



**The  
2023**



# **USA Martial Arts Championships**

**Forms  
Continuous Sparring  
Breaking  
Weapons  
Team Forms**



**October 21st 2023**

**525 8th Ave South, Clinton, IA 52732**

**Joe O'Donnell Sports Complex**

**Register Online at**

**MyUventex.com**

**Search USA Martial Arts**



# 2023 USA State Martial Arts Championships

Date: **Saturday, October 21<sup>st</sup> , 2023**

## **LARGER LOCATION IN CLINTON**

Location: **Joe O'Donnell Athletic Center  
525 8<sup>th</sup> Ave South, Clinton IA 52732**

Pre-registration: **MAILED MUST BE RECEIVED BY .10-14-2023**

Registration: **8:00 – 9:30 a.m.**

Entry Fee for one or all events: **\$55.00 +8 Uventex fee (pre-registered) must be online registered by 10-7-23  
\$65.00 +8 Uventex fee (pre-registered) must be online registered by 10-20-23  
\$80.00 +8 Uventex fee (AT THE DOOR) 10-21-23**

Spectators: **Adults (13yrs & older) \$2.00  
Children (6-11) \$2.00  
Children (under age 6) Free**

**Sorry we do not offer refunds for competition or spectators.**

Tournament Director: **Master S. E. Nixon & USAMA Staff**

Send Registration to: **Mellennia TaeKwonDo  
1142 Jefferies Drive  
Clinton, IA 52732**

Make checks out to **Mellennia TKD (please do not staple check to entry)**

### Schedule of Events

October 21<sup>st</sup> 2023 **7:00 a.m. Set up  
8:00 a.m. Registration Begins  
9:30 a.m. Registration Ends  
9:15 a.m. Weapons, Team forms BEGIN 9:00 SHARP  
10:15 a.m. Competition for under ranks under 12.  
1:00 p.m. Competition for all ranks 12 and up  
9:15 a.m. ALL WEAPONS AND TEAM FORMS WILL COMPETE**

**PLEASE NOTE: WEAPONS AND TEAM FORMS WILL COMPETE AT 9:15**

**All Times are subject to change. We will move the event as quickly as we can.**

**Please be sure to listen for your division at the event. Please understand we cannot guess when you or your student will compete. Please be on time to your ring so you are not missed/disqualified.**

#### Message from the Director

I want to personally invite you and your school, friends and family to partake in a day of fun, friendly competition in Clinton, IA. United States Martial Arts and Mellennia Martial Arts have put together a great event for you to enjoy. The tournament is one that will be a wonderful starting event for first time students; as well as a great one for more seasoned competitors. All of the judges will follow the USAMA rules on refereeing and there will not be any favoritism or politics. Our goal is for you to come and enjoy your day and have fun. Tournaments are a great way to meet new people, build partnerships, and challenge yourself and your friends. I am very excited for everyone and am looking forward to seeing all of you on the morning of October 21<sup>st</sup> in Clinton, IA at the Joe O'Donnell Gym. Good luck and Pilsung!

Thank you in advance from the members of the USA Martial Arts and the Black Belts and Students of Mellennia Tae Kwon Do.

**You do not need to be a USAMA or UTA member to compete!**

## UNIFORMS & EQUIPMENT

**Uniforms:** All competitors can wear their school uniforms and patches, which are allowed at all events. Uniforms are mandatory to include, dobak pants, top and belt. If you are on the competition area you will need to be in uniform. Everyone on the competition floor will need to be in uniform or asked to return to the stands. All officials and judges must be in uniform. No street clothes or suits on the floor.

**Mandatory Equipment:**

**Continuous Point Sparring** –All competitors must wear full hand and foot protections (any color foam dipped/vinyl only) Toes and fingers must be covered, head gear (any color dipped foam only), and mouth guard. Male competitors must also wear groin cup and supporters for sparring.

**Optional Equipment:** Competitors may wear cloth or foam shin and forearm protectors (any color only) at their discretion in addition to required equipment. **WE DO NOT SUPPLY SPARRING GEAR!**

**Judges:** Judges / Black Belts will be assigned to rings. Please understand that to make the event run we need your help. We know that everyone wants to watch their students. We do as well. Please help us help you and your members have a great event!

### SPECIAL NOTES

The tournament committee reserves the right to further divide or combine divisions depending on the number of competitors registered to compete in each. Also to disqualify or refuse a student or school due to poor sportsmanship.

**Sparring (Continuous Point with clickers)**

The sparring event will use the standard Tae Kwon Do point sparring rules. The point areas will be the sides and top of the head. Nothing to the face area! The torso is a target area for striking as well to the sides of the ribs, stomach, chest, but not to the throat or the sides of the throat, and no strikes below the belt. One point will be awarded for any hand or kicking technique to the torso area or a punch to the head. Two points will be awarded for any kick to the helmet area. No kicking to the face or back of the helmet. Three Points will be awarded for any jump kick to the helmet. The competitor scoring the most points at the end of two minutes (adults) or 90 seconds (kids) will be declared the winner. SAFETY IS KEY, if a competitor is injured and blood is drawn the match will stop and the center judge will make a call with the corners to decide on a disqualification or warning on the attacker. Warnings and point loss may occur as well for other infractions such as continuing to kick below the belt or to the back, a kick or punching the face area.

Tournament director has full authority and will make final calls if needed. **WE DO NOT SUPPLY SPARRING GEAR!**

**Forms open hand and Team Forms Competitors** will be judged on balance, stances, power, beauty and grace. Judges will have the first 3 competitors perform and then call them back up for scoring before moving on to establish a score. This is your time to shine! You may do any form you choose, however flips and extra techniques will not be given extra consideration. Team forms are limited to a 5 minute time slot. Music for team forms must be appropriate for all ages. If your team uses music you must supply your source for music.

**Breaking YOU ARE REQUIRED TO BRING YOUR OWN BOARDS.** For Children ages 3-7 you may use 4" wood. Children ages 7-11 may use 6" wood. Children and Adults ages 12 and up may use 10 or 12" wood. White to Orange Belts will only break 1 board. Green & Blue Belts will only use 2 boards. Red, Brown & Black Belts will use 3 boards. Bring your own boards. They may be inspected before competition. **Wood must be 1x12x12 or 1x12x6 or 1x12x4 THINNER BOARDS WILL NOT BE ALLOWED**

<u>Rank</u>	<u># Of boards</u>	<u>Stations</u>	<u>Age</u>	<u>Size of wood</u>
White, Yellow, & Orange	1	1	5 to 6	4"
Green & Blue	Up to 2	2	7 to 11	5"-6"
Red, Brown, & Black	Up to 5	3	12 & up	10"-12"

**WE DO NOT SUPPLY WOOD FOR DIVISIONS**

### Grand Champion

Grand champions will be scored as a run off for the forms divisions, The under belts will compete against themselves and Black Belts will be separate.

## 2023 USA Martial Arts State Championships

### PAPER ENTRY FORM

**TOURNAMENT DATE:** Saturday, October 21<sup>st</sup> 2023  
**DEADLINE FOR PRE REGISTRATION:** October 6<sup>th</sup>, 2023  
**ENTRY FEE:** 1 Or all Events \$63.00 pre-registered 10/7/23  
1 Or all Events \$73.00 [re-registered 10/20/23  
1 Or all Events \$88.00 at the door  
Team competition \$10.00 per team  
Spectators \$ 2.00 Kids \$ Free

**DO NOT STAPLE**  
Make checks payable to:  
Mellennia Tae Kwon Do  
1142 Jefferies Drive  
Clinton, Iowa 52732  
*Personal Checks Accepted Returned checks  
will be assessed \$20.00 return fee.*

**Athlete Name:** \_\_\_\_\_  
Last Name First Name

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Your Phone:** \_\_\_\_\_

**Your Email Address:** \_\_\_\_\_

**Martial Arts School:** \_\_\_\_\_

**Your Instructors name:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_

Name Cell Number

**DIVISIONS\***

**(Circle the following Events to compete in)**

(9:15 a.m. WEAPONS)

(9:15 a.m. TEAM FORMS)

**FORMS**

**BREAKING**

**CONTINUOUS POINT SPARRING**

In consideration of being permitted to participate in any way in the 2023 Regional Championships by Mellennia TaeKwonDo agree to this waiver. I acknowledge that I am in good health or physical condition to compete in such an event. I fully understand that athletic activities involve risk and serious bodily injury, including permanent disability, paralysis, and death. These risks may be caused by my own actions or inactions of others competing on this said day. There may be other risks and social and economic losses either for losses, cost, and damages I incur as a result of my participation in the activity. I hereby release, discharge, and covenant not to sue the Mellennia Martial Arts, Prince of Peace Schools, Joe O'Donnell Athletic Center, USA Martial Arts or any representatives of martial arts schools or clubs, the volunteer's, promoters, and judges of the Tournament. I have read and agree to the nature of this agreement fully understand that I have given up substantial rights by signing this and have signed it freely and without any inducement or assurance and intend to be a complete and unconditional release of all liabilities (physical, economical, or any damages incurred) to the greatest extent. Minors Agreement: I as the minors parent or legal guardian, Understand the nature of the competition and that tae kwon do as well as other martial arts are a contact sport, I also agree that the minor in this agreement is in good physical health and in proper condition for competition to compete in such activities. Furthermore I release the USA Martial Arts, Mellennia Martial Arts, or any representatives of martial arts schools or clubs, the volunteer's, promoters, and judges of the Tournament and other competitors from any liability. By signing this agreement, I agree to all of the above, and agree that I am entering this activity well aware of the risks of this event. I furthermore state that I am in good health and able to compete at the level of competition that the event offers. I further state that I and my martial arts school are in good standing of moral turpitude with Mellennia Martial Arts, and the USA Martial Arts. I agree that I can and will be removed for poor conduct of myself, my coach or parent/guardian in the event with no refund of costs incurred.

\_\_\_\_\_  
**Competitor signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Co-signer if athlete is under 18**