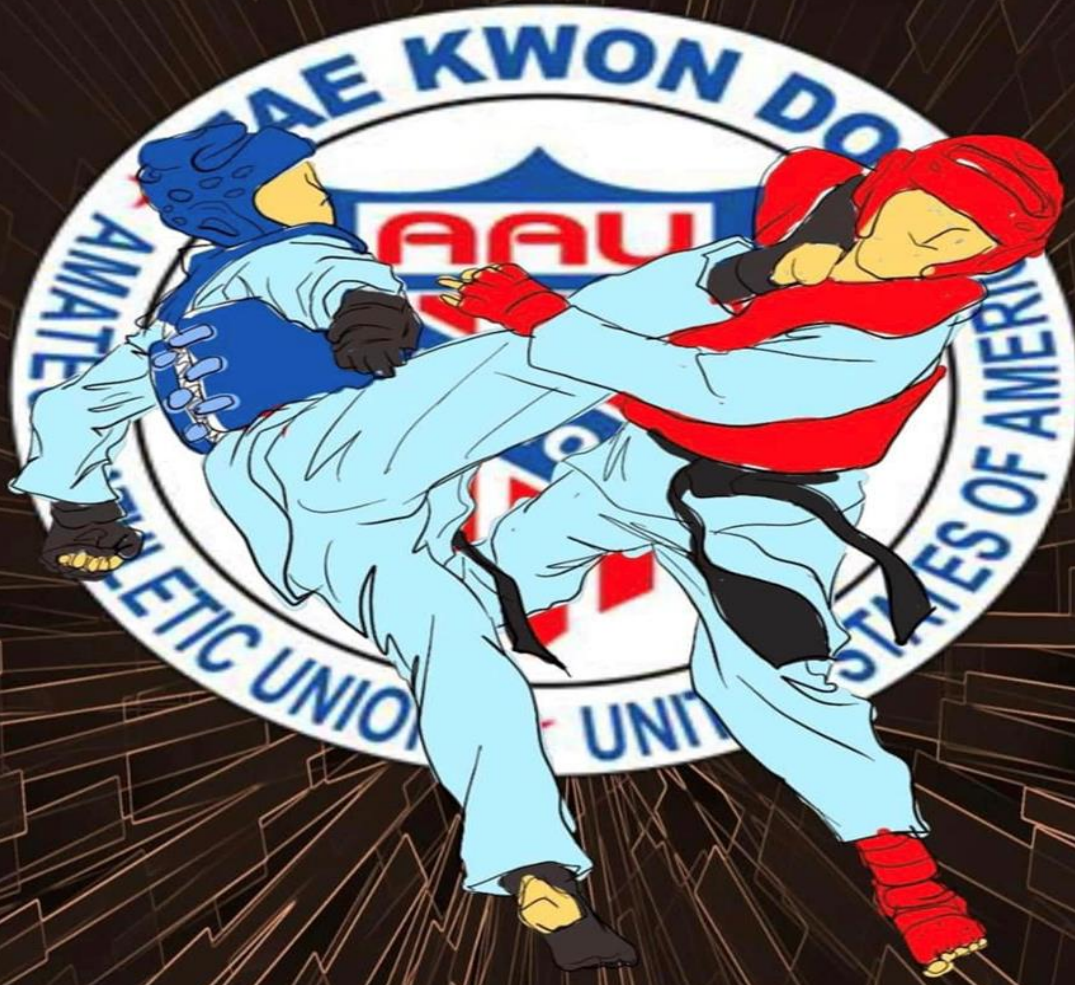


2023 AAU UTAH DISTRICT

TAEKWONDO CHAMPIONSHIP NATIONAL QUALIFIER

MAY 13th



LOCATION: OGDEN PREPARATORY ACADEMY

1415 LINCOLN AVE., OGDEN UTAH 84404

MORE INFO: utahdistrictkd@gmail.com 801-776-0190 **DATE:** MAY 13, 2023

- This event is licensed by the Amateur Athletic Union of the U.S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU Youth Athlete membership must be obtained before the competition begins.
- **BE PREPARED!** Adult and Non Athlete memberships are no longer instant and cannot be applied for at event.
- Please allow at least 10 days for membership to be processed.
- Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.



AMATEUR ATHLETIC UNION OF UNITED STATES



Dear Instructors, Coaches, and Athletes,

Greetings! This year promises to be a very exciting year for UTAH AAU. I would like to invite you and your school to participate in the AAU UTAH IN PERSON TAEKWONDO CHAMPIONSHIP!

Here are few reasons to participate:

- **Let's get ready for 2023 Nationals and AAU Junior Olympic Games! Athletes from any part of the U.S may participate for AAU National Taekwondo Championship and the Junior Olympics at this event. The quality of competition and officiating will be high!**
- **Poomsae WT, OPEN and WEAPON**
- **Point SPARRING**
- **Olympic SPARRING**
- **Board Breaking**
- **Obstacle Course 12yrs old and under**
- **CUSTOM MEDALS! The top four in each division will receive a custom medal designed specifically for this event.**

Competition Date is May 13, 2023. You must pre-register for this event via online! There will be no registration at the door. Register at [EVENTS \(eproductions.co\)](https://www.eproductions.co) . You must also be a registered AAU member to compete, coach, or officiate. Coaches and officials must also have attended a coaches'/referee seminar. This event will be a good warm up to all participants for AAU National Championship and the prestigious AAU Junior Olympic Games. The only true multi-sport weeklong event featuring the nation's most talented athletes vying for medals in twenty sports, including Taekwondo.

For more information please call (801) 776-0190 or e-mail me at modtkd1988@gmail.com. I look forward to seeing you at the tournament. If you have any questions about the Amateur Athletic Union or this tournament, please don't hesitate to call or email. I look forward to seeing you soon!

Respectfully,

Marlo Dagpin

AAU UTAH DISTRICT DIRECTOR

GENERAL INFORMATION

PRESENTED BY	AAU TAEKWONDO & MARLO DAGPIN
LICENSED BY	The Amateur Athletic Union of the United States, Inc.
RULES	AAU TAEKWONDO RULES
COMPETITION INFO	<p>Olympic Sparring – (DAEDO electronic scoring for Blackbelts Only Athletes must supply their own E-socks)</p> <p>Poomsae WT, OPEN and WEAPON</p> <p>Board Breaking</p> <p>Point Sparring</p> <p>Obstacle Course 12yrs old and under</p>
SCHEDULE OF EVENTS	<p>FRIDAY (At Venue) ALL ATHLETES CREDENTIAL PICK UP 4PM-6PM WEIGH IN for Blackbelts Only 6PM - 8Pm Saturday May 13, 2023 AT THE VENUE 8:00 AM - Official's meeting 9:00 AM – OBSTACLE COURSE AND ALL POOMSAE FOLLOWED BY ALL BREAKING ALL SPARRING REPORT TIMES WILL BE POSTED MAY 12TH. Every attempt will be made to be ahead of schedule. Please be prepared to report for staging ON TIME!</p>
Athlete Entry Fee(s)	<p>Early Registration: \$95 for 1st event, \$20 for each additional event. Early Registration end March 31, 2023 Regular Registration: \$100 for 1st event, \$25 for each additional event. Regular Registration end April 30, 2023 Late Registration: \$105 for 1st event, \$30 for each additional event Absolutely no registrations will be accepted after May 8th.</p>
Coaches Entry Fee	\$35
Hotel Information	COURTYARD OGDEN 247 24th Street Ogden, Utah 84401
Awards	Custom Medals for 1st thru 4th place
Admission Fee	\$15 5 & Under FREE

Eligibility	AAU membership is mandatory, if you are not on the AAU membership roster or if you do not have your membership card, you will be required to join AAU again. This requires a fee of \$14 for youth and \$24 for adults. You can register online at www.aausports.org or www.aautaekwondo.org .
Coach's/Instructors Information	In order to coach at the AAU State Taekwondo Championship, you must take the online Coach's course. Coach's attire will be enforced at this tournament. NO EXCEPTIONS. Warm-up pants and official blue AAU shirt.

Article IV. Recognized Forms/Patterns

IV.A. The official Forms/Patterns accepted for competition shall be:

Rank	ITF	WT	TSD/MDK
<u>Novice</u> White, Yellow Orange	Chon-Ji Dan-Gun Do-San	Pal Gwe 1–2 Taegeuk 1–2	Ki-Cho (KiBon) 1–5 Pyung-An/Pinan 1
<u>Intermediate</u> Green, Purple Blue	Won-Hyo Yul Gok Joong-Gun Toi-Gye	Pal Gwe 2–6 Taegeuk 2–6	Ki-Cho (Ki Bon) 3 Pyung-An/Pinan 1–4
<u>Advanced</u> Red, Brown	Hwa-Rang Choong-Moo	Pal Gwe 6–8 Taegeuk 6–8	Pyung-An/Pinan 4–5 Passaai (Bassai)
<u>1st Dan</u>	Kwang-Gae Po-Eun Ge-Baek	Koryo	Jin Do Passaai (Bassai)
<u>2nd Dan</u>	Eui-Am Choon-Jang Ko-Dang Juche	Keumgang	Ro-Hai
<u>3rd Dan</u>	Sam-Il Yoo-Sin Choi-Yong	Taebaek	Kong San Kun
<u>4th Dan</u>	Yon-Gae Ul-Ji Moon-Moo	Pyongwon	Wan Shu
<u>5th Dan</u>	So-San Se-Jong	Sip Jin	Ji-On
<u>6th Dan</u>	Tong-Il	Jitae	O Sip Sa Bo
<u>7th Dan</u>		Chonkwon	Sei-Shan
<u>8th Dan</u>		Hansu	Sip Soo (Jit Te)
<u>9th Dan</u>		Ilyeo	

IV.B. Forms/Patterns Can Not Be Altered or Modified. Do not add or leave out kicks or movements. Doing so can result in disqualification. No variation from the above list will be accepted.

IV.C. Legal Forms/Patterns for Competition

IV.C.1. Novice, Intermediate and Advanced rank competitors may do ANY Form/Pattern listed for any of their previous Ranks as well as their current Rank.

IV.C.2. 1st Dan competitors may do ANY Form/Pattern listed for Advanced or 1st Dan Ranks IV.C.3. 2nd Dan through 9th Dan competitors may do ANY Black Belt Form/Pattern listed for ANY Dan competitor up to and including their current Rank. (Ex. A 3rd Dan 2022 AAU Taekwondo Rule Book Forms/Patterns/Poomsae 37 competitor could legally do ANY of the 1st Dan 2nd Dan, or 3rd Dan Forms/Patterns listed for those Ranks.)

Board Breaking Guidelines

Event Board Sizes Please Note: All Boards Must Be Purchased at the Event!

- 5 to 13-year-old athletes = AAMA Demo Small
- 14 and older athletes = AAMA Demo Medium

Repetitive Axe Kick

- Single break format; One board per strike. Allowed Technique Axe Kick – 10 board competition.

Winner based on time required to break 10 boards

Repetitive Side Kick

- Single break format; One board per strike. Allowed technique is side kick - 10 board competition.

Winner based on time required to break 10 boards

Repetitive Hand Technique (feeder hold)

- Single break format; One board per strike – Allowed technique is hammer fist - 10 board competition

Winner based on time required to break 10 boards

POWER BREAKING (HAND AND FOOT)

- Go to www.aautaekwondo.org to download 2023 Rules Handbook and to get your 2023 AAU membership.

EVENT CHECKLIST

COMPETITORS

- Registration form and fee turned in by deadline – May 8th. Register online at [EVENTS \(eproductions.co\)](http://EVENTS (eproductions.co))
- 2023 AAU membership card.
- Official Dobok.

COACHES AND INSTRUCTORS

- 2023 AAU membership card.
- Official/Coach's application and fee. Turned in by May 8th.
- Mandatory coach uniform.
- Mandatory Online Coach's Course

OFFICIALS

- 2023 AAU Membership card
- Mandatory 2023 Officials Clinic
- Official AAU attire at tournament
- Officials will be provided lunch, refreshments, and stipend

For more information: www.aautaekwondo.org or call 801-776-0190