

43rd PAN AMERICA TAEKWONDO CHAMPIONSHIPS

Saturday, April 4, 2020

**John Marshall High
School Gym**

Tournament starts at 10:00 AM

Pre-registration required By Mar.30

Late Registration with Penalty at the door 9:00am



Accommodation:
GUESTHOUSE INTERNATIONAL & SUITES
435 16th AVE NW
Rochester, Minnesota 55901
Phone (507)288-9090
Toll Free (877)374-9090

10:00am-Opening Ceremony

2:00 pm

- **Hanmadang Finals**
- **Black Belt Sparring**
- **Form Grand Champion**

ALL DAY ADMISSION

Adults.....\$6.00

Children (6-12).....\$4.00

Children (5 & under)..Free

(Must accompany with Parent)



The Park Institute, Inc.
3004 Highway 52 North
P.O. Box 6065
Rochester, Minnesota 55903
Ph (507) 288-9000
www.parkinstitutetkd.com



43rd PAN AMERICA TAE KWON DO CHAMPIONSHIP

PRE REGISTRATION	Dead line by Mar.28, 2020
LATE REGISTRATION	9:00 am Saturday, April 4, 2020 at John Marshall High School (Late Penalty \$10) Late Registration for Poomsae(Form) & Hanmadang must be completed by 9:00 am
Coaching Education	9:30-10:00am Sat. April 6, at John Marshall Gym
OPENING CEREMONY	10:00 AM
FORM COMPETITION	Black Belts compete first, then colored belts
BREAKING COMPETITION	Follows Form Competition (Furnish your own board – or, boards can be purchased at the gym.)
FREE SPARRING	Follows Breaking Competition
ENTRY FEE	\$60.00 for One Event; Add \$10.00 for each Additional Event
ELIGIBILITY	1. Minors must have signed release from parent or guardian. 2. All competitors must be students of an established school or club whose instructor holds a Black Belt. 3. Executive Director has authority to determine eligibility of any competitor.
SPECTATOR ADMISSIONS	\$6.00 for Adults \$4.00 for Children (6-12) FREE Age 5 and under
ACCOMMODATIONS	GuestHouse International & Suites: 435 15th Ave NW, Rochester, MN 55901 \$76.90 + tax/night, Cut off date – Mar. 28, 2020 (Just mention Park Institute TKD Tournament) For Reservations Call 1-877-374-9090 or 507-288-9090

KKW, WTF & Local COMPETITION RULES WILL APPLY

APPEARANCE:

Each contestant will compete in a clean uniform. Jewelry or trinkets of any kind are not to be worn.

MANDATORY SPARRING EQUIPMENT:

Chest Protector; Head Gear; Groin Protector for all male competitors; Fist/Forearm Guards; Shin/Instep Guards; Mouth Guards. Extra Chest Protectors & Head Gear will be available.

FORMS:

Forms will be judged by a panel of judges. A possible ten points may be awarded by each judge.

SPARRING RULES:

TWO ROUNDS OF ONE AND A HALF MINUTES each with a 30-second rest.

BREAKING: Breaking competition is available to all belt levels. Competitors may use any technique to

break and must bring their own boards (there will be boards on sale if needed). The judging system for breaking will be the same as forms. Each competitor must complete with 2 attempts, but second attempt may result in point deductions from each judge. In case of a tie, then one board can be broken on one try only. Merit will be awarded on the basis of beauty, accuracy, power and difficulty of technique.
See Hanmadang rules for Hanmadang Breaking competition

AWARDS: Trophies will be awarded for Hanmadang winners and Medals to all other division
1st, 2nd & 3rd place winner

Hanmadang Divisions – Group Poomsae(form), Breaking & Self defense (see Hanmadang rules)

The Executive Director shall decide anything that is not covered by these rules, as shall any dispute over the interpretation of the rules.

Individual Competition Divisions

Division	Poomsae (Form)	Hanmadang Kyukpa (Breaking)	Board Size	Gyoroogi (Free Sparring)	
Male Executive Age 33-40, 41-50,51 & up Separate divisions	Black Belt Colored Belt	Black Belt Colored Belt	10"	Black Belt & Red Belt Green Belt & Blue Belt Yellow & White Belt	
Female Executive Age 33 –44, 45 & up Separate divisions	Black Belt & Red Belt Blue Belt & Under	One Division	8"	Black Belt & Red Belt Blue Belt & Under	
Male Black Belt (Age 18-32)	1 st Dan 2 nd - 4 th Dan	Black belt	10"	Light, Middle Heavy	
Male Color Belt (Age 18-32)	Red, Blue, Green, Yellow, White	Red, Blue, Green, Yellow, White	10"	Red, Blue, Green, Yellow, White (Light, Heavy)	
Female Black Belt (age 18-32)	Black Belt	Black Belt	8"	Light, Middle Heavy	
Female Color belts (Ages 18-32)	Red, Blue, Green, Yellow, White	Red & Blue Belt Green Belt & Under	All 8"	Red & Blue Belt- L, H Green & Yellow –L, H White - L, H	
Juniors (Ages 14-17)	Black Belt, Red Belt, Blue Belt, Green Belt, Yellow Belt, White Belt (Separate Boys/Girls)	Black Belt& Red Belt Blue & Green Belt Yellow & White Belt (Separate Boys/Girls)	M-8" F- 6"	Male	Black Belt L, H Red & Blue L, H Green & Under - L, H
				Fe- male	Black Belt L, H Red & Blue L, H Green & Under - L, H
Pee Wee (Ages 11-13)	Black Belt, Red Belt, Blue Belt, Green Belt, Yellow Belt, White Belt (Boys/Girls together)	Black Belt & Red Belt Blue & Green Belt Yellow & White Belt (Boys/Girls together)	All 6"	Boys	Black & Red – L, H Blue & Green– L, H Yellow & White - L,H
				Girls	Black & Red – L, H Blue & Green – L, H Yellow & White - L, H
Mini Pee Wee (ages 9-10)	Black Belt, Red Belt, Blue Belt, Green Belt, Yellow Belt, White Belt (Boys/Girls together)	Black Belt & Red Belt Blue & Green Belt Yellow & White Belt (Boys/Girls together)	All 4"	Boys	Black & Red– L, H Blue & Green– L, H Yellow & White - L,H
				Girls	Black & Red– L, H Blue & Green– L, H Yellow & White - L,H
Sub Mini Pee Wee (Ages 7-8)	Black Belt, Red Belt, Blue Belt, Green Belt, Yellow Belt, White Belt (Boys/Girls together)	Black Belt & Red Belt Blue & Green Belt Yellow & White Belt (Boys/Girls together)	All 4"	Boys	Black & Red– L, H Blue & Green– L, H Yellow & White -L, H
				Girls	Black & Red– L, H Blue & Green– L, H Yellow & White - L,H
Micro Pee Wee (Ages 6 & Under)	Black/Red , Blue Belt, Green Belt, Yellow Belt, White Belt (Boys/Girls together)	Blue Belt & Higher Green Belt & Under (Boys/Girls together)	All 3"	Black & Red Belt L, H Blue & Green – L, H Yellow & White – L, H	

Sparring Weight Divisions – Divide into as above.

Breaking Material – 1” x 12”pine board with above mentioned length.

Each Division – 1st, 2nd, 3rd place (**divisions may be added/reduced as necessary to accommodate fair competition**)

*Junior Black Belts have the option to enter either adult or junior form divisions.

Sparring will be 2-1 minute rounds (with 30 second rest).

Purple is usually same as Blue Belt, Brown same as Red Belt, Orange Belt same as Yellow Belt

Reminder for Parents

Registration Dead Line; Mar. 28th Penalty (\$10) is imposed thereafter or onsite registration

Fee; \$60.00 first event \$10 for each additional event

Payment and Mail to; Park Institute, P. O. Box 6065 Rochester MN 55903

Venue Site; John Marshall High School Gym, 1510 14th Street NW, Rochester, MN 55901

Form Grand Champion Divisions; 1st place winners are eligible to Form Grand Champion Finals

Age 18 & over Male/Female of all rank, Age 11-17 Male/Female, Age 7-10, Boys/Girls, Age up to 6, Boys/Girls

Hanmadang Divisions

What is Hanmadang: Unlike Olympic-style sparring oriented competitions, a Hanmadang is, generally speaking, a celebration or a festival. So, a Taekwondo Hanmadang is a celebration of Taekwondo; a festival in which all students may participate allowing them the chance to gain confidence and self-esteem. The Taekwondo Hanmadang should not be viewed as a competition, but more as an activity that showcases competitors' talents and abilities in Taekwondo. If one must think in terms of competition, consider it as being a competition with oneself that leads to self-actualization. It presents each student the chance to be the best that they can be at one event, without worrying about an external opponent trying to keep them from doing their best.

A Taekwondo Hanmadang consists of fun and challenging events. Those events may include Poomsae (Traditional forms and Creative forms), Breaking (Speed breaks, High Jump breaks, Power breaks), Self-Defense Exhibitions (Weaponless, against multiple opponents armed and unarmed). There is truly something in which everyone may participate and show their skills, from the youngest to the most senior in age.

Most Taekwondo Schools have curriculums that include forms, breaking, sparring and self defense which fit to Hanmadang categories. Kukkiwon embraced the Hanmadang system/Tournament long ago and hosting annually at different cities in Korea. It is the most popular Taekwondo completion in Korea

By adding Hanmadang competition to the Pan Am Championships, we will provide a well-rounded tournament experience.

Poomsae (Form) - *Pair and Group Poomsae competitions will be judged by synchronization and harmony*

- Pair Traditional (WTF) Poomsae (2 players) – *Ideal for wife / husband, siblings, Parent / Child or simply pair up with a friend*
- Group Traditional Poomsae (3-9 players) – *For whole family or group of fellow students regardless of age*
- Creative Poomsae (2-9 players) – *Time to be creative and highlight the variety of your favorite techniques. The form must be composed within Taekwondo basic movements*

Kyukpa (Breaking) -*within 2 tries except Spin Kick*

- Fist downward (strike with knuckles) (1x12x10 pine boards) – *Judged by number of boards broken, in case of tie, whoever attempted the most boards is the winner*
- Knife Hand downward (1x12x10 pine boards) – *Judged by same criteria as Fist Break*
- High Jump Front Kick (1/2" Demo Boards) – *Judged by height of board broken, not the number of boards broken*
- Longest Jump Flying Side Kick (1/2" Demo Boards) – *Judged by how far you jump*
- 1 Minute Stationary Consecutive Spinning Heel Kick (1/2" Demo Boards) – *Judged by number of boards broken in 1 minute - Target must be at least waist level; 1 or 2 holders allowed*

Self Defense

- Unlimited Creative Self-defense (against 1 or multiple opponents; either empty handed or with weapon) – *Judged by creativeness, practicality, harmony and technique, etc.*

PAN AMERICA TAEKWONDO CHAMPIONSHIPS

John Marshall High School Gymnasium, Rochester, Minnesota
1510 14th St. NW Rochester, MN. 55901

April 4, 2020

ENTRY FORM

Name _____ Gender: M F
(First) (MI) (Last) (Circle one)

Taekwondo Rank: 1 2 3 4 5 6 7 8 9 10 Gup(Kup) _____ Belt, or **Black Belt:** 1 2 3 4 Dan
(Circle one) (Color of Belt) (Circle one)

Weight: _____ lbs. Height: _____ ft. _____ in. Age: _____ Date of Birth: _____ / _____ / _____
(mm) (dd) (yyyy)

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

Home Phone: () ____ - _____ Cell Phone: () ____ - _____ e-mail: _____

School (Club) _____

School address: _____

Instructor's Name: _____ School(Club) Phone: _____

Check where you: **Individual:** Poomsae(Form), Kyuroogy(Sparring), Kyukpa (Breaking)
Wish to compete

Hanmadang Poomsae: Pair, Group, Creative

Hanmadang Kyukpa (Breaking): Fist, Knife Hand, Hi Jump, Flying Side,
 Spin Heel,
 Hanmadang Self Defense

Entry Fee; \$ _____, check #; _____

Entry Fee; \$60/ one event, \$10 add to each additional divisions

I, the undersigned, do hereby apply for participation in the PAN AMERICA TAE KWON DO CHAMPIONSHIPS (formerly Rochester Open TKD Championships).

I do hereby assume any and all responsibility for any and all losses, damages and/or injuries I may sustain or incur, if any, while attending or participating. I hereby waive any and all claims against the officials, host, promoters, operators, sponsors, fellow participants, and venue site facilities of this tournament, individually, or jointly, for any losses, damages and/or injuries, 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 in part to my traveling to, training for, being coached in, using any sports equipment in, or participating in the Pan American Tae Kwon Do Championships. As a competitor or parent/legal guardian of the competitor, I give consent to any x-ray exam, medical, chiropractic, dental or other treatment(s) deemed necessary for the safety and welfare of the contestant. I understand that this authorization is given prior to any diagnosis, treatments or hospital care being required, but is given to provide the medical/chiropractic/dental staff authority to render care as deemed advisable. In the case of minors, it is understood that efforts shall be made to contact the undersigned prior to rendering treatment, but treatment will not be withheld if the undersigned cannot be reached. **I understand that in case of injury, only basic first aid will be made available in site, and that I am fully responsible for any and all resulting medical or other expenses.** I also agree that any and all photographs taken by the officials of the tournament action are the sole property of the tournament officials, to be used as they wish.

If the undersigned is under 18 years of age, this release must be signed by a parent or guardian.

Date: _____

Contestant's Signature _____ Parent or Guardian: _____