

American Champions Taekwondo Series

NORTHEAST IOWA CHAMPIONSHIPS KANSAS CITY CLASSIC TOURNAMENT OF CHAMPIONS



Northeast Iowa



Taekwondo Championships



March 20, 2010

OLYMPIC SPARRING
TRADITIONAL FORMS
GRAND CHAMPION
FORMS



ELECTRONIC SCORING
MATTED RINGS
A.C.T.S. QUALIFYING
FOR A FREE PASS IN
2011



14 years old and older Black Belts will be using the Lajust electronic body protectors and will need to purchase the Lajust socks online at www.lajustsports.com. Socks will **NOT** be available for sale at the tournament. No refunds will be given if you do not have socks to compete.

TOURNAMENT LOCATION

*East High school
214 High Street
Waterloo Iowa 50703*

For Olympic sparring "Recharge Rules" will apply for 14 and older Black Belts (Which is 3rd place fight off)

SPONSORED BY:



For tournament information: E-mail vhendershot@cfu.net or www.peakia.com

Northeast Iowa Taekwondo Championships

Date: Saturday, March 20, 2010

Competition Venue: East High School, 214 High Street, Waterloo, IA 50703
ONLY the 14 years old and older Black Belts **are required** to weigh-in Friday night at Ramada Hotel from 6 to 9 pm or Saturday at 8:00 am at East High School.

Schedule:

Friday March 19: 6:00-9:00 pm Credential pick-up and weigh-ins at Ramada Hotel
Saturday March 20: 8:00-9:00am Credential pick-up and weigh-ins East High School
8:30 am Mandatory Coaches and Officials Meeting
9:00 am **Forms Competition:**

Black Belt Forms Competition
Color Belt Forms Competition
Grand Champion Forms

Sparring Competition:

All Black Belt competitors, ages 14-17
All competitors ages 6 and under
All competitors, ages 7-11
All competitors, ages 12-13
All competitors, ages 14 & above, color belts
All Black Belts, ages 18 & above

Athlete Entry Fees:

Pre Registration is \$59.00 if postmarked by March 9, 2010.
Registration is \$69.00 if postmarked after March 9, 2010.
Registration is \$79.00 at the door, sparring only.

Coaching Fee:

\$20 if postmarked by March 9, 2010.
\$25 if postmarked after March 9 and the day of the event.
6-15 competitors - 2 free coaching passes, 16-25 competitors - 3 free coaching passes.
Please contact us for 25 or more competitors for special arrangements.

Spectator Fees:

Adults (13yrs & older)	\$7.00
Children (6-12yrs)	\$5.00
Children (under age 6)	Free with paid Adult

Tournament Director: **Master Russell O'Connell**
Contact 319-230-8399 or vhendshot @cfu.net for more information

Host Hotel near tournament location:
Ramada Hotel – 319-233-7560 Located at 205 W. 4th Street, Waterloo, IA 50701
Mention the Taekwondo tournament to get a discounted rate of \$79

Please send all pre-registration forms to:
Peak Performance Martial Arts
2121 Boxwood Drive
Cedar Falls, IA 50613
319-230-8399

Tournament Location:
East High School
214 High Street
Waterloo, IA 50703

ATHLETE REGISTRATION
Northeast Iowa Taekwondo Championships
March 20, 2010

Name: _____ Phone Number: _____

Home Address: _____ City: _____ State: _____ Zip: _____

Instructor: _____ School/Team/Club: _____

Age: _____ Gender: _____ Height: _____ Weight: _____ (BE ACCURATE)

Belt color (check the rank at which you will compete)

____ White ____ Yellow ____ Orange ____ Green ____ Blue ____ Red/Brown ____ Black

Rank _____ Gup/Dan

I will participate in: Forms _____
Junior Sparring (age 17 and under) _____
Senior Sparring (age 18 and above) _____

Registration Fee: \$59 if postmarked by **March 9, 2010**. \$69 if postmarked after **March 9, 2010**.
\$79 if registering at the door – will only be allowed to compete in sparring division.

Make check or money order payable to: OXF Consulting

RELEASE 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 which may accrue to me against the Tournament Director, Peak Performance Martial Arts, OXF Consulting, the tournament facility, and any and all associations, East High School, employees, officers, directors, all referees, sponsors, tournament volunteers, 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 Taekwondo is a body contact sport and I may get hit, kicked or struck by another person, which may cause injury to me. I understand that any medical treatment given will be first aid treatment only. I also understand that there are no refunds of any entry fees. No exceptions. My signature constitutes my agreement to this release. (If under 18 years of age, Release must be signed by Parent or Legal Guardian.)

Signature: _____ Date: _____

Parent/Legal Guardian Signature: _____ Date: _____

Please send all pre-registration forms to:
Peak Performance Martial Arts
2121 Boxwood Drive
Cedar Falls, IA 50613
319-230-8399

Tournament Location:
East High School
214 High Street
Waterloo, IA 50703

COACH REGISTRATION
Northeast Iowa Taekwondo Championships
March 20, 2010

Instructors will receive 2 free coaching passes for bringing 6-15 competitors, 3 free coaching passes for bringing 16-25 competitors. If you are bringing 25 or more competitors, please call us for special arrangements.

Name: _____ Phone Number: _____

Address: _____ City: _____ State: _____ Zip: _____

Rank: _____ School: _____

Make check or money order payable to: OXF Consulting

Fee: \$20 if postmarked by **March 9, 2010** _____
\$25 if postmarked after **March 9, 2010** _____

2 Free Passes (6-15 competitors)
Coach's Names (2) _____

3 Free Passes (16-25 competitors)
Coach's Names (3) _____

If requesting a Free Coach's pass, please list all competitors below:

RELEASE 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 which may accrue to me against the Tournament Director, Peak Performance Martial Arts, OXF Consulting, the tournament facility, and any and all associations, University of Northern Iowa, employees, officers, directors, all referees, sponsors, tournament volunteers, 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 Taekwondo is a body contact sport and I may get hit, kicked or struck by another person, which may cause injury to me. I understand that any medical treatment given will be first aid treatment only. I also understand that there are no refunds of any entry fees. No exceptions. My signature constitutes my agreement to this Release. **(If under 18 years of age, Release must be signed by Parent or Legal Guardian.)**

Signature: _____ Date: _____

Parent/Legal Guardian Signature: _____ Date: _____

Poomse (Forms)		Grand Champion Forms	
Any traditional competition form will be accepted. Beg = Beginners (white, yellow & orange belts) Int = Intermediate (green & blue belts) Adv = Advanced (red & brown belts) BB = All Dan (Degree) Black Belt			
Age	Level	Gender	Age 8 and under All Belts, Coed
6&Under	All Belts	Coed	Age 9-11, Color Belts, Coed
7-8	Beg/Int/Adv/BB	Male/Female	Age 9-11, Black Belts, Coed
9-11	Beg/Int/Adv/BB	Male/Female	Age 12-13, Color Belts, Coed
12-13	Beg/Int/Adv/BB	Male/Female	Age 12-13, Black Belts, Coed
14-17	Beg/Int/Adv/BB	Male/Female	Age 14-17, Color Belts, Coed
18-32	Beg/Int/Adv/BB	Male/Female	Age 14-17, Black Belts, Coed
33 & up	Beg/Int/Adv/BB	Male/Female	Age 18 and above Color Belts, Coed
			Age 18 and above Black Belts, Coed

Gyoroogi		Olympic Sparring		Rule for ages 6-11	
Sparring competitors ages 6-11 years old (ALL BELTS) may NOT make head contact at anytime during competition. Certain rules and/or regulations are subject to change at the discretion of the Organizing Committee.					
(All divisions ages 12 and above will follow official WTF rules)					
Gyoroogi Divisions:					
Beg = Beginners (white, yellow & orange belts) Int = Intermediate (green & blue belts) Adv = Advanced (red & brown belts) BB = All Dan (Degree) Black Belt					
Age	Level	Gender	Weight		
6&Under	All Belts	Coed	Lt/Heavy		
7-8	Beg/Int/Adv/BB	Male/Female	Lt/Heavy		
9-11	Beg/Int/Adv/BB	Male/Female	Lt/Heavy		
12-13	Beg/Int/Adv/BB	Male/Female	Lt/Heavy		
14-17	Beg/Int/Adv	Male/Female	Lt/Heavy		
18-32	Beg/Int/Adv	Male/Female	Lt/Heavy		
33 & up	Beg/Int/Adv	Male/Female	Lt/Heavy		
Weights are required for ALL Black Belts 14 years old and older.					
Matches will be three 1-minute rounds with a 30 second rest between rounds. In the event of a tie, a sudden death round will be added. If there is still no score, the referee will make a decision based on superiority.					
Junior Black Belt, Male	up to 106lbs	106.1-122	122.1-139	139.1-160.9	161+
Junior Black Belt, Female	up to 97lbs	97.1-108	108.1-121.3	121.4-138.9	139+
Senior Black Belt, Male	up to 127.6	127.7-149.6	149.7-176	176+	
Senior Black Belt, Female	up to 107.8	107.9-125.4	125.5-147.7	147.8+	
All divisions ages 7 and older may be further combined or divided at the tournament committee's discretion. For Olympic sparring "Repechage Rules" will apply for 14 years old and older Black Belts (Which is 3 rd place fight off)					