

# 5<sup>th</sup> Annual Grinnell & English Valleys Taekwondo Tournament

Saturday March 2nd, 2019  
Grinnell College, Darby Gymnasium 1201 10<sup>th</sup> Ave.

## Order of Events:

Registration – 9:00am  
Black Belt Meeting – 10:15am  
Opening Ceremony – 10:30am  
Eliminations – 11:00am

## Registration: Early Bird \$45 (2/9-2/25)

\$50 entry fee – covers all events  
(Family max amount \$150)

## General Admission:

\$5.00 – Children under 3 fr

## Tournament Rules

### Tournament Officials:

Grand Master Jung, Grand Master Robert Wood, Master Dallas Zimmerman & Master Forrest Gibson

**Sparring:** 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 & Illegal Target Zones** – The only legal areas are high-section (from neck up) 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 the infliction of bruising, swelling, cut or bleeding will result in disqualification. The referee may disqualify any contestant at any time.

**Grand Championship Sparring** – This match shall consist of two, two-minute rounds with a one-minute rest between rounds. Male & Female Black belts, ages 17+ are eligible to participate in this grand champion competition.

**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, and the final score will be the total of the remaining points.

**Team Forms** – Team forms will consist of a min. 3 w/ max of 8 participants. Forms must be recognizable as taekwondo forms creatively developed as the team determines, e.g., synchronized or self-defense styles.

### Breaking:

White through Orange → One Board

Brown → Three Boards

Green through Blue → Two Boards

Black → Four Boards

**Creative Breaking Showcase** – Black Belts may choose to participate in a creative breaking showcase challenge. Participants will be provided with holders (up to 5) but will need to supply their breaking materials. Set up must be complete within 30 secs. Breaking must occur within 3 attempts or within a 1 min. time frame. Approved materials consist of wood, concrete, clay bricks, tiles. Other materials must be pre-approved.

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

**Weapon Competitions:** Absolutely no sharp tips, points or edges to weaponry. Weapons need to be approved at weapons check-in station prior to competition.

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**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. Headgear, Foot/Shin and mouth guards are required for all competitors that wish to spar. Hand guards are required for Black belts.

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