

2018 NAC OPEN Tournament

Hosted by:
Grandmaster Robert H. Smith
Bensalem Tae Kwon Do
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For More Information:

Send E-mail to:
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Sunday, December 2nd, 2018

**Newtown Athletic Club – Field House
120 Pheasant Run
Newtown, PA 18940**

	Pre-Registration Price	Late Reg. Prices
	(Must be postmarked by Sun, November 18th, 2018)	
1 Event	\$80	\$90
2 Events	\$85	\$100
3 Events	\$90	\$110
General Admission	\$10 (4 and under free)	

**Daedo PSS Generation 1 System will be used for Scoring in all rings
(Electronic Hogu's will be used/provided for Black belts only)**

***Black belt competitors must provide their own socks**

***Color belts will not use electronic Hogu's and must provide their own WTF approved Hogu's**

SUNDAY-December 2nd, 2018 at Newtown Athletic Club

8:00 – 9:00 a.m.	Weigh-in ~ Registration
9:30 a.m.	Breaking / Poomsae – All
12:00 noon (approx.).	Lunch (Refreshments can be purchased on site)
1:00 p.m. (approx.) ...	Sparring - All

Events:

WTF POOMSAE (FORMS) – BREAKING – WTF SPARRING

RULES AND REGULATIONS

AGE DIVISIONS

The following will be the break down for divisions:

Ages: 6 & under; 7-9; 10-11; 12-14, 15-17; 18-32; 33 and up

Athletes must compete in the age category according to the age he/she will be as of the tournament date, **December 2nd, 2018**.

Competitors can only compete in their appropriate division, which is determined by their gender, age and rank.

SPARRING:

MANDATORY Sparring Gear:

WTF approved helmet, shin pads, instep pads, forearm pads; chest protector, groin protector (for male/female competitors) and mouthpiece are required.

Sparring brackets will be set the day of the tournament. Competitors will be matched within their age bracket by weight.

Competitors will be matched within approximately a 10lb range. (**1 kg = 2.2lb approx.**)

11 years and under (color and black belts)

12-17 year old color belts and Black belts 12-14 years

All Belts 18 years and older and Black belts 15-17 years

No head contact at all

JSR: No kicks to head, no hands to head

Controlled contact (to head)

BREAKING:

Only wood may be broken. Competitors will be allowed **1 minute setup and 1 minute to break**. All belts will have a *maximum of three attempts to break at each station*. **Competitors can break a maximum of 15 boards**. Competitors must provide their own holders. Kicking techniques will be rated higher than hand techniques. Jumping and/or spinning techniques will be rated higher than standing techniques. Multiple boards will be rated higher than single boards. Non-spaced boards will be rated higher than spaced boards. Competitors may not jump off chairs, ramps, props, etc. Competitors may jump over or off of their holders/helpers.

Boards must be purchased on the day of tournament. Price for boards will be \$3. No outside boards will be permitted.

POOMSAE:

The following will be the required forms:

Yellow Belt—Taeguk 1 or 2 **Green Belt**—Taeguk 3 or 4 **Blue Belt**—Taeguk 5 or 6 **Red Belt**—Taeguk 7 or 8

POOMSAE: Black Belts Only

All Ages, Options are: Koryo, Keumgang, Taebaek

You can find the current Poomsae rules and the WTF cut off format at http://www.wtf.org/wtf_eng/site/rules/poomsae.html

**ALL BLACK BELTS WILL USE DAEDO HOGUS
WITH ELECTRONIC SCORING
SOCKS ARE THE RESPONSIBILITY OF BLACK
BELTS**

2018 NAC Open Tournament
Newtown Athletic Club – Field House
120 Pheasant Run, Newtown, PA 18940
December 2nd, 2018 - Sunday

Registration: 8:00 a.m.
 Eliminations: 9:30 a.m.

Send Registration C/O: Grandmaster Robert H. Smith
 2837 Garden Ln
 Bensalem, PA 19020
 Phone: 267-980-1181

Pre-register and Save! Deadline: postmarked by November 18th, 2018

Pre-register Price:	\$80.00 for one event	Late Registration Price:	\$90.00 for one event
	\$85.00 for two events		\$100.00 for two events
	\$90.00 for three events		\$110.00 for three events

To Pre-register: Make check or money order payable to NAC TKD

**** *Must be postmarked no later than November 18th for EARLY Registration Discount * ****

Events: Breaking (#/Boards _____) WTF Poomsae Olympic Sparring
Male _____ **Female** _____

Name: _____ **Age:** _____ **Weight:** _____
 (Age as of Dec 2nd)

Email Address: _____ (Preferred but not required)

Rank: White Yellow Green Blue Red Black _____ Dan

Address: _____ **Home Phone:** _____

City: _____ **State:** _____ **Zip:** _____

TKD School: _____ **Master Instructor:** _____

School Address: _____ **Phone:** _____

Liability Waiver

NAC Charge ()

- In consideration of your acceptance of my entry or that of the minor child, I do hereby, for myself or the minor child, my heirs, executors, and administrators waive, release discharge, covenant not to sue, and agree to indemnify and save and hold harmless any and all rights and claims for damages which I may have or may accrue to me against Newtown Athletic Club and/or Bensalem Tae Kwon Do, this athletic meet, its organizing committee, and all members of this athletic meet, or their respective officers, committees, medical committee, agents, representative successors, sponsors, advertisers, volunteers, owners and lesser of premises on which the athletic meet takes place, assignees and against any competitor for any and all damages which may be sustained by me or the minor child, in connection with my association with or entry in the above athletic meet, or which may arise out of traveling to, participating in, and returning from this athletic meet. I understand that all entry fees are non-refundable.
- I understand the nature of Taekwondo/martial arts activities and believe that my experience and capabilities, or that of the minor child, to be qualified to participate in this athletic meet. I understand that Taekwondo/martial arts activities involve risks and dangers of serious bodily injury, including permanent disability, disability and death. These risks and dangers may be caused by myself or the minor child's own actions, or inactions, and/or the actions or inactions of others participating in the athletic meet.
- I have read this agreement, fully understand its terms, understand that I or the minor child have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by the law and agree that if any portion of this agreement is held to be invalid that the balance, notwithstanding, shall continue in full force and effect.

Participant's Printed Name

Participant's Signature

Date

Parent/Guardian's Printed Name

Parent/Guardian's Signature

Date

Please be sure to fill in all bold print sections or you cannot be registered!