

# 8th US YONG IN OPEN TAEKWONDO CHAMPIONSHIP

March 15 , 2015

**Colonia High School**

180 East Street, Colonia, NJ 07067

Dear Masters, Instructors, Athletes, and Parents,

Last year's 7th US Yong In Open Tae Kwon Do Champions was a huge success with many participants attending and represented by over 90 schools in the area.

Our goal is to run a very organized, well judged, and time efficient tournament. This level of expertise will be insured by the professionalism and experience of certified masters, referees, instructors, and trained personnel. We stand by our tradition of fairness, honest judging and officiating.

We promise to make this a positive experience for all involved. We will strive to continue the Tae Kwon Do Martial Arts traditions during this event and hope with will all join us.

During this event, the "WTF FORMS" and "SPARRING" will be judged using the WTF/USA Taekwondo rules and regulations.

The "OPEN FORMS", "FREE-STYLE BREAKING", and "FREE-STYLE WEAPONS" events will be open to **all Martial Arts styles**. Continuing with the Martial Arts traditions we respect and are open to all students and Masters who want to participate.

In honor of your participation, we will celebrate Masters, Instructors, and School owners during the event ceremony.

We would like to invite all Taekwondo schools and students to join us Sunday, March 15, 2015 at the Colonia High School gymnasium.

This event is a great opportunity and stepping stone for one day achieving the ultimate goal of a golden medal in an Open or National Taekwondo event & Olympic gold medal.

Sincerely yours,

Hosted by **YONG IN TAEKWONDO**

Sponsored by US YONG IN UNIVERSITY TAEKWONDO ALUMNI

**YONG IN TAEKWONDO**

3-5 Village Square East, Suite 3, Clifton, NJ 07011

[www.matkdc.com](http://www.matkdc.com), [www.usyongintkd.com](http://www.usyongintkd.com), [www.katkda.org](http://www.katkda.org), [www.tkdby.com](http://www.tkdby.com)



**The EIGHTH US Yong In Open Taekwondo Championship  
 March 15, 2015  
 Colonia High School  
 180 East Street, Colonia, NJ 07067**

<b>Schedule of Events</b>	
<p><b>1.</b> Friday, March 13, 2015 / 8:00pm: Deadline for pre-registration. All applications must be received by this date to avoid late fees!</p> <p><b>2.</b> Saturday, March 14, 2015 / 1:00pm: Deadline for late registration</p> <p><b>3.</b> Sunday, March 15, 2015: Competition Day</p> <p><b>4.</b> 8:00am: Doors open &amp; check in for ages 4-9 years old</p> <p><b>5.</b> 8:50am: All masters, officials and referees meetings</p>	<p><b>6.</b> 9:10am: Competition begins for ages 4-9 years old</p> <p><b>7.</b> 10:45am: Check in for ages 10-11 years old</p> <p><b>8.</b> 11:45am: Check in for ages 12-13 years old and up</p> <p><b>9.</b> 12:45pm: Check in for ages 14-18 years old and up</p> <p><b>10.</b> 12:30pm - 1:00pm: Lunch break</p> <p><b>11.</b> 1:00pm - 1:30pm : Opening Ceremony</p> <p><b>12.</b> 1:30pm: Competition and events continue</p>
<p><b>General Admissions</b> - \$10.00 (under 4 years old free)</p> <p><b><i>Please schedule your competition day accordingly. If you are late - you will be disqualified</i></b></p>	
<p><b>Awards</b> - WTF Poomse, Open Forms, Sparring, Breaking, &amp; Weapons competitions. Gold Medals will be awarded to all 1st place winners. Silver Medals will be awarded to all 2nd place winners. Bronze Medals will be awarded to all 3rd place winners. Weapons division will be awarded trophy and All Competitor participating certificate.</p>	
<p><b>Grand Championship title belt and cups:</b> All adult (18-32) Black Belt WTF sparring, Poomse winners will receive The 8th US Yong In Open TKD Championship Title Belts and trophy. Participants of all belts and ages receive two gold medals and a Grand Champion plaque in two events in the The 8th US Yong In Open TKD Championship.</p> <p><b>Master Awards:</b> All participating schools will receive a The 8th US Yong In Open TKD Championship plaque. <b><i>Requires official registration form.</i></b></p> <p><b>School Awards:</b> All masters who pre-register more than 20 competitors will receive The 8th US Yong In Open TKD Championship Banner or Big Plaque.</p>	

**All registration mail to  
 Yong In TaekwonDo 3-5 Village Square East Suit 3, Clifton NJ 07011  
 T. 973.340.4545/973.340.1717 / F. 973.340.1328  
 More information: [www.katkda.org](http://www.katkda.org), [www.tkdbuy.com](http://www.tkdbuy.com), [www.matkdc.com](http://www.matkdc.com)  
 Email: [tkdbuy@yahoo.com](mailto:tkdbuy@yahoo.com)**

<b>Rules &amp; Regulations</b>											
<p>Currents WTF/USA Taekwondo rules and regulations will govern the championships with few modifications to enhance the competitors experience for all participants. Masters, Instructors, Holders will only be allowed on competition floor to hold boards when their competitors are competing in the Kyuk-Pa competitions. Any person who causes disturbance or interruption to the competition may be asked to leave.</p>											
<p><b>MANDATORY EQUIPMENT</b>            White V-Neck WTF approved for all events. Black trim only allowed for black belt competition &amp; we accept all martial arts uniforms. All competitors must supply their own regulation size breaking boards (see free style Kyuk-Pa rules for size) that will be available for purchase at the tournament.</p>											
<p><b>WTF POOMSE, OPEN (FORMS) COMPETITION</b>            1. WTF approved poomse (forms) only. Color belt poomse: Taeguk 1-8. Black belt forms: 1st Dan Koryo, 2nd Dan Keumgang, 3rd Dan Taebaek, etc.            2. All competitors must perform a rank appropriate poomse.            3. Any non-WTF forms will not be allowed in the WTF Poomse divisions.</p>											
<p><b>Scoring will be based on:</b></p> <table> <tr> <td>Concentration</td> <td>20% (2 points)</td> </tr> <tr> <td>Balance</td> <td>20% (2 points)</td> </tr> <tr> <td>Grace</td> <td>20% (2 points)</td> </tr> <tr> <td>Strength</td> <td>20% (2 points)</td> </tr> <tr> <td>Understanding of Poomse</td> <td>20% (2 points)</td> </tr> </table>	Concentration	20% (2 points)	Balance	20% (2 points)	Grace	20% (2 points)	Strength	20% (2 points)	Understanding of Poomse	20% (2 points)	<p>Three (3) judges will score from 5.0 points (lowest) to 10.00 points (highest) with 0.1 increments. From the five scores, the lowest and highest will be cancelled and the three remaining scores will be tallied to give the competitor their score. In the event of a tie, all five scores will be tallied to determine the winner. Open forms same as above.</p>
Concentration	20% (2 points)										
Balance	20% (2 points)										
Grace	20% (2 points)										
Strength	20% (2 points)										
Understanding of Poomse	20% (2 points)										

**Free Style Kyuk-Pa (Breaking) Competition**

Regulation breaking boards for this competition are as follows:

1. Adults and senior division (18 years and older) **12x10x1" Pine**
2. Teen Division (14-17 years)
3. Junior Division (10-13 years)
4. All children ages 9 years and under
5. Competitors must provide their own breaking boards

- Board size for all teens,  
 juniors and children:  
**8.85"x11.73"x1/2"**  
 - Board size for adults:  
**12"x10"1"**

**Free Style Kyuk-Pa (Breaking) Competition**

1. Competitors are advised to protect the floor when using any breaking materials that will damage the gym floor
2. Only board breaking will be allowed for all breaking competitions. Competitors will not be allowed to break any glass, bricks or perform fire breaking.
3. Each competitor will be allowed three (3) minutes to set up and complete their routine.
4. Clock begins as soon as the competitor steps onto the competition area.
5. Competitors will be allowed only two (2) attempts per station. (After an unsuccessful 2nd attempt, competitor must move to next station)
6. No more than three (3) stations will be allowed.

**Scoring will be based on level of:**

Accuracy & Focus	20% (2 points)
Techniques	20% (2 points)
Power	20% (2 points)
Creativity	20% (2 points)
Smooth flow of routine, degree of clean breaking, Ki-op (yelling), and showmanship	20% (2 points)

**Weapons**

1. The same scoring procedure applies for weapons as for hand forms
2. Weapons will be judged on: Control of weapon, power, flow & focus, technique, & balance
3. One (1) point will be deducted from the competitors score for dropped weapon
4. Half (1/2) a point will be deducted if you hit yourself with a weapon
5. All weapons accepted

**Gyoori (Sparring) Competition**

1. All competitors must have a head gear, chest protector, mouth piece, shin & instep guard, forearm guard, & groin protective cup. Any competitors missing any of these required equipment, at the time of their match will be disqualified.
2. All junior divisions and adult color belt divisions will run two rounds lasting one minute each round with 30 second break intervals.
3. All adult and junior black belts (12-17) will compete in two rounds lasting one and a half minute each with 30 second intervals.
4. All Junior/Adult divisions will be governed by USA Taekwondo Junior, Adult rules.

## Gyoroogi (Sparring) Rules & Regulations

### 1. Children Division - No Head Contact

Ages 7-11 and under - All Belts

Ages 11 and under - Color Belts

In National Qualifier and National Championships sparring competition, the rules are concerning a kick to the face shall be as follows:

- a. Any technique contacted to the head area which does not cause any injury, will be given a warning by the referee ("Kyong-go").
- b. Any technique, which causes injury to the head area will result in a one-point penalty by the referee ("Gam-jeom").
- c. If the competitor cannot continue because of the injury to the head area, the attacker will be disqualified.

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

### 2. Junior Division Safety Rules - Light Head Contact

Ages 8-11 - Black Belt

Ages 12-15 - All Belts

Ages 15-17 - Color Belts

In National Qualifier and National Championships sparring competition, the rules are concerning a kick to the face shall be as follows:

- a. The competitor is allowed to kick the facial area; however the kick must be light contact with appropriate control without causing any injury or excessive contact, or the appropriate penalty shall be invoked.
- b. The competitor who executes a successful technique (light contact without causing injury) shall be rewarded three points.
- c. The competitor who executes a kick to the face which results in a minor injury shall receive a one-point ("Gam-jeom") penalty. A minor injury is defined as abrasion or bleeding caused by non-excessive contact. The referee, with or without consultation with the tournament physician, shall determine if the abrasion or bleeding is a minor injury, and if the attack is a non-excessive one.
- d. The competitor who executes a kick to the face which results the inability of the opponent to continue sparring because of injury shall be disqualified. The referee, with or without consultation with the tournament physician, shall determine if the attack is an excessive contact, and if the injury is a major one.

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

### 3. Adult Division - Controlled Full Contact

Ages 15-17 - Black Belts

Ages 17 and up - All Belts

In National Qualifier and National Championships sparring competition, **the Senior Black Belt adult** rules shall apply for these divisions:

- a. Excessive contact to the facial or head area:
  - i. Even in the absence of visible injury, such as slight bleeding or abrasion, the referee may deem the contact excessive, and deem the appropriate penalty.
  - ii. Where Junior Competition Rules are in effect per Article 1.B above, the competitor who executes a successful technique to the face (light contact without causing injury) shall be awarded three points. This is to better align with current WTF standard; however, the criteria for "excessive contact will continue to be strictly enforced.
- b. Under Junior Competition Rules, the referee should NOT give 8count for ANY technique, even a legal, to the head area;
  - i. If a kick to the head is powerful enough to warrant an 8-count, it should be considered excessive, and the appropriate penalty should be declared.
  - ii. The referee can and should begin an 8-count for a legal kick to the trunk area that results in a knock-down condition
- c. Successful turning kick to the body shall be awarded two points in all junior sparring divisions.

### Children Division - No Head Contact

- Ages 7 and under - all belts
- Ages 11 and under - color belts

### Junior Division Safety Rules - Light Head Contact

- Ages 8-11 - black belt
- Ages 12-14 - all belts
- Ages 15-17 - color belts

### Adult Division - Controlled Full Contact

- Ages 15-17 - Black belts
- Ages 17 and up - all belts

### Point Scoring

- One (1) point for **valid attack** on trunk protector
- Two (2) points for **valid turning** kick to trunk protector
- Three (3) points for **valid kick** to the head
- Four (4) points for **valid turning** kick to the head

**All divisions are subject to change. Based on registration, divisions maybe further subdivide.**

### Directions to

**Colonia High School**      180 East Street, Colonia, NJ 07067

Take major roads to Garden State Parkway.

From New Jersey Turnpike, you would go NORTH onto GSP.

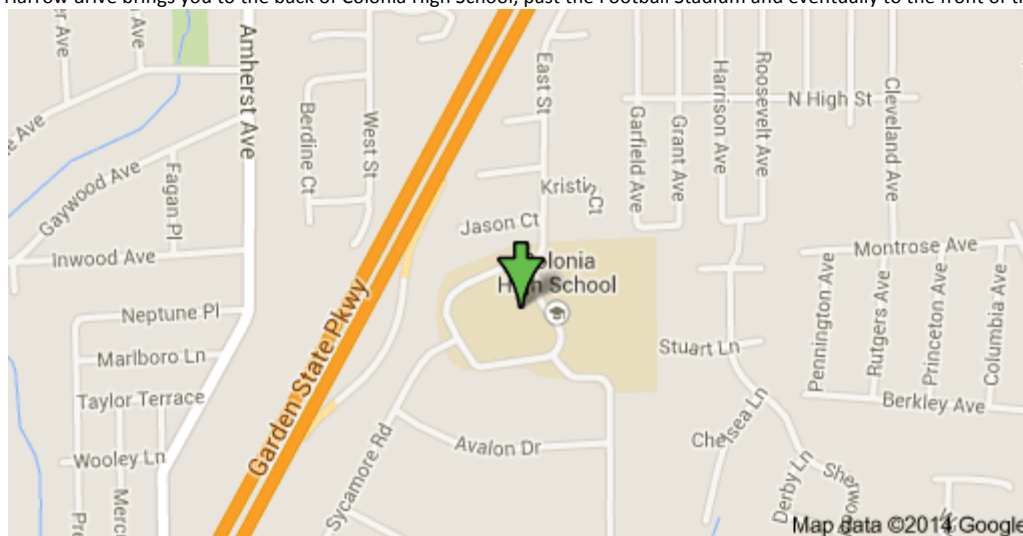
From North Jersey, you would be travelling SOUTH on the GSP.

Take Exit 131 (Rt. 27 Iselin/Rahway). At the light at the end of the exit ramp, make a left onto Rt. 27 towards Iselin/Rahway.

**Make the second left onto Middlesex Avenue. Follow Middlesex Avenue through one light to the end of Middlesex Avenue (3/4 mile). New Dover Road is at the end of Middlesex Avenue.**

Make a left onto New Dover Road. Approximately 500 feet down on New Dover Road, you will be making your first right onto Harrow Drive.

Harrow drive brings you to the back of Colonia High School, past the Football Stadium and eventually to the front of the high school.



**Gyoroogi (Sparring), WTF Form, Open Forms, Breaking & Weapons Weight Divisions**  
**All Color Belt Ranks and 5 year old & under**  
**All Color Belt Ranks and 6-7,8-9,10-11,12-14,15-17 year old black belts**

<b>Age Class</b>	<b>Belt Color</b>	<b>Male Weights</b>	<b>Female Weights</b>
5 and under	White, Yellow, Orange Green, Blue, Purple, Red, Brown,Red/Black Black	LT / MDL / HVY	LT / MDL / HVY
6-7		Under 42	Under 42
		42.1-51 lbs	42.1-51 lbs
		51.1-59 lbs	51.1-59 lbs
8-9		Over 59.1 lbs	Over 59.1 lbs
		Under 46 lbs	Under 46 lbs
	46.1-55 lbs	46.1-55 lbs	
10-11	55.1-66 lbs	55.1-66 lbs	
	Over 66.1 lbs	Over 66.1 lbs	
	Under 66 lbs	Under 66 lbs	
12-14	66.1-77 lbs	66.1-77 lbs	
	77.1-88 lbs	77.1-88 lbs	
	Over 88.1 lbs	Over 88.1 lbs	
	Under 72.8 lbs	Under 63.9 lbs	
	72.9-81.6 lbs	64-72.8 lbs	
	81.7-90.4 lbs	72.9-81.6 lbs	
	90.5-99.2 lbs	81.7-90.4 lbs	
	99.3-108 lbs	90.5-97 lbs	
108.1-118.8 lbs	97.1-103.6 lbs		
15-17	116.9-125.7 lbs	103.7-112.4 lbs	
	125.8-134.4 lbs	112.5-121.3 lbs	
	134.5-143.3 lbs	121.4-130.1 lbs	
	Over 143.4 lbs	Over 130.2 lbs	
	Under 99.2 lbs	Under 92.6 lbs	
	99.3-105.8 lbs	92.7-97 lbs	
	105.9-112.4 lbs	97.1-101.4 lbs	
	112.5-121.3 lbs	101.5-108 lbs	
	121.4-130 lbs	108.1-114.6 lbs	
	130.1-138.9 lbs	114.7-121.3 lbs	
139-149.9 lbs	121.4-130 lbs		
150-160.9 lbs	130.1 lbs to138.9 lbs		
161-172 lbs	139 to149.9 lbs		
Over 172.1 lbs	Over 150 lbs		

<b>Age 18-32 Color Belt</b>		
<b>Belt Color</b>	<b>Men's Weights</b>	<b>Female's Weights</b>
White, Yellow, Orange	Under 127.9 lbs	Under 112.4 lbs
Green, Blue, Purple	127.9-147.7 lbs	112.5-130.1 lbs
Red, Brown,Red/black	147.8-172 lbs	130.2-147.7 lbs
Black	Over 172 lbs	Over 147.7 lbs

Age 18-32 Black Belt		
Divisions	Men's Weights	Female's Weights
FIN	Under 119 lbs	Under 101.4 lbs
FLY	119.1-127.9 lbs	101.5-108 lbs
BANTAM	128-138.9 lbs	108.1-116.9 lbs
FEATHER	139-149.9 lbs	117-125.7 lbs
LIGHT	150-163.1 lbs	125.8-136.7 lbs
WELTER	163.2-176.4 lbs	136.8 -147.7 lbs
MIDDLE	176.5-191.8 lbs	147.8-160.9 lbs
HEAVY	191.8 lbs and over	161 lbs and over

Ages 33 & Over All Belts			
Age	Rank	Men's Weights	Female's Weights
33-40	White, Yellow, Orange	Under 127.6 lbs	Under 112.2 lbs
41-50	Green, Blue, Purple	127.7-147.4.6 lbs	112.3-129.8 lbs
Over 50	Red, Brown,Red/black	147.5-171.6 lbs	129.9-147.4 lbs
	Black	Over 171.6 lbs	Over 147.4 lbs

*All divisions are subject to change. Based on registration, divisions maybe further subdivide.*

**Register Online!** [www.matkdc.com](http://www.matkdc.com)/[www.katkda.com](http://www.katkda.com)/[www.usyongintkd.com](http://www.usyongintkd.com)

**1.** Register through online

We will email your ID card, no more waiting for ID pick up!

**2.** Commemorative Plaque: Participants of all belts and ages receive two gold medals and a Grand Champion plaque in two events in the The 8th US Yong In Open TKD Championship.

**3.** (18-32) Black Belt WTF sparring,forms winners will receive The 8th US Yong In Open TKD Championship Title Belts and trophy.

**Contact us at T. 973-340-4545/ 973.340.1717 / F. 973.340.1328 / Email. tkdbuy@yahoo.com**

## ADIDAS KP&P PSS

### Adidas KP&P Protector Scoring System

**this year ... we are featuring ADIDAS KP&P PSS for Black Belt competitors.(Up to 8-9, all black belts)**

**You do not need your socks because we have everything for you (free rental)  
 '2015 The 8th US YONG IN OPEN TAEKWONDO CHAMPIONSHIP. ALL RIGHTS RESERVED'**