

United Tae Kwon Do Academy

3454 Robinhood Road
Winston-Salem, NC 27106
(336) 659-1853

www.unitedtkd.com



The 11th Annual
Mid-Atlantic Tae Kwon Do Championship
November 19th, 2011

Dear Masters and Instructors:

United Taekwondo Academy and Master Barry Partridge would like to invite you to the **Eleventh Mid-Atlantic Taekwondo Championship** to be held on November 19th, 2011 in Winston Salem, NC at the Summit School.

We have gone to great lengths to stick to tradition and make the Mid-Atlantic Taekwondo Championship a world class event that focuses on the athletes. We only use qualified referees who are trained and up to date on all of the newest changes and techniques making judging fair and honest.

The Mid-Atlantic Taekwondo Championship is a well-organized event fitting the maximum amount of competition in a convenient amount of time. We offer a state of the art venue, padded rings, digital scoring and in addition to Olympic Style Sparring, the Mid-Atlantic offers competition in Forms and Breaking. This tournament is fun, safe and exciting for everyone, regardless of skill level.

We are excited to announce that we will be implementing the DAEDO *TrueScore* Electronic scoring systems for all Black Belts age 10 and above. This is the latest technology in Olympic Sparring and we look forward to seeing some of the most accurately scored matches to date. For sanitary reasons, all Black Belts age 10 and above will be required to purchase the DAEDO *TrueScore* Electronic foot protectors if they have not already done so. These may be purchased at the venue.

Coaches that bring 10 or more competitors will receive 1 free Meal Voucher. Additional Meal Vouchers may be purchased for \$15.00 prior to the event. Furthermore, coaches that bring 15 or more competitors will receive 2 free Meal Vouchers and 1 night complimentary hotel room. All competitors and coaches must be registered by the due date, November 4th, 2011 to receive these complimentary items.

As a special incentive, there will be prize awarded to the three schools bringing the most competitors.

We hope that you will support this event and share with us the positive experience that makes this tournament one that we will look forward to year after year.

We hope to see you there!

Sincerely,

Master Barry Partridge
United Tae Kwon Do Academy

For more information on the

Eleventh Annual Mid-Atlantic Tae Kwon Do Championship

Please visit our website at

www.UnitedTKD.com/MidAtlantic



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Schedule of Events - Absolutely NO Same Day Registration!

Friday November 18, 2011

Courtyard by Marriott

Winston-Salem Hanes Mall

1600 Westbrook Plaza Drive
Winston-Salem, NC 27103
(336) 760-5777

- **Late Registration & Check-in:** 6:00pm – 11:00pm
- **Black Belt Sparring Competitors Weigh-In:** 6:00pm – 11:00pm

Saturday November 19, 2011

Summit School

2100 Reynolda Road
Winston-Salem, NC 27106
(336) 722-2777

- | | |
|---|------------------------|
| • Check-in** | 7:00am – 8:00am |
| • Black Belt Sparring Competitors Weigh-In | 7:00am – 8:00am |
| • Referee Meeting | 8:00am |
| • Coach Meeting | 8:30am |
| • Black Belt Forms Competition | 9:00am |
| • Black Belt Breaking Competition | |
| • Black Belt Sparring Competition | |
| • Color Belt Forms Competition | |
| • Color Belt Breaking Competition | |
| • Color Belt Sparring Competition | |

ALL BLACK BELT COMPETITORS MUST WEIGH IN

* Event times are approximate and will be adjusted after check-in is complete.

** Check-in only. Absolutely NO Same Day registration!

Competitors not Checked in and Warmed up prior to call will be disqualified – NO EXCEPTIONS



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Color Belt Competitors

Name: _____
Address: _____
City: _____ State: _____ ZIP: _____
Home Phone: _____ Email Address: _____
Sex: _____ Weight: _____ Age: _____ Birth Date: _____
Belt Rank: _____ Belt Color: _____ GUP _____
Martial Arts School: _____

Divisions: Color Belts (All Ages)

Sparring Poomse Breaking (Max. of 3 breaks)

Entry Fees:

1 and/or 2 events: \$70.00 Each additional event: \$10.00 Amount Enclosed: _____

Registration Fee after 11/11/2011: + \$20.00 Late fee

**Payment must be in cash, certified check or money order – no personal or dojang checks!*

****Competitors competing in two divisions must pay two entry fees!**

***REGISTRATION FORMS MUST BE POSTMARKED BY November 11, 2011**

(Applications will be accepted until 11pm, November 18, 2011 and will incur a \$20 late fee)

***ALL BLACK BELT COMPETITORS MUST WEIGH IN**

Liability Waiver and Release

In consideration of your acceptance of my entry, I do hereby, for myself, my heirs, executors and administration, waive, release and forever discharge all rights and claims for damages which I may have or which may accrue to me against the Tournament Director, United Tae Kwon Do Academy, LLC, United Tournaments, LLC, or their respective officers, agents, representatives, successors, and/or assignees, and against any competitor for any and all damages which may arise out of traveling to, participating in, and returning from such athletic competition. I understand that Tae Kwon Do is a body contact sport, and I further understand all the contents of the rules and regulations and general information which was published by the sponsors and I agree with them in entirety.

Signature of Applicants: _____

Signature of Parent or Legal Guardian if under age 18: _____

_____ Date __/__/__

_____ Date __/__/__

Absolutely NO Same Day Registration!



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Black Belt Competitors

Name: _____
Address: _____
City: _____ State: _____ ZIP: _____
Home Phone: _____ Email Address: _____
Sex: _____ Weight: _____ Age: _____ Birth Date: _____
Belt Rank: _____ Belt Color: _____ DAN
Martial Arts School: _____

Divisions: Black Belts (All Ages)

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Signature of Parent or Legal Guardian if under age 18: _____

_____ Date __/__/__

_____ Date __/__/__

Absolutely NO Same Day Registration!



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Coach Registration

Absolutely NO Late Registration!

Name: _____
Address: _____
City: _____ State: _____ ZIP: _____
Home Phone: _____ Email Address: _____
Belt Rank: _____ Belt Color: _____ GUP/DAN Instructor: _____

Martial Arts School: _____
School Address: _____
City: _____ State: _____ ZIP: _____
Phone: _____ Email Address: _____

Entry Fees:

1 Coach for Every 10 Competitors will receive a Complimentary Coaching Pass.
Additional Coaches Fee: \$20.00 Amount Enclosed: _____

Registrations and Fees must be received before 11pm on 11/11/2011

*Payment must be in cash, certified check or money order – no personal or dojang checks!

**See Coach Requirements Below

Coach Requirements

Participating coaches at the ***Ninth Mid-Atlantic Tournament*** are required to abide by Tae Kwon Do's tenets which define the spirit of a good martial artist and the atmosphere of this tournament:

- **Courtesy** (behavior that demonstrates consideration, cooperation, and generosity)
- **Integrity** (honesty, trustworthiness, and incorruptibility)
- **Perseverance** (determination, commitment, faithfulness)
- **Self-Control** (exercising restraint over one's impulses, self-discipline)

Any coaches yelling undesirable remarks, stopping matches without merit or any misconduct on the part of the contestant or the coach will result in immediate disqualification. The coach and his/her team will be escorted off the premises by local law enforcement.

I have read the coaching requirements and agree to the conditions set above.

Coach's Signature: _____ Date: _____



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Referee Registration

Name: _____

Address: _____

City: _____ **State:** _____ **ZIP:** _____

Home Phone: _____ **Email Address:** _____

Belt Rank: _____ **Belt Color:** _____ **GUP/DAN Instructor:** _____

Martial Arts School: _____

School Address: _____

City: _____ **State:** _____ **ZIP:** _____

Phone: _____ **Email Address:** _____

Referee Certification Level: _____



Competition Rules & Regulations

The current USA Taekwondo Rules and Regulations and modified rules of The World Taekwondo Federation will govern this Championship.

Equipment

Sparring competitors must supply their own protective gear. White forearm and shin/instep protectors, mouth pieces, chest protectors and headgear are mandatory. Protective athletic cup is mandatory for male sparring competitors. Only plastic water bottles are allowed. Only approved V-neck or traditional white uniforms are allowed. **Black Belts 10 and above:** DAEDO TrueScore Electronic foot protectors mandatory.

Permitted Techniques and Areas

Permitted Techniques

1. Fist techniques: Delivering techniques by using the front parts of the fist.
2. Foot techniques: Delivering techniques by using the part of the foot below the ankle bone.

Permitted Areas

1. Trunk: Attack by fist and foot techniques on the areas covered by the trunk protector.
2. Face: This area is the face attacked by foot techniques only.

Scoring

1 Point – Attack on Hogu

2 Points – Spinning technique to the Hogu (*Spinning Back Kick or Tornado Kick*)

3 Points – Attack to the head

1 Extra Point – 8-Count

11 and under - No Head Contact

12 and above Color Belts - Controlled Head Contact

12 and above Black Belts will be competing under adult Black Belt rules (Full Contact)

Matches will have no point ceiling but will be stopped at any twelve (12) point difference in the second round.

Rounds

Junior Color Belt (6-17)	2 @ 1:00	Senior Color Belt (18 & Up)	2 @ 1:00
Junior Black Belt (6-13)	2 @ 1:00	Senior Black Belt (14 & Up)	2 @ 1:30
Finals (14 & Up Black Belts) 3 @ 1:30			

Valid points

Points

1. Points shall be awarded when permitted techniques are delivered accurately and powerfully to the legal scoring areas of the body.
2. The valid points are divided as follows:
 - a. One (1) point for attack on trunk protector.
 - b. Two (2) points for spinning attack on the trunk protector.
 - c. Three (3) points for attack to the face.
3. Match score shall be the sum of all three rounds.
4. Invalidation of points: When a contestant performs an attack to score through the use of the prohibited acts; the points shall be annulled before deductions are applied.



Prohibited Acts

Kal-yeo, Kyong-go, & Gam-jeom

1. Penalties on any prohibited acts shall be declared by the referees.
2. Penalties are divided into “Kyun-go” (warning) and “Gam-jeom” (deduction).
3. Two “Kyong-gos” shall be counted as a deduction of one (1) point.
4. A “Gam-Jeon” shall be counted as deduction of one (1) point.
5. Prohibited acts
 - 1) The following acts shall be classified as prohibited acts, and a “**Kyung-go**” shall be declared.
 - a. Crossing the Boundary Line
 - b. Evading by turning the back to the opponent
 - c. Falling down
 - d. Avoiding the match
 - e. Grabbing, holding, or pushing the opponent
 - f. Attacking below the waist
 - g. Pretending injury
 - h. Butting or attacking with the knee
 - i. Hitting the opponent’s face with the hand
 - j. Disregarding the 10 second “*Engagement*” rule
 - 2) The following acts shall be classified as prohibited acts, and a “**Gam-jeom**” shall be declared.
 - a. Attacking the opponent after “Kal-yeo”
 - b. Attacking the fallen opponent
 - c. Throwing down the opponent by grappling the opponent’s attacking foot in the air with the arm or by pushing the opponent with the hand
 - d. Intentionally attacking the opponent’s face with the hand
 - e. Interrupting the progress of the match on the part of a contestant or a coach
 - f. Violent or extreme remarks or behavior on the part of a contestant or a coach
6. When a contestant intentionally refuses to comply with the Competition Rules or the referee’s order, the referee may declare the contestant loser by penalty after one (1) minute.
7. When the contestant receives minus four (4) points, the referee shall declare him/her loser by penalties.
8. “Kyung-go” and “Gam-jeom” shall be counted immediately in the total score.
9. When the referee suspends a contest for declaration of “Kyong-go” or “Gam-jeom” the contest time shall not be counted from the moment of the referee’s declaration of “Shi-gan” until “Kye-sok” is declared for resumption of the contest.

Tied Matches

Sudden-Death

1. Matches ending in a tied score will result in a “Sudden-Death” fight off. One (1) timed round will be begin with the first contestant to score declared the winner.
2. A “Sudden-Death” round that ends in a tie will result in the referee declaring a winner based on superiority.

Match Decisions

Contest Declarations

1. Win by K.O. (knock-out)
2. Win by Referee Stop Contest (RSC)
3. Win by score superiority
 - 1) Win by final score
 - 2) Win by point gap: When there is a twelve (12) point gap in the second round, the match will be stopped and a winner declared.
 - 3) Win by withdrawal
 - 4) Win by disqualification
 - 5) Win by referee’s punitive declaration



Forms (Poomse)

All individual Poomse contestants must perform the official Poomse required for their current rank.
All Taekwondo forms allowed for team competition.

Poomse Scoring

Scoring

1. The referee and judges shall award a score, on a scale of five to ten, ten being the highest, to the contestant by displaying the score card.
2. Any tenth of a point may be awarded (0.1, 0.9, etc)
3. The highest and lowest scores will be dropped from the total computation. In case of tie, however, all scores will be computed to break the tie.

Individual Merits

Judges and referee will award scores on the basis of the following merits:

1. Correct and orderly execution of each movement;
2. Degree of proficiency which will be judged on the basis of:
 - 1) Beginning and ending the Poomse at the same spot
 - 2) Executing powerful and speedy techniques by tensing and relaxing muscles at the proper moment
 - 3) Mental concentration
 - 4) Focused eye and head movements
 - 5) Accurate targets
 - 6) Inhaling and exhaling at the proper moments
 - 7) Rhythm
 - 8) Balance
 - 9) Intensity
 - 10) Competition manner

Breaking

Breaking will have a maximum of three (3) breaks

All Breaks will be judged on the following criteria:

- 1) Speed
- 2) Precision
- 3) Balance before and after delivery of technique
- 4) Focus
- 5) Intensity
- 6) Number of attempts
- 7) Competition manner

Breaking Material

Boards and/or Blocks

1. Breaking material(s) can either be brought by the contestant or purchased at the venue.
2. Referee will inspect all materials prior to breaking

Awards

Medals will be awarded to 1st, 2nd and two 3rd place winners in Sparring (one 3rd place winner in other divisions).



Divisions: Forms

Matches will be assigned by rank, age and weight.

Ages 6-7

WEIGHT CLASS	MALE	FEMALE
LIGHT	66.0 and under	57.0 and under
HEAVY	66.1 and over	57.1 and over

Ages 8-9

WEIGHT CLASS	MALE	FEMALE
LIGHT	75.0 and under	72.0 and under
HEAVY	75.1 and over	72.1 and over

Ages 10-11

WEIGHT CLASS	MALE	FEMALE
LIGHT	85.0 and under	82.0 and under
HEAVY	85.1 and over	82.1 and over

Ages 12-13

WEIGHT CLASS	MALE	FEMALE
LIGHT	95.0 and under	92.0 and under
HEAVY	95.1 and over	92.1 and over

Ages 14-15

WEIGHT CLASS	MALE	FEMALE
LIGHT	115.0 and under	112.0 and under
HEAVY	115.1 and over	112.1 and over

Ages 16-17

WEIGHT CLASS	MALE	FEMALE
LIGHT	125.0 and under	120.0 and under
HEAVY	125.1 and over	120.1 and over

Ages 18 - up

WEIGHT CLASS	MALE	FEMALE
LIGHT	147.4 and under	129.8 and under
HEAVY	147.5 and over	129.9 and over

Classes & Divisions subject to change based on registered competitors.



Divisions: Color Belt Sparring

Matches will be assigned by rank, age and weight.

Color Belt Ages 6-7

WEIGHT CLASS	MALE	FEMALE
LIGHT	66.0 and under	57.0 and under
HEAVY	66.1 and over	57.1 and over

Color Belt Ages 8-9

WEIGHT CLASS	MALE	FEMALE
LIGHT	75.0 and under	72.0 and under
HEAVY	75.1 and over	72.1 and over

Color Belt Ages 10-11

WEIGHT CLASS	MALE	FEMALE
LIGHT	85.0 and under	82.0 and under
HEAVY	85.1 and over	82.1 and over

Color Belt Ages 12-13

WEIGHT CLASS	MALE	FEMALE
LIGHT	95.0 and under	92.0 and under
HEAVY	95.1 and over	92.1 and over

Color Belt Ages 14-15

WEIGHT CLASS	MALE	FEMALE
FIN/FLY	95.0 and under	92.0 and under
LIGHT/WELTER	95.1-115.0	92.1-112.0
MIDDLE	115.1-135.0	112.1-132.0
HEAVY	135.1 and over	132.1 and over

Color Belt Ages 16-17

WEIGHT CLASS	MALE	FEMALE
FIN/FLY	105 and under	100.0 and under
LIGHT/WELTER	105.1-125.0	100.1-120.0
MIDDLE	125.1-145.0	120.1-140.0
HEAVY	145.1 and over	140.1 and over

Color Belt Ages 18-up

WEIGHT CLASS	MALE	FEMALE
FIN/FLY	127.6 and under	107.8 and under
LIGHT/WELTER	127.7-149.6	107.9-125.4
MIDDLE	149.7-176.0	125.5-147.4
HEAVY	176 and over	147.5 and over

Classes & Divisions subject to change based on registered competitors.



Divisions: Black Belt Sparring

All black belt contestants must weigh in. Matches will be assigned by rank, age and weight

Black Belt Ages 6-7

WEIGHT CLASS	MALE	FEMALE
LIGHT	66.0 and under	57.0 and under
HEAVY	66.1 and over	57.1 and over

Black Belt Ages 8-9

WEIGHT CLASS	MALE	FEMALE
LIGHT	75.0 and under	72.0 and under
HEAVY	75.1 and over	72.1 and over

Black Belt Ages 10-11

WEIGHT CLASS	MALE	FEMALE
LIGHT	85.0 and under	82.0 and under
HEAVY	85.1 and over	82.1 and over

Black Belt Ages 12-13

WEIGHT CLASS	MALE	FEMALE
LIGHT	95.0 and under	92.0 and under
HEAVY	95.1 and over	92.1 and over

Black Belt Ages 14-17

WEIGHT CLASS	MALE	FEMALE
FIN/FLY	up to 114.9	up to 98
BANTAM/FEATHER	115-129.9	98.1 to 113.9
LIGHT/WELTER	130.0-144.9	114-135
MIDDLE/HEAVY	over 145	over 135.1

Black Belt Ages 18-32

WEIGHT CLASS	MALE	FEMALE
FIN/FLY	up to 127.6	up to 112.0
BANTAM/FEATHER	127.7-149.6	112.1-132.0
LIGHT/WELTER	149.7-176.0	132.1-152.0
MIDDLE/HEAVY	over 176.0	over 152.1

Black Belt Ages 33-38

WEIGHT CLASS	MALE	FEMALE
LIGHT	up to 155.0	up to 130.0
HEAVY	over 155.1	over 130.1

Black Belt Ages 39-45

WEIGHT CLASS	MALE	FEMALE
LIGHT	up to 165.0	up to 130.0
HEAVY	over 165.1	over 130.1

Black Belt Ages 46-up

WEIGHT CLASS	MALE	FEMALE
LIGHT	up to 165.0	up to 140.0
HEAVY	over 165.1	over 140.1

Classes & Divisions subject to change based on registered competitors.

Accommodations

Tournament Hotel

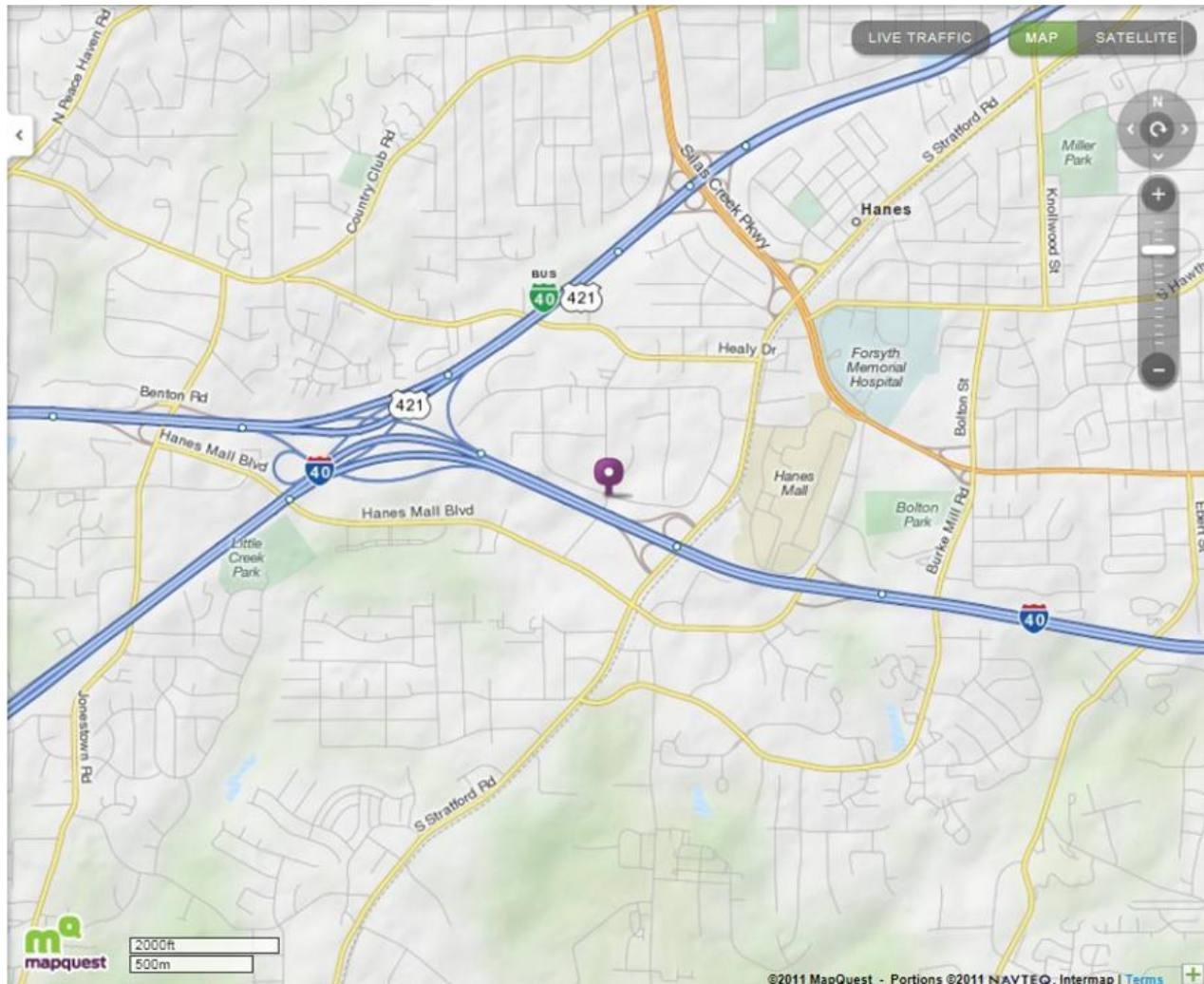
Courtyard by Marriott

Winston-Salem Hanes Mall

1600 Westbrook Plaza Drive
Winston-Salem, NC 27103
(336) 760-5777

Reservations:

- Reservations must be made by **11/4/11** to receive the special tournament rate.
- **SPECIAL RATE \$79.00 + tax / Night**
(must mention "Mid-Atlantic Taekwondo or United Taekwondo")





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Directions to Summit School

Winston-Salem, NC

FROM THE EAST: Coming from Greensboro, Kernersville, via Business I-40, exit business I-40 at Silas Creek Pkwy. Take Silas Creek Pkwy. North (following the signs to Wake Forest University.) When road widens to 3 lanes, get into the far right lane. Exit straight ahead towards Wake Forest and Reynolda Road. At Reynolda Rd., turn right, go about 300 yards. From the stoplight you will see the green and white Summit School sign at the corner of Kenway Drive which runs between Reynolda Presbyterian Church and Summit School. Turn at the signs. Summit's street address is 2100 Reynolda Road.

FROM THE NORTH, coming from Mt. Airy on Highway 52, exit at University Parkway. Turn right onto University Parkway. Follow University Parkway to Polo Road. exit, turn right onto Polo. Go to Reynolda Road, turn left. Go through two stoplights on Reynolda Road. Turn right into Kenway Drive at the Green Summit School sign.

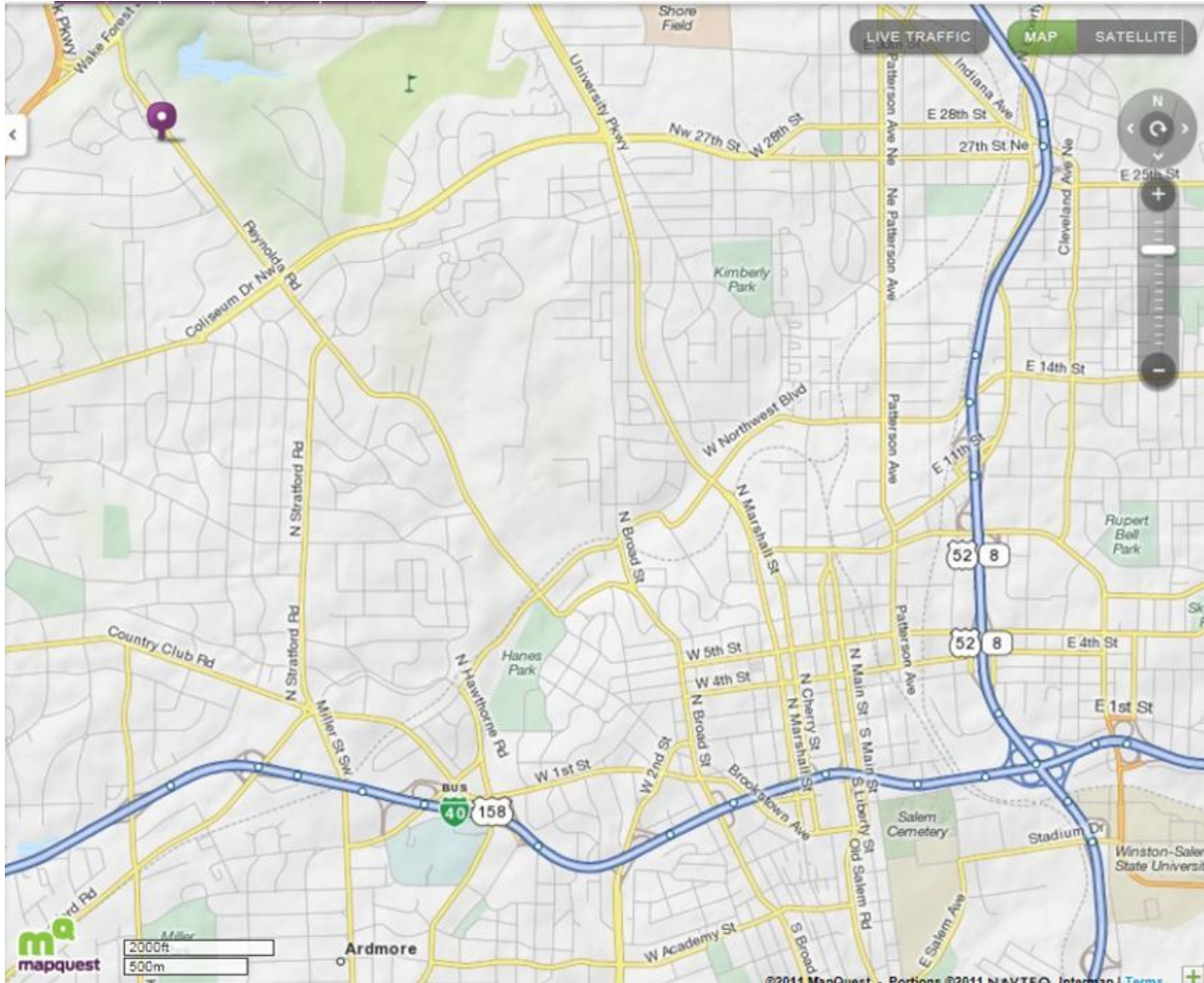
FROM THE SOUTH, coming from Salisbury via Highway 150 or from Lexington via Highway 52 or from Thomasville via 109 or High Point via Highway 311, to Business I-40 West. Exit onto Hanes Mall Blvd. Follow signs to Silas Creek Parkway. Take Silas Creek Pkwy. North (following the signs to Wake Forest University.) When road widens to 3 lanes, get into the far right lane. Exit straight ahead towards Wake Forest and Reynolda Road. At Reynolda Rd., turn right, go about 300 yards. From the stoplight you will see the green and white Summit School sign at the corner of Kenway Drive which runs between Reynolda Presbyterian Church and Summit School. Turn at the signs. Summit's street address is 2100 Reynolda Road.

FROM THE WEST, coming from Statesville, Clemmons via I-40, exit Silas Creek Pkwy. north towards Wake Forest University. Take Silas Creek Parkway north (following the signs to Wake Forest University.) When road widens to 3 lanes, get into the far right lane. Exit straight ahead towards Wake Forest and Reynolda Road. At Reynolda Rd., turn right, go about 300 yards. From the stoplight you will see the green and white Summit School sign at the corner of Kenway Drive which runs between Reynolda Presbyterian Church and Summit School. Turn at the signs. Summit's street address is 2100 Reynolda Road.



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Summit School Winston-Salem, NC



For more detailed information check www.mapquest.com.

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2100 Reynolda Road
Winston-Salem, NC 27106

Please Travel Carefully