



Northwest Martial Arts 40th Annual Tournament

Location: Cheney Middle School 825
17th Ave E. West Fargo ND

Competition

Sparring, Pattern

Breaking, Team Demo

May 11th, 2019

Black Belt meeting 9:30

10:00am Black Belt/Poom competition

11:00 am Color Belt competition

Team Demo after Color Belt Sparring

Preregistration highly recommended

Tae Kwon Do is a contact sport

Competition begins at: 10:00am

Awards:

Awards for 1st, 2nd and 3rd Place

Pre-registration is highly recommended! Late entries will be taken the morning of competition until 10:00 a.m.

Pre-Registrations must be postmarked by **April 12th** for early discount.

Free T-Shirt With Pre Registration

Schedule of events

- | | |
|-------------|--|
| 9:00 -10:00 | Poom belt and Black Belt Check-In & Late registrations |
| 9:30 | Judges/Coaches Meeting & Ring Assignments |
| 10:00 | Poom Belt & Black Belt competition (Forms, Sparring) |
| 11:00 | All Color Belt Competition in the order below: <ul style="list-style-type: none">• Forms Competition• Sparring Competition• Breaking Competition (Adv. only)• Team Demo Competition (Adv. Only) |

Breaking:

Purple belts and above only.

1 Youth division and 1 Adult division

Competitors will be allowed 6 boards. Points will be awarded based upon completion of breaks and difficulty of breaks. Points will be subtracted for unsuccessful attempts.

Competitors must supply own holders and will have 2 minutes to complete the breaks. So be prepared.

Standing breaks 1 point, jump breaks 2 points, turning breaks 3 points, jump turning breaks 4 points, multiple in air breaks 5 points per board. Judge has discretion to add/subtract points based upon difficulty.

Team Demo:

Purple belt and higher. If enough competitors we will have separate adult and youth division. Teams consist of 3 to 10 participants per team. Costumes, music are allowed. Scores based upon overall presentation.

Divisions:

All divisions, Pattern and Sparring, will be broken down according to age, Novice, Intermediate and advanced belts and weight/size for sparring. Please make sure your registered weight is correct!

Rules for ALL Pattern Divisions:

Competitors Should perform only the authorized patterns designated for their specific rank. Due to promotion schedules, competitors may perform the pattern directly below their current rank if needed. Either TaeGuek or Palque patterns for color belt competition may be used.

Patterns competition will be judged by using a single elimination Sparring Bracket. Each competitor will be performing his or her pattern multiple times. The Winner will be chosen based on proper: Technique, Accuracy, Power, Balance, Manners, and Attitude.

Rules for ALL Sparring Divisions: Modified AAU Rules will be used!

Overview for ALL Color Belt Sparring Divisions

Any protesting, arguing with officials, or other display of un-sportsmanlike conduct will result in immediate disqualification of that, and all events to follow by competitor or coach.

In General:

- Color Belt and Jr. Black Belt competition will be 2- 1 ½ minute rounds.
- CONTROLLED HEAD CONTACT WILL BE ALLOWED for all color belt divisions and Jr. Poom divisions. Any competitor who executes a kick to the head that results in a injury shall forfeit and be disqualified from sparring for the rest of the day.
- The competitor who executes a successful punch to the Legal Body target area shall be awarded 1 point.
- The competitor who executes a successful kick to the Legal Body target area shall be awarded 2 points.
- The competitor who executes a successful kick to the Legal head target area shall be awarded 3 points.
- The competitor who executes a successful turning kick to the Legal Body target area shall be awarded 4 points
- The competitor who executes a successful turning kick to the Legal Head target area shall be awarded 5 points
- One Qualified Coach may be present in designated area per competitor.
- In the Event the match ends in a TIE, the match will go into a complete third Round.
- Pushing if followed by a legal attack will be allowed.
- 14 and up Sr. Poom and Black Belt divisions will use full contact WTF rules.

The tournament committee reserves the right to combine or divide the categories, if necessary. This will give all competitors opportunities for fair competition. Consolation matches will be given whenever possible so that players get more than one match.

Sparring divisions will be broken down according to Similar Rank, Weight, and Age.

Required Sparring Equipment:

Proper Fitting Chest Protector (ie. size 1 chest protector does NOT fit a person 6 foot tall), Headgear, Mouth guard, Groin cup for males, Gloves or Forearm, Shin, and Instep pads.

We highly recommend that each competitor has his/her own equipment for safety, although there will be some Chest Protectors and Headgear available at ringside. **Two Minutes** will be provided to competitors who do not have appropriate equipment when his/her name is called or they will forfeit their match.

Black Belt Sparring Division (Includes POOM ages 14 to 17)

We will use the AAU rules

Summary:

- Each Match will consist of 2 rounds at 2 minutes in length. (poom 2 1-1/2 minute rounds)
- FULL CONTACT WILL BE ALLOWED
- 1 Point punch to body, 2 points kick to body, 3 points head kick (+2 turning)
- Pushing as long as followed by scoring technique allowed

40th Annual Tournament

Competition begins 10:00 am Saturday, May 11th, 2019
Cheney Middle School, 825 17th Av. E. West Fargo ND

COMPETITOR APPLICATION FORM

Pre-Registration by May 1st one or all events - \$60.00
Late Registration taken at the door \$70.00
(Adv. Breaking division add \$10)

***** INCOMPLETE FORMS WILL BE REJECTED - NO EXCEPTIONS *****

Pre-registrations must be postmarked by April 12th.

Late Registrations taken at the door till 10:00 A.M.

Mail to:

Northwest Martial Arts 1430 Main Av. Fargo ND 58103

First Name: _____ Last Name: _____

Address: _____

City: _____ State/Province: _____ Zip Code: _____

Phone: _(____)_____ E-mail: _____

Emergency Contact: _____ Phone: _(____)_____

Gym/School: _____ Instructor: _____

Age: ____ Date of Birth: ____/____/____ Male / Female Weight (in full uniform): ____

Belt Rank:

Novice (white, orange, yellow) **Intermediate (Green, Blue, Purple)**

Advanced (Trim, Brown, Red) **Poom 1st, 2nd, 3rd** **Black Circle one: 1st, 2nd, 3rd, 4th, 5th**

Divisions you wish to compete in:

Sparring **Pattern** **Team Demo** **Adv. Breaking (Additional \$10)**

I, the undersigned, in consideration of my participation in the 2019 Northwest 40th Annual Tournament, agree to Indemnify and hold Northwest Martial arts, Northwest Black Belt Association, Masters, Instructors, Judges and Referees and, all members of the championship, or their respective directors, officers, employees, agents, representatives, successors and/or assignees and competitor, harmless and release same from any and all liability for any injury or illness which may be suffered by the undersigned registered in the 2018 Northwest Martial Arts Championships, arising out of, or in any way connected with participation in the 2018 Northwest Martial Arts Championships, or which may arise out of traveling to participation in, and return from this athletic event. I have read the above application and agreement and I fully understand that I assume all risks for any injuries received. I also understand that Tae Kwon Do is a contact sport and I further understand all the contents of the rules and general information published and I agree with them in their entirety. I further agree that any pictures taken of me in connection with the said championship may be used by Northwest for publicity or promotion without compensation at this time or any other. I fully understand that any medical treatment given to me during the 2018 Northwest Black Belt Championships will be of a first aid treatment only and that I am responsible for my own medical treatment. I hereby certify that I have not suffered a concussion, head injury, loss of consciousness or blow to the head followed by dizziness, memory loss or headache in any activity in the past 30 days nor have I had any injuries that would prevent me from competing in the 2018 Northwest Black Belt Championships.

Signature of Participant: _____ **Date:** _____

Parent/Custodial Signature: _____ **Date:** _____
(for an athlete under 18 years of age)