awarded to places 1st through 3rd place.**

**** 1st Place will receive the Special Trophy ****

USATKD Demo Team Rules (7 Minutes)

- **Yellow - Brown Belt - All Ages**
- **Red - Back Belt – All Ages**
- **Perform Time is SEVEN MINUTES with judges**

- **Scoring Guidelines: 10.0 (Technical Skill + Presentation)**
 - I. Technical Skill(6.0)**
 - a. Five Evaluation Areas (5.0)**
 - 1) Team Form:** MUST ALL Team
 - 2) Acrobatic Breaking:** A breaking technique executed by jumping into the air with the rotating axis to strike the target with a foot.
 - 3) Single Jump Break:** Breaking 3 or more fixed targets with one or more various techniques using the hands and feet through single jump.
 - 4) Power Breaking:** 2 to 4 contestants break targets set on the breaking board holders with various hand techniques.
 - 5) Self-Defense:** Simulated fighting of 2 or more attackers with bare hand and foot.
 - b. Basic Movements & Practicability of Movements (1.0)**
 - II. Presentation (4.0)**
 - a. Creativity and Complexity (1.0):** Points may be awarded based on the creativity and complexity of the actions and components of the demonstration.
 - b. Synchronization and Harmony (1.0):** Points may be awarded based on the harmony and balance between different components of the demonstration.
 - c. Taekwondo Spirit (1.0):** Points may be awarded for accurate expression of energy in the demonstration. Also audience's involvement and fun generated from the team will be awarded in this category.
 - d. Music and Choreography (1.0):** Point may be awarded based on how the music and the choreography contribute to the performance of the demonstration.

- **Weapons are Allowed to perform.**

USATKD Demo Team Rules (7 Minutes) - Continued

- **Deduction of Points**
 1. **0.3 points** shall be deducted from the final score if the performance is finished later than the set contest time (7 minutes).
 2. **0.1 point per board missed** shall be deducted from the final score.
 - a. The Competition Coordinator will record the number of boards missed, and inform the recorder at the end of the demonstration.
 - b. A Missed Board shall defined as:
 - Unbroken after attempt
 - Broken before the attempt
 - Broken with assistance from the holder;
Example: bending the board or pushing in to assist with the break
 - c. **0.1 point** shall be deducted from the final score each time a contestant crosses the boundary line during performance



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Team Sparring

- 1. Team (Mixed): 3 People (Male & Female, Color or Black Belt)**
- 2. Format: 2 Male & 1 Female (MUST compete with Same Gender)**
- 2. Time: 5 minutes**
 - 1) 3 minutes: 1 vs. 1, 1 minute each**
 - 2) 2 minutes: Tag Match**
- 3. Entry Fee: \$20 per person (MUST compete a Regular Event)**
- 4. Division**
 - 1) Youth (10 ~ 11 Years Old, Male & Female)**
 - 1) Cadet (12 ~ 14 Years Old, Male & Female)**
 - 2) Junior (15 ~ 17 Years Old, Male & Female)**
 - 3) Senior (18 ~ 32 Years Old, Male & Female)**

Team Poomsae

- 1. Team (Mixed): 5 People (Male & Female, Color or Black Belt)**
- 2. Format: 1 vs. 1, Pairs, Team**
- 3. Entry Fee: \$20 per person (MUST compete a Regular Event)**
- 4. Division**
 - 1) Under 14 Years Old, Male & Female Mixed**
 - 2) Over 14 Years Old, Male & Female Mixed**

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Team Poomsae Registration Forms

Name of TKD School: _____

Division: Under 14 Mixed Over 14 Mixed (Please circle the Division)

	<u>Competitors Name (PRINT)</u>	<u>Rank</u>	<u>Age</u>	<u>F / M</u>
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____

Team Poomsae Competition FEE: \$20 per person (MUST compete a REGULAR EVENT)

Payment must be MONEY ORDER OR CASHIER'S CHECK

Payable to CTTA

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Contestant Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

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Team Sparring Registration Forms

Name of TKD School: _____

Division: Youth(10-11) Cadet(12-14) Junior(15-17) Senior(18-32) (Please circle the Division)

1. Competitor Name (PRINT): _____

Rank: _____ Age _____ F / M Weight _____ Lbs

2. Competitor Name (PRINT): _____

Rank: _____ Age _____ F / M Weight _____ Lbs

3. Competitor Name (PRINT): _____

Rank: _____ Age _____ F / M Weight _____ Lbs

Team Sparring Competition FEE: \$20 per person (MUST compete a REGULAR EVENT)

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