



2025 AAU UTAH TAEKWONDO CHAMPIONSHIP NATIONAL QUALIFIER 15 MARCH 2025

VENUE: SWENSON GYMNASIUM
1356-1372 E. 4100 S. OGDEN UTAH

REGISTER AT:

[HTTPS://EPRODUCTIONS.CO/AAU-UTAH-1](https://eproductions.co/AAU-UTAH-1)

- **POOMSE (WT, OPEN, SPORTS)**
- **OLYMPIC SPARRING**
- **POINT SPARRING**
- **BOARD BREAKING**
- **OBSTACLE COURSE**
- **WEAPONS FORM**

More Info : 801-776-0190
utahdistricttkd@gmail.com



*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 AN EVENT.
*DUE TO BACKGROUND SCREENINGS, PLEASE ALLOW UP TO 10 DAYS FOR ADULT MEMBERSHIPS 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 STATE TAEKWONDO CHAMPIONSHIP!

Here are few reasons to participate:

- **Let's get ready for 2025 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, SPORTS 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 March 15, 2025. You must pre-register for this event online! There will be no registration at the door. Register at [EVENTS \(eproductions.co\)](https://events.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 – (KP&P electronic scoring for Blackbelts 10 years old and up. Athletes must supply their own E-socks)</p> <p>Poomsae WT, OPEN, SPORTS and WEAPON</p> <p>Board Breaking</p> <p>Point Sparring</p> <p>Obstacle Course 14 yrs old and under</p>
SCHEDULE OF EVENTS	<p>FRIDAY March 14th (At Venue) ALL ATHLETES CREDENTIAL PICK UP AND WEIGH IN for Blackbelts Only 6PM - 8PM Saturday March 15th 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 MARCH 14TH. 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: \$109 for 1st event, \$20 for each additional event. Early Registration end January 15, 2025 Regular Registration: \$129 for 1st event, \$30 for each additional event. Ends February 20th Late Registration: \$149 for 1st event, \$35 each additional event. Ends March 10th. Absolutely no registrations will be accepted after March 10th.</p>
Coaches Entry Fee	\$55
Awards	Custom Medals for 1st thru 4th place
Admission Fee	<p>\$25 cash only at the venue 5 & Under FREE</p>

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 \$22 for youth and \$35 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.)

SPORTS POOMSE REQUIREMENTS

POOMSAE DRAW - Color Belt

MALE INTERMEDIATE	Semi-Final	Final
Tyke (7 & under)	Taegeuk 2	Taegeuk 4
Minor (8-9)	Taegeuk 2	Taegeuk 4
Youth (10-11)	Taegeuk 2	Taegeuk 4
Cadet	Taegeuk 3	Taegeuk 5
Junior	Taegeuk 3	Taegeuk 5
Under 30	Taegeuk 3	Taegeuk 5
Under 40	Taegeuk 4	Taegeuk 6
Under 50	Taegeuk 4	Taegeuk 6
Over 50	Taegeuk 4	Taegeuk 6

FEMALE INTERMEDIATE	Semi-Final	Final
Tyke (7 & under)	Taegeuk 2	Taegeuk 4
Minor (8-9)	Taegeuk 3	Taegeuk 4
Youth (10-11)	Taegeuk 2	Taegeuk 4
Cadet	Taegeuk 3	Taegeuk 5
Junior	Taegeuk 4	Taegeuk 5
Under 30	Taegeuk 3	Taegeuk 5
Under 40	Taegeuk 4	Taegeuk 6
Under 50	Taegeuk 3	Taegeuk 6
Over 50	Taegeuk 4	Taegeuk 6

MALE ADVANCED	Semi-Final	Final
Tyke (7 & under)	Taegeuk 3	Taegeuk 6
Minor (8-9)	Taegeuk 3	Taegeuk 6
Youth (10-11)	Taegeuk 3	Taegeuk 4
Cadet	Taegeuk 6	Taegeuk 8
Junior	Taegeuk 3	Taegeuk 4
Under 30	Taegeuk 5	Taegeuk 8
Under 40	Taegeuk 5	Taegeuk 6
Under 50	Taegeuk 5	Taegeuk 7
Over 50	Taegeuk 6	Taegeuk 7

FEMALE ADVANCED	Semi-Final	Final
Tyke (7 & under)	Taegeuk 4	Taegeuk 7
Minor (8-9)	Taegeuk 3	Taegeuk 7
Youth (10-11)	Taegeuk 3	Taegeuk 7
Cadet	Taegeuk 3	Taegeuk 4
Junior	Taegeuk 3	Taegeuk 4
Under 30	Taegeuk 4	Taegeuk 5
Under 40	Taegeuk 5	Taegeuk 7
Under 50	Taegeuk 3	Taegeuk 5
Over 50	Taegeuk 4	Taegeuk 8



POOMSAE DRAW - Black Belt

FEMALE DAN	Preliminary	Semi-Final	Final	
	Poomsae 1	Poomsae 1	Poomsae 1	Poomsae 2
Minor (9 & under)	Taegeuk 3	Taegeuk 5	Koryo	Taegeuk 7
Youth (10-11)	Taegeuk 7	Keumgang	Taegeuk 5	Koryo
Cadet	Keumgang	Taegeuk 7	Taegeuk 4	Taegeuk 5
Junior	Taegeuk 8	Taegeuk 5	Taebaek	Taegeuk 7
Under 30	Keumgang	Taegeuk 6	Shipjin	Koryo
Under 40	Keumgang	Taebaek	Pyongwon	Taegeuk 7
Under 50	Chonkwon	Koryo	Shipjin	Pyongwon
Under 60	Keumgang	Jitae	Shipjin	Koryo
Under 65	Jitae	Pyongwon	Taebaek	Chonkwon
Over 65	Shipjin	Jitae	Koryo	Hansu

MALE DAN	Preliminary	Semi-Final	Final	
	Poomsae 1	Poomsae 1	Poomsae 1	Poomsae 2
Minor (9 & under)	Koryo	Taegeuk 5	Taegeuk 7	Taegeuk 6
Youth (10-11)	Taegeuk 8	Keumgang	Koryo	Taegeuk 6
Cadet	Koryo	Taegeuk 4	Taegeuk 5	Taegeuk 6
Junior	Keumgang	Taegeuk 4	Koryo	Taegeuk 7
Under 30	Keumgang	Shipjin	Taebaek	Taegeuk 7
Under 40	Pyongwon	Taegeuk 8	Keumgang	Koryo
Under 50	Keumgang	Chonkwon	Jitae	Pyongwon
Under 60	Pyongwon	Jitae	Shipjin	Keumgang
Under 65	Taebaek	Chonkwon	Keumgang	Pyongwon
Over 65	Chonkwon	Taebaek	Pyongwon	Jitae

FEMALE TEAM	Preliminary	Semi-Final	Final	
	Poomsae 1	Poomsae 1	Poomsae 1	Poomsae 2
Youth (8-11)	Taegeuk 8	Taegeuk 6	Taegeuk 5	Taegeuk 7
Cadet	Taegeuk 8	Koryo	Keumgang	Taegeuk 7
Junior	Keumgang	Koryo	Taegeuk 7	Taegeuk 4
Under 30	Taegeuk 6	Keumgang	Taegeuk 8	Koryo
Over 30	Koryo	Taebaek	Chonkwon	Taegeuk 8

MALE TEAM	Preliminary	Semi-Final	Final	
	Poomsae 1	Poomsae 1	Poomsae 1	Poomsae 2
Youth (8-11)	Keumgang	Taegeuk 5	Koryo	Taegeuk 6
Cadet	Taegeuk 8	Taegeuk 4	Keumgang	Taegeuk 6
Junior	Keumgang	Taegeuk 5	Koryo	Taegeuk 4
Under 30	Koryo	Pyongwon	Taebaek	Keumgang
Over 30	Taebaek	Jitae	Chonkwon	Pyongwon

PAIRS	Preliminary	Semi-Final	Final	
	Poomsae 1	Poomsae 1	Poomsae 1	Poomsae 2
Youth (8-11)	Taegeuk 5	Taegeuk 8	Taegeuk 6	Taegeuk 7
Cadet	Taegeuk 7	Taegeuk 4	Keumgang	Taegeuk 6
Junior	Keumgang	Taegeuk 8	Taegeuk 6	Taebaek
Under 30	Pyongwon	Keumgang	Shipjin	Koryo
Over 30	Chonkwon	Koryo	Taegeuk 8	Shipjin

Board Breaking Guidelines

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

- 5 to 13-year-old athletes = Demo Small
- 14 and older athletes = 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 2025 Rules Handbook and to get your 2025 AAU membership.

EVENT CHECKLIST

COMPETITORS

- Registration form and fee turned in by deadline – March 10th. Register online at [EVENTS \(eproductions.co\)](http://EVENTS.eproductions.co)
- 2025 AAU membership card.
- Official Dobok.

COACHES AND INSTRUCTORS

- 2025 AAU membership card.
- Official/Coach's application and fee. Turned in by March 10th.
 - Mandatory coach uniform.
- Mandatory Online Coach's Course

OFFICIALS

- 2025 AAU Membership card
- Mandatory 2025 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