



ADIRONDACK AAU TAEKWONDO

INFORMATION PACKET



April 20th 2024

Hudson Valley Community College, Troy NY
Doors open at 8:00a – Competition begins at 9:00a

AGE DETERMINING DATE: Athletes shall be placed in the appropriate AGE category based on their age as of **December 31, 2024** (AAU Taekwondo's Age Determining Date).

AAU MEMBERSHIP: All athletes, coaches, and officials **MUST** be individual members of the AAU and be prepared to present their membership card at the time of their check-in.

www.ausports.org to join AAU

AWARDS: Custom AAU Championship medals will be awarded to the top four (4) places in each division.

GRAND CHAMPION SWORDS will be based on gender & age divisions and awarded end of day based on total points accumulated by individual athlete competition:

Gold – 10pts

Silver – 6pts

Bronze – 4pt

VENUE: McDonough Sports Complex
Hudson Valley Community College
80 Vandenburg Ave
Troy, NY 12180

BOARD SIZES: Boards must be purchased on site to ensure fair competition. Each competitor will require ten boards for each event. The competition is determined by who can break all their boards in the least amount of time.

5 to 13-year-old athletes = OFFICAL AAU Small (\$30 per 10-pack)
14 and older athletes = OFFICIAL AAU Medium (\$30 per 10-pack)

RULES:

The AAU Taekwondo Rules, as posted on the AAU Taekwondo Web Site, shall govern this event. All officials and coaches participating in the National Championship must have completed the 2024 AAU Online Certification process and be duly certified to perform same by the AAU Taekwondo Committee. All officials must also have in their possession the current rulebook. You may download these rules FREE at www.aautaeqwondo.org.

ELIGIBILITY:

This event serves as a qualifying event for the 2024 AAU National Taekwondo Championships in Ft Lauderdale FL, July 1-6, 2024.

2024 Adirondack AAU Taekwondo Event Overview

Board Breaking: Repetitive Hand Technique OPEN TO ALL STUDENTS

- Single break format; One board per strike
- Allowed technique is hammer fist, palm, knife or fist (punch)
- 10 board competition

Board Breaking: Power Hand Technique OPEN TO ALL STUDENTS

- Single break format; (1 station)
- 1 attempt
- Allowed technique is hammer fist, palm, knife or fist (punch)
- Winner placement based on most boards broken on single attempt (spacers required)

Board Breaking: Power Side Kick OPEN TO ALL STUDENTS

- Single break format; (1 station)
- 1 attempt
- Allowed technique is side kick or back kick
- Winner placement based on most boards broken on single attempt (spacers required)

Board Breaking: Stomp Kick OPEN TO ALL STUDENTS

- Single break format; (1 station)
- 1 attempt
- Allowed technique is downward stomp kick
- Winner placement based on most boards broken on single attempt (spacers required)

Board Breaking: Repetitive Spin Hook OPEN TO ALL STUDENTS BLUE BELT & UP

- Single break format; One board per strike
- Allowed technique is spinning hook kick
- 10 board competition

Board Breaking Information - Boards must be purchased on site to ensure fair competition.

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14 and older athletes = OFFICIAL AAU Medium (\$30 per 10-pack)

Traditional Forms: ITF - OPEN TO ALL STUDENTS (FORMS TEAM PROGRAM HIGHLY RECOMMENDED)

- Brazilian Repechage Format
- Allowed patterns are defined within AAU Taekwondo Handbook under ITF forms
- This event will be offered for all ages
- This event will be offered for all belt levels

Traditional Forms: OPEN - OPEN TO ALL STUDENTS (FORMS TEAM PROGRAM HIGHLY RECOMMENDED)

- Brazilian Repechage Format
- Allowed patterns are defined within AAU Taekwondo Handbook under ITF forms
- This event will be offered for all ages
- This event will be offered for all belt levels

Weapons Forms: Traditional – OPEN TO ALL STUDENTS IN WEAPONS PROGRAM

- No live blades will be allowed
- Minimum one hand must remain in contact with the weapon at all times
- Inverted aerial maneuvers are not allowed

POINT SPARRING: OPEN TO SPARRING TEAM – (Min 20 sessions in 2024)

- Single Elimination Format
- Divisions based on age, gender, rank & tall/small

OLYMPIC STYLE SPARRING: OPEN TO SPARRING TEAM (Min 40 sessions in 2024)

- Single Elimination Format
- Color belts = Best of Three 1:00min rounds, Black belts = Best of Three 1:00min rounds
- KPnP electronic scoring for 10yrs and older Red/Black Belts