

AIMS AND GOALS OF OUR CHAMPIONSHIPS

- 1) A knowledge of the value of competition to the individual and to the martial arts 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) Build self confidence and emotional maturity.
 - 7) Utilization of information from other participants.



UNIFORM AND PERSONAL REQUIREMENTS

1. Each competitor must be from a Moo Sul Kwan 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 white martial arts uniform in good condition with a white t-shirt.
4. All competitors must wear a mouth guard, head gear, safety gloves, and safety boots when free sparring.
5. Males 8 yrs. Old and up are required to wear a protective cup or groin guard when sparring.
6. All students ages 8 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 and out of the way.

11th MTI Championships

March 15th, 2025

New Madrid Elementary



Presented by the
Missouri Taekwondo Institute

"Encouraging world class leadership through educational excellence and Moo Sul Kwan martial arts traditions"

For registration and results visit
WWW.MISSOURITAEKWONDO.COM

Sponsored By:

Missouri Taekwondo Institute
Colorado Taekwondo Institute
Moo Sul Kwan



Place: New Madrid Elementary

March 15th, 2025

8:30 AM – #

10:30 AM – #

:30 AM – #

Arrive 30min before competition start time for group picture warm up

AFTER PARTY AT THE SIKESTON CAMPUS @ 3PM
THIS PARTY WILL BE A POTLUCK!

Registration Due by O 1th

U - \$45
‡ -Blue - \$50
Purple-Black - \$55

Family and Black Belt Club discounts apply
Family & Friends of MTI are FREE

Upcoming events

April 25th-26th - All City Championships (Denver, CO)

June 7th-12th - Camp MSK (Snow Mountain Ranch, CO)

July 18th-20th - MTI Summer Excursion (Location TBA)



POOMSE

Poomse is a set pattern of movement executed against imaginary opponents attacking from several different directions. Scores will be based on correct moves, power, form, execution of technique, and grace/harmony of the movements. In the event of a tie, a second poomse will be chosen by the contestants to be performed and scored.



ONE STEPS

Students Purple and up will compete in one step walking drills:

- A) All competitors will perform one step walking drills 1-6 on the "first" side
- B) Turn, then perform 7-12 on the "second" side
- C) Turn, perform 1-6 on the "second" side
- D) Turn, perform 7-12 on the "first" side

FREE SPARRING

Sparring competition follows a single elimination point style format. Matches will last 2 minutes each. Contestant with the most points at the end of time moves on to the next round; in the event of a tie, the next clean point will win.

POINT SCORING SYSTEM

Hands – Punches are worth 1 point

Back fists are worth 1 point (Green belts and up)

Kicks – Standing kicks are worth 2 points

Spinning and Jump kicks are worth 3 points

1st POINT WINS SPARRING

Competitors have the chance to see who is the quickest in the ring! Rules follow the same format as regular point sparring.

TIGER COMPETITIONS

Tiger students will compete in *Poomse*, and *Most Kicks in 60 seconds (30 seconds each leg)*
(scored 1st - 4th place)

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