



Extreme Martial Arts Center

814 S. College Rd Suite B
Wilmington, NC. 28403
(910) 380-3624
www.emactkd.com

The Wilmington 1st Battle/Ship Tae Kwon Do Championship Saturday, April 28, 2018 – Wilmington, NC

Dear Grand Masters, Masters and Coaches:

Extreme Martial Arts Center and Master Jeff Rohena would like to invite you to the **Wilmington 1st Battle-Ship Taekwondo Championship** to be held on April 28th, 2018 at [Wilmington Christian Academy](http://www.wilmingtonchristianacademy.com) in Wilmington, North Carolina.

The Wilmington Battle-Ship Tae Kwon Do Championship is a well-organized event fitting the maximum amount of competition in a convenient amount of time. We offer padded rings, digital scoring with electronic scoring system. The competition will include Olympic Style Sparring, Forms, Breaking, and Demonstration Teams, Family Teams and Speed Kicking Contest. All referees are qualified referees who are trained and up to date on all of the newest changes and techniques making judging fair and honest. This tournament is fun, safe and exciting for everyone, regardless of skill level.

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 Jeffrey Rohena
Extreme Martial Arts Center
emactkd@hotmail.com
910-380-3624

Visit www.emactkd.com for registration information and printable form.
Please return registration form via email, or post office once completed.

Schedule of Events

Friday, April 27th, 2018

Extreme Martial Arts Center
814 South College Rd Suite B
Wilmington, NC 28403

- Late Registration & Check-in: 7:00pm – 9:00pm
- All Belts Sparring Weigh-In: 7:00pm – 9:00pm

Saturday, April 28th, 2018

Wilmington Christian Academy
1401 North College Rd.
Wilmington, NC 28405

Tournament

- Color Belt Late Registration & Check-in (all events) 8:00am – 9:00am
- Referee Meeting 8:00am
- Coach Meeting 8:00am
- Opening Ceremonies 9:00am
- Color Belt/Black Belt Breaking Competition
- Color Belt/Black Belt Poomsae Competition
- Color Belt Sparring Competition
- Demonstration Team Competition 12:00pm
- Black Belt Sparring Late Registration & Check-in 8:00am – 12:00pm
- Black Belt Sparring Competition 1:00pm

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

BLACK BELT SPARRING MATCHES WILL BE DOUBLE ELIMINATION

ALL BLACK BELT COMPETITORS MUST WEIGH IN

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

Competitor Registration

Name: _____
Address: _____
City: _____ State: _____ ZIP: _____
Home Phone: _____ Email: _____
Sex: _____ Weight (in pounds): _____ Age: _____ Birth Date: _____
Belt Color: _____ GUP/DAN _____ Coach: _____
Martial Arts School: _____
School Address: _____
City: _____ State: _____ ZIP: _____
Phone: _____ School Email: _____

Divisions:

Color Belts (All Ages)

- Sparring Poomsae Speed Kicking Weapon Breaking (Max. of 5 breaks)
 Family Poomsae Team Poomsae Team Sparring 3 or 5 competitors

Black Belts (All Ages)

- Sparring (Double Elimination) Poomsae Speed Kicking Weapon Breaking (Max. of 5 breaks)
 Family Poomsae Team Poomsae Team Sparring 3 or 5 competitors

Competition Fees:

Up to 2 events: \$65.00 Each additional event: \$10.00

Visit www.emactkd.com for registration information and printable form.
Please return registration form via email, or post office once completed.

Amount Enclosed: _____

Registrations must be postmarked or received on April 21th by 8 PM.

Late Registration accepted until 4/21/18 at 9 AM: + \$10.00 Late fee

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

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

Liability Waiver and Release

I, the undersigned, hereby waive all claims against Jeffrey Rohena, all persons connected with the Wilmington 1st Taekwondo Championship, Wilmington Christian Academy, Grace Baptist Church, Tournament officials, Extreme Martial Arts Center, and/or the Rohena's Taekwondo & Hapkido Inc. for any injuries that I may sustain during my participation in the competition. I also assume full responsibility for any of my actions during and in connection with said tournament.

I further agree that any pictures taken of or by me in connection with the said Championship can be used by the tournament director for publicity or promotion without compensation at this or any other time.

Signature of Applicants: _____

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

_____ Date __/__/__

_____ Date __/__/__

Registration for All Teams (Poomsae / Sparring & Family)

Names of Participants	color belt
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

Martial Arts School: _____

School Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____ School Email: _____

Amount Enclosed: _____

Registrations must be postmarked or received on April. 21st by 8 PM.

Late Registration accepted until 4/21/18 at 9 AM: + \$10.00 Late fee

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

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

**Visit www.emactkd.com for registration information and printable form.
Please return registration form via email, or post office once completed.**

Liability Waiver and Release

I, the undersigned, hereby waive all claims against Jeffrey Rohena, all persons connected with the Wilmington 1st Taekwondo Championship, Wilmington Christian Academy, Grace Baptist Church, Tournament officials, Extreme Martial Arts Center, and/or the Rohena's Taekwondo & Hapkido Inc. for any injuries that I may sustain during my participation in the competition. I also assume full responsibility for any of my actions during and in connection with said tournament.

I further agree that any pictures taken of or by me in connection with the said Championship can be used by the tournament director for publicity or promotion without compensation at this or any other time.

Signature of Applicants:

Signature of Parent or Legal Guardian if under age 18:

_____ Date __/__/__

_____ Date __/__/__

Coach Registration

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Home Phone: _____ Email: _____

Belt Color: _____ GUP/DAN _____ Instructor: _____

Martial Arts School: _____

School Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____ School Email: _____

Additional Coach Name: _____

Additional Coach Name: _____

Coach Fees:

Coach Fee: \$5.00 per coach

Visit www.emactkd.com for registration information and printable form.
Please return registration form via email, or post office once completed.

Registrations and Fees must be received before 8pm on 4/21/2018

**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 **1st Wilmington Tae Kwon Do 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: _____

Competition Rules & Regulations

Current USA Taekwondo Rules and Regulations will govern this Championship.

Equipment

Sparring competitors must supply their own protective gear. 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.

Permitted Techniques and Areas

Permitted Techniques

1. Fist techniques: Punching, delivered technique by using the front part 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 to the blue or red area of the trunk protector.
2. Head: The entire head above the bottom line of the head protector.

Scoring

1 Point – valid punch to the trunk protector

2 Points – valid kick to the trunk protector

3 Points – valid turning kick to the trunk protector

3 Points – valid kick to the head

4 Points – valid turning kick to the head

1 Point – awarded for every on “Gam-jeom” given to the opponent contestant

8 and under Color Belts – Junior Safety Rules (NO head contact)

9 and above Color Belts - Junior Safety Rules (light head contact)

8 and under Black Belts – Junior Safety Rules (NO head contact)

9-17 Black Belts – Junior Safety Rules (light head contact)

18+ Black Belts will be competing under adult Black Belt rules

Rounds

Junior Color Belt (6-17) 3 @ 1:00 Color Belt (18 & Up) 3 @ 1:00

Color Belt divisions will compete in a single elimination format.

Junior Black Belt (6-12) 3 @ 1:00 Black Belt (13-17, 33+) 3 @ 1:30

Black Belt (18-32) 3 @ 2:00

Black Belt divisions will compete in a double elimination format.

Valid points

Points

1. Points shall be awarded when permitted techniques are delivered accurately to the legal scoring areas of the body.
2. The valid points are divided as follows:
 - 1) One (1) point for punch to the trunk protector.
 - 2) Two (2) points for attack on trunk protector.
 - 3) Three (3) points for spinning attack on the trunk protector.
 - 4) Three (3) points for attack to the face.
 - 5) Four (4) points for a spinning attack to the face.
3. Match score shall be the sum of all 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.

Competition Rules & Regulations Cont.

Prohibited Acts

Gam-Jeom

1. Penalties on any prohibited acts shall be declared by the referees.
2. A “Gam-Jeom” shall be counted as deduction of one (1) point.
3. Prohibited acts
 - 1) The following acts shall be classified as prohibited acts, and a “Gam-jeon” shall be declared.
 - a. Crossing the Boundary Line
 - b. Avoiding or delaying the match
 - c. Falling down
 - d. Grabbing or holding the opponent
 - e. Kicking below the waist
 - f. Butting or attacking with the knee
 - g. Hitting the opponent’s head with the hand
 - h. Lifting the leg to block, and/or kicking the opponent’s leg to impede the opponent’s kicking attack, or lifting a leg or kicking in the air for more than 3 seconds to impede opponent’s potential attacking movements, or kick was aiming below the waist.
 - i. Holding leg in the air for longer than three (3) seconds
 - j. Attacking the opponent after “Kal-yeo”
 - k. Attacking the fallen opponent
 - l. Following misconducts of contestant or coach
 - i. Not complying with the referee’s command or decision
 - ii. Inappropriate protesting behavior to officials’ decisions
 - iii. Inappropriate attempts to disturb or influence the outcome of the match
 - iv. Provoking or insulting the opposing contestant or coach
 - v. Any other severe misconduct or unsportsmanlike conduct from a contestant or coach

Tied Matches

Over Time

1. Matches ending in a tied score will result in a “Over Time” 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 during the final round.

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 or third 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
4. Win by referee declaration of superiority.

Divisions: Sparring

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

All Belt Ages 6-7

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

All Belt Ages 8-9

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

All Belt Ages 10-11

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

Color Belts Ages 12-13

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

Color Belt Ages 14-15

WEIGHT CLASS	MALE	FEMALE
FIN/FLY	up to 95.0	up to 92.0
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	up to 105	up to 100.0
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

Black Belt Ages 12-14

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	145 and over	135.1 and over

Black Belt Ages 15-17

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	145 and over	135.1 and over

All Belt Ages 18-32, 33-38, 39-45, 46 & up

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	176.1 and over	152.1 and over

Classes & Divisions subject to change based on registered competitors.

Poomsae Competition

Poomsae Scoring

For Poomsae Competition all poomsae will be performed in the traditional head to head format. Contestants will be decided by judges' decision after each performance.

Scoring Criteria

Accuracy

1. Accuracy of basic movements
2. Balance
3. Accuracy of details of each Poomsae
4. Consistency of techniques

Presentation

1. Speed and Power
2. Strength/Speed/Rhythm
3. Expression of energy
4. Consistency of Presentation

Color Belts

Gup	Rank	Competition Poomsae	
8	Yellow	Taeguk 1	Taeguk 2
7	High Yellow		
6	Green	Taeguk 3	Taeguk 4
5	High Green		
4	Blue	Taeguk 5	Taeguk 6
3	High Blue		
2	Red	Taeguk 7	Taeguk 8
1	High Red		

Poomsae Competition

Black Belts

Age Division	Poomsae
6 – 7	Taeguek 2, 3, 4, 5, 6, 7, 8 Koryo
8 – 9	
10 – 11	
Cadet (12 - 14)	Taeguek 3, 4, 5, 6, 7, 8 Koryo, Kuemgam
Junior (15 - 17)	Taeguek 4,5,6,7,8 Koryo, Kuemgam, Taeback
Under 30	Taeguek 6, 7, 8 Koryo, Kuemgam, Taeback, Pyongwon, Shipjin
Under 40	
Under 50	Taeguek 8 Koryo, Kuemgam, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
Under 60	Koryo, Kuemgam, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Under 65	
Over 65	

Black belts will compete with a modified WT Format.

Team & Family Poomsae Competition

The following components are **REQUIRED** for each team:
Team of 2 – 5 members

- Teams can choose any Taeguek to compete
- Teams can be both genders male and female
- Family teams **must** consist of Family members (**Mom, Dad, Uncles, Aunts, Grandparents, cousins all welcome**)
- Family teams **DO NOT** have to be the same belt color, but **MUST** perform the same Form/Poomsae

The following categories of performance will be judged independently and will collectively comprise each team's/Family score:

1. Unity of Team Performance

- a. Degree of difficulty of synchronized parts of performance
- b. Team Synchronization – Movements should generally be executed by each performing team member at the same time during Team forms portion of performance. However, team members may be facing different directions. Groups of team members may perform distinct actions, but unity within their group should be maintained, transitions should be smooth, and over-all movement among the groups should be harmonious. Unintentional movements out of synchronization with other team members will result in a lower score. Intentional movements out of synchronization done for creative effect (for example, an "echo" movement) will NOT result in a lower score.
- c. Minor Deductions – One team member made a small, but noticeable, out-of-sync movement that, at the judge's discretion, had a detrimental impact on team unity.
- d. Major Deductions – One team member made a major, jarring out-of-sync movement, or multiple team members had synchronization issues performing the same movement or short- sequence of movements. EXAMPLE: Turning the wrong way or performing an obviously incorrect technique compared to the rest of the team.
- e. Accuracy and Execution of Techniques – Taekwondo Techniques
 - i. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
 - ii. Accuracy of Each Taekwondo Hand Technique (In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place.)
 - iii. Accuracy of Each Taekwondo Kicking Technique – Correct form, height and power of kick.
 - iv. Minor Deductions – One or more team member(s) made a small, but noticeable, incorrect Taekwondo technique

Awards

Medals will be awarded to 1st, 2nd and two 3rd place winners **ONLY**

Speed Kicking Competition

Individual competition

The following criteria of performance will be judged independently:

Kicks allowed

- Round house kick or front kick **ONLY**

Round house kick rules

- The competitor will be giving **ONE** (1) minute to kick the paddle, target or bag
- Competitor **MUST** execute kick above his/her waist height in order to be scored
****** Competitor MUST supply their own holder if kicking a paddle ******
- Competitors score will be determined based on actual contact made to the paddle
****** Must hit paddle in order to count ******
- If competitor chooses to kick a bag, the bag will be clearly marked for competitor to kick above their waist area.
******A standard Century 2XL will be provided ******

Holders will be responsible for keeping target at the designated scoring area. If target is moved and or placed for competitor's advantage outside the rules mentioned above no points will be awarded.

Front kick rules

- The competitor will be giving **ONE** (1) minute to kick the paddle, target or bag
- Competitor **MUST** execute kick above his/her waist height in order to be scored
****** Competitor MUST supply their own holder ******
- Competitors score will be determined based on actual contact made to the paddle
****** Must hit paddle in order to count ******

Holders will be responsible for keeping target at the designated scoring area. If target is moved and or placed for competitor's advantage outside the rules mentioned above no points will be awarded.

Speed Kicking Competition: Divisions

Please circle the appropriate category

All Belt Ages 4-5

All Belt Ages 6-7

Color Belt Ages 8-9

Color Belt Ages 10-11

Color Belts Ages 12-13

Color Belt Ages 14-15

Color Belt Ages 16-17

All Belt Ages 18-32, 33-38, 39-45, 46 & up

Black Belt Ages 8-9

Black Belt Ages 10-11

Black Belt Ages 12-14

Black Belt Ages 15-17

Black Belt Ages 18-32, 33-38, 39-45, 46 & up

Classes & Divisions subject to change based on registered competitors.

Awards

Medals will be awarded to 1st, 2nd and two 3rd place winners *ONLY*

Breaking Competition

Breaking

Breaking will have a maximum of five (5) breaks

Breaking competitors must have their own holders

Breaks will be judged on the following criteria:

1. Speed/Power
2. Difficulty of technique
3. Precision
4. Balance before and after delivery of technique
5. Focus
6. Intensity
7. Number of attempts (max 3)
8. Competition manner

Breaking Material

Boards and/or Cinder Blocks

1. Breaking boards may either be provided by the contestant or purchased at the venue.
2. Cinder Blocks must be provided by contestant
3. Referee will inspect all materials prior to breaking

Awards

Medals will be awarded to 1st, 2nd and two 3rd place winners in Sparring, Poomsae, and Breaking

Accommodations

The FairField Inn & Suites Wilmington/Wrightsville Beach



The FairField Inn & Suites
Wilmington/Wrightsville Beach
307 Eastwood Rd.
Wilmington, NC 28403

\$109/night*

* *Breakfast Included*

Key word TKD