

4th Annual Grinnell and English Valley Taekwondo Tournament

Saturday March 3rd, 2018
Grinnell College, Darby Gymnasium
1201 10th Ave., Grinnell, IA

Order of Events:

Registration - 9:00am
Black Belt Meeting - 10:15am
Demonstration - 10:30am
Eliminations - 11:00am

Registration:

\$45 entry fee - covers all events
(Family max amount of \$120)

General Admission:

\$5.00 Adults, Children under 5 - free

Tournament Officials: Grand Master Woo Jin Jung, Grand Master Robert Wood, Grand Master Dallas Zimmerman, Master Forrest Gibson

Tournament Rules

Sparring:

How a winner is determined – In free sparring competition, the contestant who attains a 3 point advantage, or is ahead on points at the end of two minutes is the winner. These points are awarded by decision of the four corner judges and referee. One point is awarded for a hand or foot technique to a legal mid-section target. One point is awarded for a foot technique to a legal high target.

Legal and Illegal Target Zones – The only legal areas are high-section (from neck up) for foot techniques and mid-section (including both sides of the torso, for hand and foot techniques. Techniques are to be controlled to 1” or less. Light uniform contact indicates this, Illegal target areas are the whole of the spinal column (neck, back of head, backbone), groin knees, throat and eyes.

Attacking weapons – The only attacking tools to be used are the front fist, ball of the foot, heel, knife foot, and instep of the foot.

Illegal Techniques – Biting, scratching, holding or clawing, intentionally avoiding close contact, and attacking illegal targets are prohibited. Blind techniques and sweeping techniques are prohibited. Hand techniques to the head or face are prohibited.

Warnings, Point Loss & Disqualifications – Warnings will be issued for rule infractions. Two warnings constitute minus one point. Quarreling with any judge, attempting to end the match, injury of opponent or infliction causing bruising, swelling or bleeding will result in disqualification. The referee may disqualify any contestant at any time.

Grand Championship – This match shall consist of two, two-minute rounds with a one-minute rest between rounds.

Forms: Forms will be judged by a panel of five judges. Each judge may award a possible ten points. The highest and lowest scores will be disregarded. The final score is the total of the remaining points.

Breaking:

White through Orange → One Board Green through Blue → Two Boards

Brown → Three Boards Black Brown → Four Boards

NOTE: **Fist Breaks are allowed for competitors 18 years and older**

Appearance: Each contestant will compete in a clean uniform. Male competitors must wear a groin supporter and cup. Jewelry or trinkets of any kind are not to be worn. Foot/Shin and mouth guards are required for all competitors that wish to spar, hand guards are required for Black belts. Headgear is **not** required but is welcomed for anyone who wishes to wear it.