

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 *2025 All-City Champs* is a wonderful event and a chance to begin the **Summer of '25** with success!

Prepare well!

James M. Sautel, 8th dan



**Presented by:**

James M. Sautel, 8<sup>th</sup> dan

**Tournament Directors:**

Merinda J. Sautel, 7<sup>th</sup> dan

John T. Sautel, 7<sup>th</sup> dan

**Coordinators:**

Erik R. Albrechtson, 7<sup>th</sup> dan

Alice Meyung, 6<sup>th</sup> dan

Andy McDaniel, 5<sup>th</sup> dan

**Ring Supervisors:**

Collin Kreutz, 4<sup>th</sup> dan

Tyler Murphy, 4<sup>th</sup> dan

Hope Morgan, 4<sup>th</sup> dan

Peyton Brauch, 4<sup>th</sup> dan

Shekina DeTienne, 4<sup>th</sup> dan

Clayton Garner, 6<sup>th</sup> dan

Bridget Sautel, 5<sup>th</sup> dan

Eileen Lindner, 4<sup>th</sup> dan

Don Johnson, 4<sup>th</sup> dan

Kathleen Sautel, 4<sup>th</sup> dan

Kyle Feagans, 4<sup>th</sup> dan

Mark Scott, 4<sup>th</sup> 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.

# 2025 All-City Championships

**April 25-26, 2025**

**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](http://www.ColoradoTaekwondo.com)**

## Sponsored by:

Colorado Taekwondo Institute  
American Martial Arts Sports & Education Association  
Moo Sul Kwan Martial Arts Institute

**Place:** Alameda International

## Times:

### 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)

12:30pm: White-Blue (ages 9 and up)

## Registration is due by April 15th

**4 or more events: \$70**

**3 events: \$60**

**Tigers (2 events): \$40**

**School program students (2 events): \$40**

**Late fee (after 4/15): add \$10**

**Spectators are FREE but we are encouraging families to bring donations of non-perishable canned goods with pull-tab or easy open cans.**

**Register Online at  
[www.ColoradoTaekwondo.com](http://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:** Power Breaking

**2nd and 1st dans:** 2 Target Combo

**Red, Brown & Purple (ages 16 & up):**

Two target combo, all feet (1 board per target)

**Red, Brown & Purple (ages 12-15):**

Three rounds, one board per round, all feet (must break to move on)

**Red, Brown and Purple (ages 11 and under):**

Target Kicking, 3 targets, all feet (stand, spin, jump)

**Blue, Green and Orange Belts (ages 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 all rules at [www.ColoradoTaekwondo.com](http://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**

**XXXIX**

**May 23-25, 2025**

**Keystone Ski Resort**

**For all ages & belts!**