

**9th  
NOV  
24**



태권도

**SPARRING  
FORM(POOMSAE)  
BOARD BREAKING  
LITTLE TIGERS  
TKD Demonstration**

**MASTER LEE'S TAEKWONDO  
CHAMPIONSHIPS**

**SOUTHEAST HIGH SCHOOL, LINCOLN, NEBRASKA**

**NOVEMBER 9TH, 2024**

**For More Info & Registration:  
[NebraskaTaekwondo.com/tournament](http://NebraskaTaekwondo.com/tournament)  
[mltkdlincoln@gmail.com](mailto:mltkdlincoln@gmail.com)/(402)781-0360(Call/Text)**





### **IMPORTANT INFORMATION ABOUT THE COMPETITION**

1. **ELIGIBILITY:** Students must be white belt and above to compete in board breaking and yellow belt and above to compete in sparring and form(including team form). Competitors ages 4 and up of all belt ranks are welcome. Little Tigers can compete in Obstacle course only. Please see the Competition Rules section for individual event eligibility requirements.
2. **REGISTRATION:** The registration deadline is **Monday, October 31st**, but early registration is strongly encouraged. A \$25 late fee will be added to all late applications. No applications will be accepted after November 7th. Completed applications with registration fees should be turned in to the school or on the website([nebraskataekwondo.com/tournament](http://nebraskataekwondo.com/tournament)).
3. **COMPETITOR ID CARDS:** Competitors can pick up their IDs at the tournament site after 8:00 am on Saturday morning.
4. **AWARDS:** Most divisions will have 4 competitors. Divisions may be separated by age, belt, weight, and gender, as the tournament committee deems necessary for fair competition. There will be a 1st place(Gold), 2nd place(Silver), and multiple 3rd places(Bronze) awarded. Awards will be presented throughout the day as divisions are completed.
5. **COACHING:** The goal of this tournament is to provide students with competition experience in a friendly environment. Many of the instructors will be responsible for officiating and directing the competition. As a result, competitors may be coached by their teammates and senior belts or parents. Please note that coaches are not necessary during form, team form, and board breaking competition. The instructors will be administering these events directly and will provide assistance and instruction as needed.
6. **SPECTATOR & TICKET:** Admission is \$5 for ages 6 - 12 and \$10 for ages 13 and up. Please note that **spectators including parents and family members will not be allowed in the competition area.**
7. **FOOD:** No food is permitted in the competition area. Competitors may wish to bring their own healthy snacks. Water bottles are strongly encouraged. Concession tables might be available on the day of the event for water and snacks.
8. **VIDEOS AND CAMERAS:** Video and picture taking are allowed; however, they must be taken from the spectator and award stands area only.
9. **GEAR:** All competitors must wear clean, white uniforms. Black Belt competitors must wear clean, white uniforms with black trim. Sparring competitors must provide their own gear(helmet, chest protector, arm & shin guard, mouth guard, and groin cups).
10. **BOARD BREAKING:** All competitors will be responsible for purchasing their own boards(available at Taekwondo school and tournament) and providing their own board holders for competition. Competitors will use 3/8" boards(\$4).



## **SCHEDULE OF EVENTS**

**9:00 am:** Doors Open

**9:30 am: Ages 13 & Up**

Form

Sparring

Board Breaking

**Team Form(including age 6-12 groups)**

**10:30 am:** MLTKD Demo Team Performance

**11:00 am: Little Tigers**

Obstacle Course

Board Breaking

**11:30 am: Ages 6 - 12**

Form

Sparring

Board Breaking

**2:30 pm:** Closing

**NOTE:** Starting times for each particular event (Form, Team form, board breaking, and sparring) and competitor's divisions will be announced during the tournament and are subject to change depending on the progression of previous event.

## **GENERAL COMPETITION RULES**

The **World Taekwondo(WT)** rules and regulations will be govern this tournament for forms, breaking and sparring competition. The organizing committee reserves the right to adopt changes as they deem necessary.

- I. Competitors will be grouped according to gender, age, weight, and belt to the best of the committee's abilities.
- II. Awards will be given out for form, team form, board breaking, sparring, and obstacle course(LT):
  - One 1st Place
  - One 2nd Place
  - Multiple 3rd Place



**FORM COMPETITION RULES**

I. Eligibility

- i. Individual
  - Yellow Belts & higher of any age
- ii. Family/Team Form
  - Yellow Belts & higher of any age
  - Group must have at least 2 team members but no more than 4

II. Official Forms

Belt	Form
Yellow/Orange	Taeguk 1 or 2
Green	Taeguk 2 or 3
Blue/Purple	Taeguk 3 or 4
Red/Brown/Deputy/Jr.Black	Taeguk 4, 5, 6 or 7
Black Belt	Taeguk 8 and Koryo

III. Competitors will be judged based on a 10 point scale

- i. Points are broken down into 4 different categories
  - Accuracy (4 points)
  - Speed/Strength/Power (2 points)
  - Expressions/Energy(2 points)
  - Balance (2 points) / Synchronization(2 points - Team Form Only)
- ii. The competitor/group with the most points will be awarded 1st place, next highest score will receive 2nd place, and the remaining competitors/groups will receive 3rd place.
- iii. In case of a tie for 1st place or 2nd place, the main judge will award an additional point to the competitor/group whose overall performance he/she deems stronger
- iv. If the competitor(s) have recently promoted to the new belt and is not unsure of the new form(poomsae), they may perform the one for their previous belt.



## **BOARD BREAKING COMPETITION RULES**

I. Eligibility: All best and ages

II. Official Techniques

	<b>Techniques</b>	<b>Number of try</b>
<b>White Belt</b>	Hammer fist, Push kick, Ax kick, Front snap kick, Roundhouse kick	Up to two stations(use one or two boards for each technique)
<b>Yellow/Orange</b>	Any kicking techniques(may use speed, tower, line techniques with other props-chairs, etc.)	Up to two stations(use one or two boards for each technique)
<b>Green</b>	Any kicking techniques(may use speed, tower, line techniques with other props-chairs, etc.)	Up to two stations(use two boards for each technique)
<b>Blue Belts &amp; Up(including Brown/Purple)</b>	Any kicking techniques(may use speed, tower, line techniques with other props-chairs, etc.)	Up to two stations(use two boards for each technique)
<b>Black Belts</b>	Any kicking techniques(may use speed, tower, line techniques with other props-chairs, etc.)	Up to three stations(use two boards for each technique)

III. Board Sizes

- i. 3/8" pine board (can be purchased at the venue)

IV. Competitors will be judged based on a 10 point scale

- i. Points are broken down into 3 different categories
  - a. Accuracy(5 points)
  - b. Expression of Techniques(3 points)
  - c. Power(2 points)
  - d. Penalty(-0.2 points each time when competitor fails to break a board)
- ii. The competitor with the most points will be awarded 1st place, next highest score will receive 2nd place, and the remaining competitors will receive 3rd place.
- iii. In case of a tie for 1st place or 2nd place, the main judge will award an additional point to the competitor whose overall performance he/she deems stronger.
- iv. The competitors will be responsible for providing their own board holder(s).



### **SPARRING COMPETITION RULES**

- I. Eligibility: Yellow Belts & Up(Ages 6 & Up)
- II. Contact
  - i. All color belts and black belts 9 & under: Light contact to the body(chest protector) only. Absolutely no head contact.
  - ii. Black belts 10 & up: Light contact to the body and head.
- III. Points
  - i. 1 Point for a valid punch to the chest protector
  - ii. 2 Points for a valid kick to the chest protector
  - iii. 4 points for a valid turning kick to the chest protector
  - iv. 5 points for a valid head contact(Black Belt Age 10 & up Only)
  - v. 1 point penalty(Gam-jeom) will be given:
    - a. Crossing the Boundary Line
    - b. Falling down
    - c. Avoiding or delaying the match
    - d. Grabbing or pushing the opponment(with palm)
    - e. Attacking with the knee
    - f. Hitting the opponent's head with the hand
    - g. Attacking the opponent after "Kal-yeo(break)"
- IV. Duration
  - i. All division matches will consist of **three(3)** 1 minute rounds with 30 seconds in between each round
- V. Format: 4 competitors per heat
  - i. Random seeding
    - a. Each heat will form randomly selected pairs for the first two matches
  - ii. Single elimination
    - a. In the event of a tie, competitors will face off in a sudden death round. First competitor to get a point will win the match.
    - b. Winners of the first two matches will compete in the final match for 1st place.

\* Inability to continue because of fright, crying, or loss of will following a legal kick to the head which did not cause injury does not constitute grounds for disqualification of the attacker.



## MASTER LEE'S TAEKWONDO - NEBRASKA

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### **SPONSORSHIP**

We invite local businesses to sponsor our Taekwondo tournament. Sponsoring our events is not only a great way to get involved with the community; it is also an amazing form of marketing for your business. In return for your sponsorship, we would advertise your company allowing your logo on the poster, tickets, and t-shirts. Please see staff for details.

Sponsorship Levels:

1. Bronze: \$200; Company logo on the poster & tickets
2. Silver: \$300; Company logo on the poster, tickets, and the banner
3. Gold: \$500; Company logo on the poster, tickets, t-shirts, and the banner, Social media post about your business.

### **VOLUNTEERS (AGES 12 & UP)**

We are looking for volunteers to make this event successful! All volunteers will get a t-shirt and one admission ticket. Please see staff to fill out the form or visit the website to register as a volunteer([nebraskataekwondo.com/tournament](http://nebraskataekwondo.com/tournament))

1. Staff: Setup, Competitors check-in, Admission, Media, Awards, Ring Management, Medical, Security, Concession
2. Trucks: Transport mats & equipment from & to TKD school