

# 8<sup>th</sup> Iowa Governor's Cup

## TAEKWONDO Championships

May 22<sup>nd</sup>  
10:00<sub>AM</sub>, 2010

Forker Building  
IOWA STATE UNIVERSITY • AMES, IOWA

TOURNAMENT DIRECTOR: Yong Chin Pak  
CO-DIRECTOR: Laura Funk , Matt Hamann

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\*\*\* entry forms are linked to the above web page \*\*\*

**Sponsored by ISU Taekwondo Club  
State of Iowa Black Belt Association**

## 2010 Iowa Governor's Cup Taekwondo Championships

241 Forker Building • Ames, Iowa 50011 • 515-294-5966 • [ycpak@iastate.edu](mailto:ycpak@iastate.edu)

April 19<sup>th</sup> 2010

Dear Taekwondo Family,

Greetings from Ames, Iowa and Iowa State University! We would like to thank you for all of your support and cooperation in 2009. We would like to invite you to the 8<sup>th</sup> Iowa Governor's Cup Taekwondo Championships.

The 8<sup>th</sup> Governor's Cup Taekwondo Championships will be held on May 22<sup>nd</sup> 2010. Registration will take place between 8am and 9:30am and the competition will begin at 10am at the Forker Building on the Iowa State University Campus. The entry fee will be \$50 for forms and sparring. If you would like to participate in family forms or board breaking competition, please add \$20.00 per family/competitor per extra event. Advanced registration is **STRONGLY** advised. Please visit our website, <http://www.stuorg.iastate.edu/tkd/> for more information.

We will have a free lunch for all pre-registered competitors. We will be giving out beautifully designed medals that represent Iowa pride for first, second, and third place. At the end of the day, we will announce the team standings and present team trophies for first, second, and third place.

If you have any questions, please call:

- Tournament Director: Yong Chin Pak, 515-294-5966 [ycpak@iastate.edu](mailto:ycpak@iastate.edu)
- Co-Director: Laura Funk [laura.funk9@gmail.com](mailto:laura.funk9@gmail.com)
- Co-Director: Matt Hamann [hamannma@hotmail.com](mailto:hamannma@hotmail.com)
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### **Entry Fee**

Sparring and Poomse \$55.00 (Family Poomse or board breaking, add \$20.00)

\*\*Late Registration (after May 14<sup>th</sup> = \$65.00)

If your students need application forms, they can be found on the ISU Taekwondo Club homepage at <http://www.stuorg.iastate.edu/karate/>. If there are any questions, please email [ycpak@iastate.edu](mailto:ycpak@iastate.edu), [hamannma@hotmail.com](mailto:hamannma@hotmail.com), [laura.funk9@gmail.com](mailto:laura.funk9@gmail.com)

Thank you for your time and consideration.  
Sincerely,

Yong Chin Pak

# 2010 Iowa Governor's Cup Taekwondo Championships

241 Forker Building • Ames, Iowa 50011 • 515-294-5966 • [ycpak@iastate.edu](mailto:ycpak@iastate.edu)

## Entry Form

Registration for participation in the 2008 Iowa Governor's Cup Taekwondo Championships

- Date: May 22<sup>nd</sup> 2010
- Registration: 8:00-9:30am
- Competition: 10:00am
- Location: 175 Forker Building, Iowa State University, Ames, IA 50011

### Entry Fee of \$55.00 will be \$65.00 if postmarked later than May 14<sup>th</sup> 2010

Board Breaking or Family Forms competition; please add \$20 per family/competitor. We will have lunch tickets for each person who registers by May 14<sup>th</sup> 2010

Make checks/money orders payable to: Iowa Governor's Cup TaeKwonDo Championships

Mail entry form and payment to: **Yong Chin Pak, Iowa Governor's Cup, 241 Forker Building,  
Ames, Iowa 50011**

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#### REGISTRATION FORM

*[Please Print]*

NAME \_\_\_\_\_ AGE \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_ TAEKWONDO CLUB \_\_\_\_\_

RANK (Color) \_\_\_\_\_ Gender ( M / F ) POOMSE \_\_\_\_\_ SPARRING \_\_\_\_\_

*Family POOMSE* \_\_\_\_\_ *Board Break* \_\_\_\_\_

\*if you wish to compete in a division that is more challenging (age or rank) for sparring, please indicate this in an attached note; otherwise, you will be placed into a division according to the information that you provide here.

For More Information:

Yong Chin Pak, 515-294-5966 <[ycpak@iastate.edu](mailto:ycpak@iastate.edu)>

Laura Funk (586)-530-5432 [laura.funk9@gmail.com](mailto:laura.funk9@gmail.com)

Matt Hamann (507)-227-2946 [hamannma@hotmail.com](mailto:hamannma@hotmail.com)

<http://www.stuorg.iastate.edu/tkd/>

# 2010 Iowa Governor's Cup Taekwondo Championships

## RULES

### FORMS (POOMSE)

Each judge awards from 5 to 10 points. Both the HIGHEST and LOWEST scores will be thrown out and the balance totaled.

### FAMILY FORMS

Family forms will be judged the same as regular forms competition.

### SPARRING (KYORUGI)

#### I. *Matches*

- A. Single Elimination
- B. Color Belts, Juniors, Executives: Two, one-minute rounds, 30 second break.  
12+ year old Black Belts: Two, two-minute rounds, 30-second break.
- C. All matches: Four points deducted=disqualification.
- D. Time controlled by the SIBBA Electronic Scoreboards.
- E. Seven point GAP and 12-point CAP rules in operation.

#### II. *Target areas*

- A. Face
  - *Colored belts age 18+ and black belts age 14+*: 2 POINTS with foot only.
  - *Colored belts age 12-17 and black belts age 12-13*: 1 POINT for light, controlled contact with foot only. No bonus point for 8-count.
  - *All ranks age 11 and under*. No head contact is allowed.
- B. Body
  - 1 POINT for controlled, legal attack with foot or hand.

#### III. *Non-Target areas: Groin, Eyes, Spine, Back of Head*

#### IV. *Legal Techniques*

- A. Hand: fist only --no open hands
- B. Foot: Contact below the ankle

#### V. *Disqualifications may occur:*

- A. When the player has accumulated 4 deduction points.
- B. When the player does not comply with the referee's instructions.
- C. Without warning for malicious attacks as determined by the referee.

#### VI. *Voting and Decisions*

- A. Majority Vote determines Point or Disqualification
- B. Decisions of officials are final except if in violation of the tournament rules

#### VII. *Notes on Junior Safety Rules (JSR):*

- A. No bonus point will be awarded for an 8-count given for a legal attack to the body.
- B. For players 11 and under any contact to the head is illegal and subject to penalty.
- C. For players over 11 years old excessive contact to the head is illegal and subject to penalty.

## COMPETITION DIVISIONS

<b>INDIVIDUAL FORMS (POOMSE)</b>			
<p><u>MEN (age 17-32)</u>            3<sup>rd</sup> Dan &amp; above – light &amp; heavy            2<sup>nd</sup> Dan - light &amp; heavy            1<sup>st</sup> Dan – light, middle, heavy            Brown &amp; Red Belt- light &amp; heavy            Blue Belt - light &amp; heavy            Green Belt - light &amp; heavy            Orange Belt - light &amp; heavy            Yellow Belt - light &amp; heavy            White Belt - light &amp; heavy_</p> <p><u>EXECUTIVE MEN (age 33-42, 43 &amp; older)</u>            3<sup>rd</sup> Dan &amp; above – light &amp; heavy            2<sup>nd</sup> Dan – light &amp; heavy            1<sup>st</sup> Dan – light &amp; heavy            Blue Belt &amp; Above            Green Belt &amp; Below</p>	<p><u>WOMEN (age 17-32)</u>            3<sup>rd</sup> Dan &amp; above – light &amp; heavy            2<sup>nd</sup> Dan - light &amp; heavy            1<sup>st</sup> Dan - light, middle, heavy            Brown &amp; Red Belt- light &amp; heavy            Blue Belt - light &amp; heavy            Green Belt - light &amp; heavy            Orange Belt - light &amp; heavy            Yellow Belt - light &amp; heavy            White Belt - light &amp; heavy</p> <p><u>EXECUTIVE WOMEN (age 33-42, 43 &amp; older)</u>            3<sup>rd</sup> Dan &amp; above – light &amp; heavy            2<sup>nd</sup> Dan – light &amp; heavy            Black Belt – light, middle, heavy            Blue Belt &amp; Above            Green Belt &amp; Below</p>		
<b>FREE SPARRING (KYRUGI)</b>			
<p><u>MEN (age 17-32)</u>            Black Belt- 4 weight divisions            Brown &amp; Red Belt-light &amp; heavyweight            Blue Belt-light &amp; heavyweight            Green Belt-light &amp; heavyweight            Orange &amp; Yellow Belt-light &amp; heavyweight            White Belt-light &amp; heavyweight  <u>EXECUTIVE MEN (age 33-42, 43 &amp; older)</u>            Black Belt – light, middle, heavy            Blue Belt &amp; Above            Green Belt &amp; Below</p>	<p><u>WOMEN (age 17-32)</u>            Black Belt – 4 weight divisions            Brown &amp; Red Belt-light &amp; heavyweight            Blue Belt-light &amp; heavyweight            Green Belt-light &amp; heavyweight            Orange &amp; Yellow Belt-light &amp; heavyweight            White Belt-light &amp; heavyweight  <u>EXECUTIVE WOMEN (age 33-42, 43 &amp; older)</u>            Black Belt – light, middle, heavy            Blue Belt &amp; Above            Green Belt &amp; Below</p>		
<b>JUNIORS</b>			
<b>FORMS (POOMSE)</b>		<b>SPARRING (KYORUGI)</b>	
<p><u>MONSTER (Age 5, 6, 7)</u>            Three Divisions by weight, all ranks  <u>TOTS (age 8 &amp; 9)</u>            Three Divisions by weight, all ranks  <u>MINI PEE WEE (AGE 10 &amp; 11)</u>            Black Belt            Blue Belt &amp; Above            Green Belt &amp; Below</p>	<p><u>MONSTER (Age 5, 6, 7)</u>            Three Divisions by weight, all ranks  <u>TOTS (age 8 &amp; 9)</u>            Three Divisions by weight, all ranks  <u>MINI PEE WEE (AGE 10 &amp; 11)</u>            Black Belt            Blue Belt &amp; Above            Green Belt &amp; Below</p>		
<p><u>PEE WEE BOYS (12 - 13)</u>            Black Belt            Brown &amp; Red            Blue &amp; Green            Yellow &amp; Orange            White  <u>JUNIOR BOYS (14 -15)</u>            Black Belt            Brown &amp; Red            Blue &amp; Green            Yellow &amp; Orange            White  <u>JUNIOR BOYS (16 - 17)</u>            2<sup>nd</sup> Dan and above            1<sup>st</sup> Dan Black Belt            Brown &amp; Red            Blue &amp; Green            Yellow &amp; Orange            White</p>	<p><u>PEE WEE GIRLS (12- 13)</u>            Black Belt            Brown &amp; Red            Blue &amp; Green            Yellow &amp; Orange            White Belt  <u>JUNIOR GIRLS (14 -15)</u>            Black Belt            Brown &amp; Red            Blue &amp; Green            Yellow &amp; Orange            White  <u>JUNIOR GIRLS (16 - 17)</u>            2<sup>nd</sup> Dan and above            1<sup>st</sup> Dan Black Belt            Brown &amp; Red            Blue &amp; Green            Yellow &amp; Orange            White</p>	<p><u>PEE WEE BOYS (12-13)</u>            Black Belt            Brown &amp; Red            Blue            Green &amp; Orange            Yellow &amp; White  <u>JUNIOR BOYS (14 -15)</u>            Black Belt            Brown &amp; Red            Blue            Green &amp; Orange            Yellow &amp; White  <u>JUNIOR BOYS (16 - 17)</u>            Black Belt            Brown &amp; Red            Blue            Green &amp; Orange            Yellow &amp; White</p>	<p><u>PEE WEE GIRLS (12- 13)</u>            Black Belt            Brown &amp; Red            Blue            Green &amp; Orange            Yellow &amp; White  <u>JUNIOR GIRLS (14 -15)</u>            Black Belt            Brown &amp; Red            Blue            Green &amp; Orange            Yellow &amp; White  <u>JUNIOR GIRLS (16 - 17)</u>            Black Belt            Brown &amp; Red            Blue            Green &amp; Orange            Yellow &amp; White</p>

**LARGE (SMALL) DIVISIONS MAY BE SPLIT OR COMBINED AT TOURNAMENT DIRECTORS' DISCRETION.**

**RELEASE OF ALL CLAIMS AND ASSUMPTION OF LIABILITY**

In consideration of your acceptance of my entry, I do hereby, for myself, my heirs, executors, and administrators, waive, release and forever discharge all rights and claims for damages which I may have, or may accrue to me against the Tournament Directors, Tournament Officials, Iowa State University, The ISU Taekwondo Club, any other tournament participants, or their respective officers, agents, representatives, successors, and/or assignees for any and all damages which may be sustained and suffered by me in connection with my association with, or entry in the above athletic tournament, or which may arise out of my traveling to, participating in, and returning from such athletic tournament.

I, the undersigned, have read this release and assumption of liability and understand all its terms. I execute it voluntarily and with full knowledge of its significance.

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

GUARDIAN \_\_\_\_\_ RELATI

ON \_\_\_\_\_