

Dear Students and Instructors:

Moo Sul Kwan martial arts were brought to the United States in 1969, by **Lee H. Park**. For over four decades, Moo Sul Kwan has hosted championship tournaments and events for the positive educational experiences of its students and instructors. Our *2024 All-City Champs* is a wonderful event and a chance to begin the **Summer of '24** with success!

Prepare well!

James M. Sautel, 8th dan



Presented by:

James M. Sautel, 8th dan

Tournament Directors:

Merinda J. Sautel, 7th dan

John T. Sautel, 7th dan

Coordinators:

Erik R. Albrechtson, 7th dan

Alice Meyung, 6th dan Clayton Garner, 6th dan

Andy McDaniel, 5th dan Bridget Sautel, 5th dan

Ring Supervisors:

Collin Kreutz, 4th dan Eileen Lindner, 4th dan

Tyler Murphy, 4th dan Don Johnson, 4th dan

Hope Morgan, 4th dan Kathleen Sautel, 4th dan

Zach Greaves, 4th dan Peyton Brauch, 4th dan

Kyle Feagans, 4th dan



COSTUME AND PERSONAL REQUIREMENTS

1. Each competitor must be from a martial arts school with a recognized black belt instructor.
2. The personal hygiene of competitors is of the highest standard.
3. The judges and contestants shall wear only a martial arts uniform in good condition.
4. All competitors must wear a mouth guard, headgear, safety punch, and safety kick equipment when free-sparring.
5. Males 11 yrs. and up are required to wear a protective cup or groin guard when sparring.
6. All students ages 9 and up are required to wear a chest protector in free-sparring competitions.
7. All competitors shall keep their nails cut short and shall not wear any metallic article that may possibly injure or interfere with the competition.
8. In the opinion of the judges, if the hair of the contestant appears that it may possibly cause a problem, the judges will request that it be tied back out of the way.



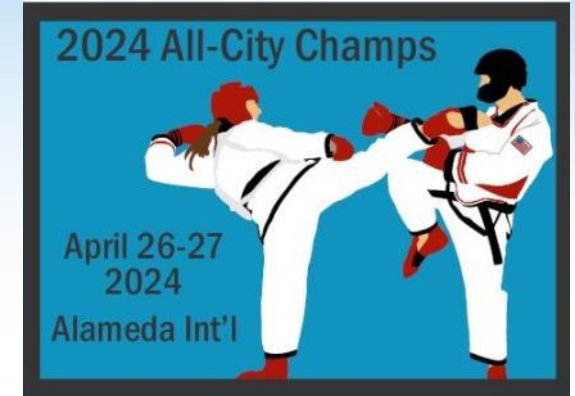
AIMS AND GOALS OF OUR CHAMPIONSHIPS

1. *A knowledge of the value of competition to the individual and to the martial art family.*
2. *An understanding of the rules essential to being a part of the competition.*
3. *The ability to think as an individual.*
4. *For good human relationships.*
5. *Respect the rights of others and for those in authority.*
6. *Builds self-confidence and emotional maturity.*
7. *Utilization of information from other participants.*

2024 All-City Championships

April 26-27, 2024

Alameda International



Presented by the
Colorado Taekwondo Institute

“Encouraging world—class leadership through educational excellence and Moo Sul Kwan martial arts traditions.”

Look for more
information and final results on
www.ColoradoTaekwondo.com

Sponsored by:

Colorado Taekwondo Institute

American Martial Arts Sports and Education Association
Moo Sul Kwan Martial Arts Institute

Place: Alameda International

Friday: 6:00pm - Black Belts

Saturday: 6:30am - Black Belts

8:00am - Red, Brown & Purple (all ages)

10:30am - White-Blue (ages 8 and under)

1:00pm - White-Blue (ages 9 and up)

Registration is due by April 18th

4 or more events—\$65

3 events—\$55

**Tigers and school program students
(2 events)—\$40**

Late fee after 4/18—add \$10

Spectators are FREE!

Register Online at

www.ColoradoTaekwondo.com

Special thanks to
Alameda International, our scorekeepers,
and our many helpers!

POOMSE

Poomse is a set pattern of movement executed against imaginary opponents attacking from several different directions. Scores will be based on power, form, execution of technique, and grace and harmony of movement.



On the event of a tie, another poomse will be chosen by the contestants to be performed and scored.

FIRST POINT WINS!

All CTI sparring rules apply, first point wins the match! Who is the quickest at the All-City Champs?



BREAKING AND TARGET KICKING

3rd dan Black Belt and up—4 Target Combo

2nd and 1st dans — 3 Target Combo

Red, Brown & Purple ages 16 & up—Two target combo, all feet (1-2 boards per target)

Red, Brown & Purple 12-15— Three rounds, one board per round, all feet—must break to move on

Red, Brown and Purple 11 and under— Target Kicking—3 targets, all feet (stand, spin, jump)

Blue, Green and Orange Belts (12 & up)—Two rounds, one board per round, all feet—must break to move on

*Wooden boards for breaking

FREE SPARRING

POINT SCORING SYSTEM

2 points....kicks

1 point.....punches/strikes

See more rules at www.ColoradoTaekwondo.com



Black Belt STAFF POOMSE

Staff poomse is like regular poomse and scores are based on the same elements. On the event of a tie, another poomse will be chosen by the contestants to be performed and scored.

School Program Students

School program students will compete in poomse and self-defense in walking drills.

Tigers

Tigers will compete in poomse and following directions.

Moo Sul Kwan

Summer Expo

XXXVIII

May 24-26, 2024

Keystone Ski Resort

For all ages and belt levels!