

*Second Annual
North American
Championships
March 28, 2020*



*Houston's First Baptist Church:
Fitness and Recreation Center
7401 Katy Freeway
Houston, Texas 77204*



PHOENIX GROUP
ITF AFFILIATE INO 78



Phoenix Group North American Championships

Welcome to the 2nd Annual North American Championships hosted by the Phoenix Group, member of the International TaeKwon-Do Federation under President Choi Jung Hwa, son of the founder of TaeKwon-Do.

We look forward to another exciting competition this year. The North American Championships will be hosting individual competitions for all ranks and ages plus Team Events for black belts and red belts 15 years and older. The individual and team events are Patterns, Sparring, Power Breaking and Specialty Breaking.

The tournament will be held on Saturday, March 28th at Houston's First Baptist Church in beautiful Houston, Texas. There will be a Referee Review course on Friday evening, March 27th, before the tournament open to everyone 13 and older.

The Phoenix Group is very proud and honored to have the backing of 2 national non-profit organizations, Solstice TaeKwon-Do Club and Si Jak. Both of these organizations have supported the Phoenix Group and are providing assistance for these North American Championships. We are grateful for their help and support.

The North American Championships was created for our competitors and authorized by both INOs as a proving ground for students who have aspirations to compete in international competitions and the World Championships. This tournament is utilized by our team coaches to identify, evaluate and assess black belt competitors who will eventually become Team USA at our next World Championships.

The tournament will be followed by USA Worlds Team Training on Sunday, March 29th.

Don't miss this exciting weekend of TaeKwon-Do competition!! We hope to see you there!!

Tournament Date:
Saturday, March 28th, 2020
8:00am-6:00pm

Competition Venue:
Houston's First Baptist Church
Fitness & Recreation Center
7401 Katy Freeway
Houston, TX 77024

Other Events Venue:
Global TaeKwon-Do School
12603 Louetta RD.
Suite 107
Cypress, TX 77429

Sponsors:



Schedule of Events:

Date	Time	Event	Location	
Friday, March 27 th	6:00pm	Black Belt Referee Review	Houston's First Baptist Church	Open to all competitors ages 13 and over.
Saturday, March 28 th	8:00am	Phoenix Group North American Championships	Houston's First Baptist Church	All ages and ranks, patterns, sparring, power breaking and specialty breaking. Black Belt Team competition.
Sunday, March 29 st	9:00am-1:00pm	USA Worlds Team Training	Global TaeKwon-Do	Led by USA Team coaches. All interested competitors, Red Belts and Above, ages 10 and older are welcome to attend.

Tournament Date: March 28th, 2020

Tournament will start promptly at 9:00am.

All ranks are welcome to participate (White Belt to Black Belt)

Tournament Location:

Houston's First Baptist Church
Fitness & Recreation Center
7401 Katy Freeway
Houston, TX 77024

Tournament Host: Master William Howard, VIII Dan

Tournament Director: Dr. Robert Carpenter, IV Dan

Umpire Director: Mr. Evan Reynolds, III Dan

Event Costs:

On-line registration only.

Registration Fee is for any or all events.

	On-line Registration Dates	Fee
Early Bird Special	1/1/2020 to 2/29/2020	\$50
Regular Registration	3/1/2020 to 3/15/2020	\$75
Late Registration	3/16/2020 to 3/20/2020	\$100

Registration will close at midnight on 3/20/2020.

On-line registration only:

<http://www.phoenixgrouptkd.org/node/91>

T-shirt orders will be available through on-line registration.

All fees are non-refundable.

Events:

Individual and/or Team Patterns
Individual and/or Team Sparring
Individual and/or Team Power Breaking
Individual and/or Team Specialty Breaking

Team Competition:

Team Events will be 5-person teams consisting of Red Belt and above, Males and/or Females 15 years and older. 6th person alternate is allowed, but only 5 Team Members will compete in each Team Event. Schools are allowed to send multiple teams.

Black Belt Referee Review Course and Tournament Venue:

Houston's First Baptist Church (Fitness & Recreation Center)
7401 Katy Freeway, Houston, TX 77024

Tournament Schedule:

8:00am: Check-in and Registration
8:15am: Black Belt meeting
8:35am: Line up
8:40am: Opening Ceremony
9:00am: Tournament Begins

Rules per ITF Regulations:

Patterns: ITF Patterns Only. Single elimination, color belts perform one optional pattern. Black belts must perform one designated pattern and one optional pattern. Winner determined by a flag system.

Sparring: continuous sparring as per the Current ITF Rules and Regulations.

Color belts, 13 and under: 1-1 minute round

Color belts, 14 and over: 1-1.5 minute round

All Black Belts: 1-2 minutes round

Black Belt Final Rounds: 2-2 minute rounds with 1 minute between the rounds.

Mandatory sparring gear:

Headgear, Gloves, Boots and Mouthpiece.

All males, regardless of age, must wear a groin cup.

Power Breaking: as per the Current ITF Rules and Regulations.

Specialty Breaking: as per the Current ITF Rules and Regulations.

For more information or questions, please contact Master William Howard at 832-264-4897 or by email at howardtkd@sbcglobal.net or Master Suzan Crochet at 816-506-4246 or by email to ntkdmisc@gmail.com

The Phoenix Group website:

<http://www.phoenixgrouptkd.org/>

USA Worlds Team Training Location:

Global Taekwon-Do
12603 Louetta RD., Suite 107
Cypress, TX 77429

Team Competition

Team Competitors:

Teams consists of 5 members. Teams may have a 6th person in reserve.

Males and females, 2nd gup (Red belts) and above can compete.

Competitors must be 15 years of age or older.

Team Composition:

Male Team: all males 2nd gup (Red belt)- Black belt

Female Team: all females 2nd gup (Red belt)- Black belt

Coed Team: Males 2nd gup (Red belt) – Black belt and Females 2nd gup (Red belt) – Black belt

Team Participation:				
	Patterns	Sparring	Power Breaking	Specialty Breaking
Male Team	✓	✓	✓	✓
Female Team	✓	✓	✓	✓
Coed Team	✓			

Team Rules:

ITF Rules will apply.

Coed teams will compete in the gender area of the majority of their competitors.

Coed teams will be allowed to compete in patterns only.

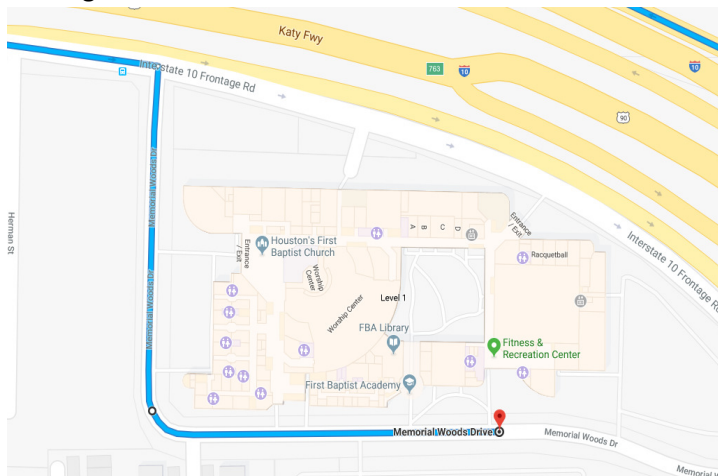
Only 5 Team Members will compete in each event.

Schools are allowed to send multiple teams in each category.

Team Breaking: Teams must designate who will participate in which break prior to individual Power and/or Specialty breaking competition. The individual break will count as the team break.

Team Patterns: ITF Patterns only. Each team must perform 1 designated and 1 optional pattern. Designated pattern will be Hwa-Rang. Optional pattern can be any ITF pattern, except for Hwa-Rang.

Tournament will be held in the Fitness & Recreation Center located on Memorial Woods Drive. Parking is available across the street from the Fitness & Recreation Center.



Airport:

George Bush Intercontinental Airport (IAH) is the preferred airport for this event. It is a major international airport with quick access to Sam Houston Beltway which connects to major highways for convenient travel to the Hotels and Venues. IAH is within 30 miles of the Hotels and Venues. Car rentals are available at IAH from major car rental companies which include: Alamo, Avis, Budget, Enterprise, Hertz and National.

Hotel Reservations: Please check rates again before booking as rates are subject to change. Rates listed do not include taxes and other fees.

Hotels near Competition Venue and Black Belt Referee Review Course:

1. Crowne Plaza Houston Galleria Area

<https://www.ihg.com/crowneplaza/hotels/us/en/houston/houtg/hoteldetail>

Address: 7611 Katy Freeway, Houston, TX 77024

Phone: 713-688-2222

25 miles from IAH

1.2 miles from Competition Venue

Rate: \$109-\$143

2. Holiday Inn Express and Suites Houston – Memorial Park Area

<https://www.ihg.com/holidayinnexpress/hotels/us/en/houston/houqr/hoteldetail>

Address: 7625 Katy Freeway, Houston, TX 77024

Phone: 713-688-2800

25 miles from IAH

1.4 miles from Competition Venue

Rate: \$84-\$97

3. Four Points by Sheraton Houston - CITYCENTRE

<https://www.marriott.com/hotels/travel/houcc-four-points-houston-citycentre/>

Address: 10655 Katy Freeway, Houston, TX 77024

Phone: 281-501-4600

27.5 miles from IAH

7.0 miles from Competition Venue

Rate: \$132-\$156

4. Houston Marriott West Loop by the Galleria

<https://www.marriott.com/hotels/travel/houwl-houston-marriott-west-loop-by-the-galleria/>

Address: 1750 W Loop S, Houston, TX 77027

Phone: 713-960-0111

26.5 miles from IAH

7.0 miles from Competition Venue

Rate: \$124-\$210

Hotels near Global TaeKwon-Do (USA Worlds Team Training):

1. TownePlace Suites Houston Northwest

<https://www.marriott.com/events/start.mi?id=1574202996110&key=GRP>

Address: 11040 Louetta Road, Houston, TX 77070

Phone: 281-374-6767

Special discount pricing for limited number of rooms is available at this hotel. This hotel offers full bedrooms and kitchens inside each room. Please use discount code of "TKD" or mention event name "Phoenix Group Championships" if booking by phone.

Discounts will be applied when making reservations through the below link:

<https://www.marriott.com/events/start.mi?id=1574202996110&key=GRP>

Discount pricing available dates:

Start Date: Thursday, March 26, 2020

End Date: Sunday, March 29, 2020

Last Day to Book for special discounted rates: Tuesday, March 10, 2020

1 bedroom suite - \$89 per night

2 bedroom suite - \$105 per night

22.9 miles from IAH

2.2 miles from Global TaeKwon-Do

23.7 miles from Competition Venue

2. Courtyard Houston Northwest – Marriott

<https://www.marriott.com/hotels/travel/hounw-courtyard-houston-northwest/>

Address: 11050 Louetta Road, Houston, TX 77070

Phone: 281-374-6464

22.9 miles from IAH

2.2 miles from Global TaeKwon-Do

23.7 miles from Competition Venue

Rate: \$95-\$104

3. Hyatt Place Houston Vintage Park

<https://www.hyatt.com/en-US/hotel/texas/hyatt-place-houston-nw-vintage-park/houzv>

Address: 22030 Tomball Parkway, Houston, TX 77070

Phone: 832-930-8090

22.6 miles from IAH

3.0 miles from Global TaeKwon-Do

23.8 miles from Competition Venue

Rate: \$95-\$129

Local Area Attractions:

Houston Arboretum & Nature Center

Marq-E Entertainment Center

The Galleria Mall

Memorial City Mall

Vintage Park - Shopping and Dining

Houston Zoo

CityCentre – Shopping and Dining

Downtown Aquarium

Space Center Houston

Museum District

Phoenix North American Championships

Below are the proposed divisions for the North American Championships. The Tournament Committee reserves the right to make any changes it deems necessary to be able to provide the safest and best quality experience for the athletes.

Team Competition

Teams will compete in Patterns, Sparring, Power Breaking, and Specialty Breaking. Competitors must be 15 year of age or older. Teams consist of 5 members. They may have a 6th person in reserve. Coed teams will compete in the gender area of the majority of their competitors. Coed teams will be allowed to participate in patterns only. Team members must be Red belt or higher. The designated pattern will be Hwa-Rang. Team must designate who will participate in which break prior to individual Power and or Specialty breaking competition. The individual break will count as the team break.

Male Team 2nd gup (red belt)- Black belt

Female team 2nd gup (red belt)- Black belt

Coed Team 2nd gup (red belt) – Black belt these teams will compete in patterns only against the gender team which they have the most representatives.

Power Breaking Competition individual and team (most points accumulated from the following techniques). Two points for each board broken and 1 point for a cracked board. The tournament committee will set the board amounts for each technique in each division.

Black Belts ages 18 and over (separated by gender)

Side kick

Turn kick

Reverse turn kick

Knife hand strike

Punch

Jr. Black Belts 14-17 years of age (separated by gender)

Side kick

Turn kick

Reverse turn kick

Knife hand strike

Pre Jr.-Black Belts 10-13 years of age (separated by gender)

Side kick

Turn kick

Reverse turn kick

Knife hand strike

Color belts all ranks

Youth ages 9 and under (male and female combined)

Pre-Jr. 10-13 years of age (separated by gender)

Jrs. 14-17 years of age (separated by gender)

Adults 18 years and older (separated by gender)

Best score after completion of all 3 techniques

side kick,

turn kick,

knife hand

Specialty breaking

Two points for broken board and 1 point for a touched board. The tournament committee will set the board heights for each technique in each division.

Black belt men and women ages 18 and over do all 5 breaks (separated by gender)

jumping high kick,

360 back kick,

180 reverse turn kick,

flying long kick,

jump turn kick

Jr. black belts ages 14-17 do all 5 breaks (separated by gender)

jumping high kick,

360 back kick,

180 reverse turn kick,

flying long kick,

jump turn kick

Pre Jr. Black Belts ages 10-13 do all 5 breaks (separated by gender).

jumping high kick,

360 back kick,

180 reverse turn kick,

flying long kick,

jump turn kick

Color belts Specialty Breaking all ranks (only gold medal awarded)

Separated by height and gender

jumping high kick is the only technique

Color Belt Patterns and Sparring

6 and under (pattern of choice, sparring one 1-minute round)

White belt and white belt yellow stripe (10th and 9th gup)

Yellow belt and yellow belt green stripe (8th and 7th gup)

Green belt and green belt blue stripe (6th and 5th gup)

Blue belt and blue belt red stripe (4th and 3rd gup)

Red belt and red belt black stripe (2nd and 1st gup)

7-9 years old (pattern of choice, sparring one 1-minute round)

White belt and white belt yellow stripe (10th and 9th gup)

Yellow belt and yellow belt green stripe (8th and 7th gup)

Green belt and green belt blue stripe (6th and 5th gup)

Blue belt and blue belt red stripe (4th and 3rd gup)

Red belt and red belt black stripe (2nd and 1st gup)

10-12 years old (pattern of choice, sparring one 1-minute round)

White belt and white belt yellow stripe (10th and 9th gup)

Yellow belt and yellow belt green stripe (8th and 7th gup)

Green belt and green belt blue stripe (6th and 5th gup)

Blue belt and blue belt red stripe (4th and 3rd gup)

Red belt and red belt black stripe (2nd and 1st gup)

13-15 years old also separated by gender (pattern of choice, sparring one 1.5-minute round)

White belt and white belt yellow stripe (10th and 9th gup)

Yellow belt and yellow belt green stripe (8th and 7th gup)

Green belt and green belt blue stripe (6th and 5th gup)

Blue belt and blue belt red stripe (4th and 3rd gup)

Red belt and red belt black stripe (2nd and 1st gup)

16-17 years old also separated by gender (pattern of choice, sparring one 1.5-minute round)

White belt and white belt yellow stripe (10th and 9th gup)

Yellow belt and yellow belt green stripe (8th and 7th gup)

Green belt and green belt blue stripe (6th and 5th gup)

Blue belt and blue belt red stripe (4th and 3rd gup)

Red belt and red belt black stripe (2nd and 1st gup)

Adults 18-35 years old also separated by gender (pattern of choice, sparring one 1.5-minute round)

White belt and white belt yellow stripe (10th and 9th gup)

Yellow belt and yellow belt green stripe (8th and 7th gup)

Green belt and green belt blue stripe (6th and 5th gup)

Blue belt and blue belt red stripe (4th and 3rd gup)

Red belt and red belt black stripe (2nd and 1st gup)

Sr. Adults 36 years and older also separated by gender (pattern of choice, sparring one 1.5-minute round)

White belt and white belt yellow stripe (10th and 9th gup)

Yellow belt and yellow belt green stripe (8th and 7th gup)

Green belt and green belt blue stripe (6th and 5th gup)

Blue belt and blue belt red stripe (4th and 3rd gup)

Red belt and red belt black stripe (2nd and 1st gup)

Black Belt Patterns black belts will do 2 patterns one designated pattern and one pattern of their choice for their belt rank.

Pre Jr.-Black Belts 13 years and under (male and female combined)

1st Degree

2nd Degree

Jr. Black Belts 14-17 years old separated by gender

1st degree

2nd degree

3rd degree

Adult Black Belts 18-35 years of age, separated by gender

1st Degree

2nd Degree

3rd Degree

4th Degree

5th Degree

6th Degree

Sr Black Belts 36 years and older separated by gender

1st Degree

2nd Degree

3rd Degree

4th Degree

5th Degree

6th Degree

Black Belt Sparring black belt sparring divisions will be divided into light, middle, and heavy weight and divided by age and gender. Competition will be one 2-minute round until the final round which will be two 2-minute rounds with a 1-minute break between rounds.

Sr Black Belts 36 years of age and over

Male

Light weight 140 pounds and under

Middle weight 141-179 pounds

Heavy weight 180 pounds and over

Female

Light weight 120 and under

Middle weight 121-154

Heavy 155 pounds and over

Adult Black Belts 18-35 years of age

Male

Light weight 140 pounds and under

Middle weight 141-179 pounds

Heavy weight 180 pounds and over

Female

Light weight 120 pounds and under

Middle weight 121-154 pounds

Heavy 155 pounds and over

Jr. Black Belts 14-17 years of age

Males

Light weight 120 pounds and under

Middle weight 121-155pounds

Heavy 156 pounds and over

Females

Light weight under 110 pounds

Middle weight 111-144 pounds

Heavy weight 145 pounds and over

Pre Jr. Black Belt 10-13 years of age

Males

Light weight 100 pounds and under

Middle weight 101- 130 pounds

Heavy weight 131 pounds and over

Females

Light weight 90 pounds and under

Middle weight 91-120 pounds

Heavy weight 121 pounds and over