

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 *22nd Lee H. Park Team Champs* is a wonderful event and a chance to display our skills in teams!

Prepare well!

James M. Sautel, 8th dan



Presented by:

James M. Sautel, 8th dan

Tournament Director:

Merinda J. Sautel, 7th dan

John T. Sautel, 7th dan

Coordinators:

Erik R. Albrechtson, 6th dan

Alice Meyung, 5th dan Clayton Garner, 5th dan

Andy McDaniel, 5th dan Bridget Sautel, 4th dan

Ring Supervisors:

Collin Kreutz, 3rd dan Hope Morgan, 3rd dan

Eileen Lindner, 3rd dan Tyler Murphy, 3rd dan

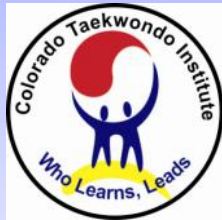
Kathleen Sautel, 3rd dan Don Johnson, 3rd dan

Jason Walker, 3rd dan Zach Greaves, 3rd dan

Peyton Brauch, 3rd dan Kyle Feagans, 3rd dan

Caleb Feagans 3rd dan Mark Scott, 3rd dan

Shekina DeTienne, 3rd 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.*

22nd Lee H. Park Team Championships

December 11, 2021

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

Saturday 6:30 AM – Black Belts

8:00 AM– Adult and teen divisions

11:00 AM – Junior divisions and tigers

(Times subject to change depending upon numbers of teams.)

Registration is due by November 23

4 events—\$45

3 events—\$40

Tiger events—\$30

Black Belt Club Members save \$5

Late fee after 11 /23 —add \$10

Spectators are FREE!

**Concessions are run by and benefit the
Alameda International National Honor Society**

**Register Online at
www.ColoradoTaekwondo.com**

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

TEAM POOMSE

Poomse is a set pattern of movement executed against imaginary opponents attacking from several different directions. There will be one Taegeuk, one Chang-Hon and one Palgwae poomse, using a circle, square and triangle formation. Ask your instructor for more information.) Scores will be based on synchronicity, 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. Juniors ages 11 and under will do 2 poomses (check with your instructor on rules).

TEAM ONE-STEP SPARRING

Team One-Step Sparring (ages 12 and up) will involve 12 one-step attacks and 12 one-step defenses in walking drills (one side only). Each will be scored as in Team Poomse.

TEAM TARGET KICKING

Our junior students (ages 11 and under) and white and yellow belt teens and adults will perform the prescribed target kicking routine. The team target kicking demonstration will be judged on accuracy, balance, power and more!

MOST KICKS in a CTI MINUTE

Our tiger students will get the chance to see how many kicks they can perform in 30 seconds.

**Moo Sul Kwan
Summer Expo
XXXVI
May 27-29, 2022
Keystone Ski Resort**

TEAM SELF DEFENSE

Our junior students will perform self-defense in walking drill formation. Ten total techniques will be shown to the judges to be scored.

Black Belt TEAM STAFF

Staff poomse is like regular poomse and scores are based on the same elements. Teams will enter the ring with six staff one-step attacks, and after performing staff poomse will leave the ring with six staff one-step defenses. On the event of a tie, another poomse will be chosen by the contestants to be performed and scored.



TEAM BREAKING

Stand, Jump and Spin!

Each team of three must perform a standing technique, a jumping kick and a spinning kick in their Team Breaking routine. Each competitor (ages 12 and up) will use wooden boards.

