



PAK'S ACADEMY 2022 US MASTERS OPEN TAEKWONDO CHAMPIONSHIP

Chairman : Grandmaster Yong Hwan Pak
Director : Master Hyuk Jong Ju



*Sparring Division Individual Form Division Pair/Group Form Division
Breaking Division King/Queen of the Ring Division*

Saturday, OCTOBER 22, 2022

Liberty Middle School

1500 S. Withers Rd Liberty, MO 64068

816-407-9090

paksliberty@yahoo.com



2022 US Masters Open Taekwondo Tournament

Dear Grand Masters, Masters, and Instructors,

It is our pleasure and honor to invite you and your students to participate in the 2022 US Masters Open Taekwondo Tournament on October 22, 2022. It will be held at Liberty Middle School, 1500 S Withers Road Liberty, MO 64068.

The 2022 US Masters Open Taekwondo Tournament is open to all students who practice taekwondo. We are looking forward to this event as we join together to bring great honor to Grand Master Pak and the art of taekwondo. We are confident we will enjoy the special unity of the taekwondo family.

Participating in tournaments provides athletes an opportunity to develop their confidence, sportsmanship and knowledge. While we invite your students to compete with us, we know that the most important “win” is realized when we come together to celebrate the spirit and family of taekwondo.

In this packet you will find general information about the tournament, details on the various events, and both Master and Parent registration forms.

We hope you will be able to join us at this exciting event, hosted by Pak's Academy – Liberty. For additional information, please feel free to contact me. We thank you for your support and ask for your help and participation to ensure a successful championship.

Sincerely,

Master Hyuk Jong Ju
Director, 022 US Masters Open Taekwondo Tournament
816-407-9090
paksliberty@yahoo.com

GENERAL INFORMATION

PRESENTED BY:

Pak's Academy - Liberty

CHAIRMAN:

Grandmaster Young Hwan Pak

DIRECTOR:

Master Hyuk Jong Ju

DATE:

Saturday – October 22, 2022

PLACE:

Liberty Middle School
1500 S. Withers Rd
Liberty, MO 64068

TIME:

Registration	7:00 a.m.
Instructor & Referee Meeting	8:30 a.m.
Individual Form	9:00 a.m.
Pair\Group Form	10:00 a.m.
Breaking Competition	10:30 a.m.
Opening Ceremony	11:30 a.m.
Lunch	12:00 p.m.
Sparring	12:30 p.m.
King and Queen of the Ring	(following sparring)

Schedule subject to change by plus/minus 1/2 hour.

TOURNAMENT EVENTS:

We have five events and all five events are open to all belts

- 1) Individual Form
- 2) Pairs/Group Form
- 3) Sparring
- 4) Breaking Board
- 5) King/Queen of the Ring

MANDATORY EQUIPMENT:

- WTF, USAT, ITF, and Karate approved uniforms.
- Mouthpiece, arm guard, shin/instep guard, protective cup (for male), head guard, and chest protector.

REGISTRATION FEES:

All competitors must enter a minimum of two events. Fees must be included with registration, due October 15, 2022.

Fees must be paid by cash, check (made out to Pak's Academy), or money order

\$90	for two events
\$120	for three events
\$150	for four events
\$180	for all five events

**Late registrations will be accepted at the door for an additional \$10 PER EVENT.*

The competitor who wins first place in any three individual competitions (breaking, sparring, individual form, pairs form, or king/queen of the ring), will receive the six feet tall grand champion trophy!!!

ADMISSION FEES:

\$10 for adult (13+)

\$7 for children (5-12)

Free for children four and under

- *breaking boards are \$5 cash at the event*

NEARBY HOTELS:

Hampton Inn Kansas City-Liberty
8551 Church Road
KC, MO 64157

Holiday Inn Express & Suites
8230 N Church Road
KC, MO 64158

Sleep Inn & Suites Indoor Water park
1840 N Church Road
Liberty, MO 64068

Home2 Suites by Hilton
401 N State Route 291
Liberty, MO 64068

Best Western Premier Liberty Inn and Suites
421 N State Route 291
Liberty, MO 64068

*****Note to Master's and Judges: If you plan to Judge, please fill out and return the attached Judge Form by October 15, 2022 or reach out to Master Ju via phone or email. Thank you.**

FORM COMPETITION **(INDIVIDUAL, PAIR OR GROUP)**

Individual

Divisions:

Divisions for individual form competition are determined by age and belt level.

Ages: Group #1 4-6, Group #2 7-9, Group #3 10-12, Group #4 13-14, Group #5 15-16, Group #6 17-35, Group #7 36 and up.

Belts: white to yellow, orange to green, blue to red, recommended black belt to first degree black belt, second degree black belt and up.

Competitors ages four through six (of any belt): Competitors perform any basic form, or current form

Competitors and adults age seven and up: Competitors perform their current form according to belt. Competitor's will be judged based on performance of their forms correct pattern and the following proper techniques: eye focus, breathing, power, control, kicking, hand techniques, stances, kihap, discipline, and focus

Four competitor maximum per judges' ring

Awards for first place, second place and third place winners per division

Pair or Group

Competitors may participate as either a pair of two, or as a group (no limit on group size, age, gender, or belt level)

Pairs or groups may create their own form, or perform any taekwondo form, in which case competitors may choose which form they'd like to perform and are not limited to only their current belt's form

BOARD BREAKING COMPETITION

Board Breaking Competition is available to students of all ages/ranks.

When more than one technique is performed, additional techniques must be performed in quick succession. The competitor chooses their own best breaking techniques which need to be confirmed with their school's Master or Instructor before the day of competition – please ask an instructor for assistance as needed prior to competition.

Competitors can control the breaking height and location within the station.

Board Types:

Competitors ages 12 and under: ½ inch board – hand or foot technique

Competitors ages 13 -16: 1-inch board – hand technique

½ inch board – foot/kicking technique

Competitors ages 17 and up: 1-inch board – hand technique

Two ½ inch boards – foot/kicking technique

A comprehensive list of breaking board techniques by age and station, on following page:

BOARD BREAKING COMPETITION

Belt Color	# of stations	Technique
Group #1 (4-6 years)		
White Belt	2	One hand or foot technique per station
W-Yellow/ W-Orange Belt	2	One hand or foot technique per station
W-Green/W-Purple Belt	2	One hand or foot technique per station
W-Red/W-Black Belt	3	One station- hand technique. One hand or foot technique for each remaining station.
Group #2 - Group #7		
White Belt	3	One station -hand technique. One station- foot technique. One station- choice of hand or foot technique.
Yellow/Orange Belt	3	
Green/Blue Belt	3	
Purple/High Blue Belt	3	One station- hand technique. One station- foot technique. One station -choice of hand or foot technique.
Brown/Red Belt	3	Three stations with a maximum of three boards broken at each one, competitors have a choice to break anywhere from one to three boards at each of the three stations, with a maximum of breaking nine boards across all three stations. One station- hand technique. One station- one or two kicks. One station -choice of any hand or foot technique
Recommended Black	3	
Black Belt	3	Three stations with no maximum of boards broken. Competitors have a choice to break boards at each of the three stations. One station- hand technique. One station- one or two kicks. One station -choice of any hand or foot technique

No spacers permitted between boards. Boards may not be altered in any way. "Poppers" not permitted. Judges reserve the right to inspect any or all of the material used in board breaking competition.

SPARRING

****sparring is grouped in the same divisions as form***

Duration of Matches:

Two rounds, each 1 minute 30 seconds, 30 second break between rounds
Sudden Death will be used in all division finals (one 30 second round)

Rules and Score:

WTF Modified, in all divisions: one (1) point for punch body shots; two (2) points for kicks; three (3) points for spinning kick to the trunk or light-controlled headshots; and four (4) points for light head shot spinning kick. No pushing, half point penalty for pushing. No purposeful falling enacted for the purpose of avoiding a kick or punch, half point deduction for such falling.

Contact by Division:

Participants 12 and under, no head contact, only chest
Participants age 13 and older, light head contact

Equipment:

All competitors must wear a clean uniform, protective arm guard and shin guards made of foam rubber or vinyl covered, chest guard, mouth guard, face shield, groin cup for males, females groin cup recommended, head gear is required. No eye glasses, soft contacts preferred and recommended.

****** competitors will be grouped by gender once in holding area***

KING / QUEEN OF THE RING

Sparring

Division	White belt to green belt	Blue belt to red belt	Recommend black belt AND black belt
Children Ages 5-7 years old	<p>Start the match with a maximum of six competitors positioned on all four corners and two competitors at the side of the ring, other competitors join in upon competitors getting out. Upon word Shee Jahk (start) the game begins. Competitors are out when they receive a kick which results in their chest guard being illuminated. In the event of a competitor getting out, their life is given to the competitor who got them out, a maximum of three lives may be accumulated by an individual competitor. When a competitor accumulates three lives, they step out of the ring and will be in the final. The objective of the game is to be the last person standing.</p> <p>“One step rule” and violation Upon referee command Gah Yol (stop), all competitors must freeze, and no steps are allowed. At command Jumbee (ready), all competitors are allowed one step in any direction. Upon referee Shee Jock (start), the match continues. If the step violation is committed, then that competitor receives a warning. When a second step violation is committed, then that competitor is OUT.</p> <p>Boundaries The competitor is out when two feet are out of the mat.</p> <p style="text-align: center;">More information: https://youtu.be/VxqHhIFTqT4</p>		
Children Ages 8-10 years old			
Teens Ages 11-13 years old			
Teens Ages 14-16 years old			
Adults 17 and older			

Warning Rules

On Two warnings, the competitor is out	No jump kicks	No kicking in the back
No kicking to the Head	No punching or pushing	No kicking below the belt

2022 US Masters Open Taekwondo Championship

Saturday – October 22, 2022

JUDGE & REFEREE REGISTRATION FORM

Due October 15, 2022

Name			School's Name		
Home address			School Address		
City	State	Zip Code	City	State	Zip Code
Phone number			Phone number		
Parent's Name			Instructor's Name		

What areas are you able to judge and or referee?

_____ Form

_____ Pair/Group Form

_____ Breaking

_____ King/Queen of the Ring

_____ Sparring

Thank you for your participation!

**2022 US Masters
Open Taekwondo Tournament
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***COMPETITOR REGISTRATION FORM INSTRUCTIONS
DUE OCTOBER 15, 2022***

COMPETITOR REGISTRATION FORM ON NEXT PAGE

- Completely fill out the competitor registration form (next page), printing legibly
- Read and sign the liability waiver.
- If the competitor is under 18 years old, a signature of parent or legal guardian is required.
- Any missing item on the competitor registration form may result in delay of your registration on the day of the championship.
- Include all applicable registration fees along with your completed Competitor Registration Form payable to: Pak's Academy
- Mail Completed Registration Form and fees to:

Pak's Academy 1919 Industrial Drive, Suite 500 Liberty, MO 64068

**2022 US MASTERS
OPEN TAEKWONDO TOURNAMENT
October 22, 2022**

COMPETITOR REGISTRATION FORM

Competitor's Name			School's Name		
Home address			School Address		
City	State	Zip Code	City	State	Zip Code
Phone number			Phone number		
Parent's Name			Instructor's Name		

Competitor's Information:

Belt Color: _____ Rank: _____ Age: _____ Sex: _____ Weight: _____ Height: _____

Please mark the event(s) that you will be entering:

Individual Form _____ Pairs/Group Form _____

Sparring _____ Breaking Board _____ King/Queen of the Ring _____

- *breaking boards are \$5 cash at the event*

Total amount included: _____ payable to: Pak's Academy

Liability Waiver: In consideration of your acceptance of my registration, I do hereby, for myself, my heirs, executors, and administrators waive, release and forever discharge any and all rights and claims for any damages which I may have or may accrue to me against the 2022 TaeKwonDo Open Championship and its organizing committees, Pak's Academy TaeKwonDo, Liberty North High School, and all members in connection with this event. I understand that Tae Kwon Do is a body-contact sport which involves a risk of injury including permanent disability, paralysis and death; therefore, I fully accept and assume all such risks and all responsibility for losses, costs, and damages incurred as a result of the participation in the said event. I further agree that any pictures and/or videos taken of or by me in connection with the said event may be used by the event director for publicity or promotion at any time, either now or in the future.

By signing below, I certified that I am at least 18 years old. I have read and fully understand the above Liability Waiver for myself and/or my child.

Competitor's Signature: _____ (parent/guardian if under 18)

Date: _____

The competitor who wins first place in any three individual competitions (*breaking, sparring, individual form, pairs/group form, or king/queen of the ring*), will receive the six feet tall grand champion trophy!!!

