

# 2013 NATIONAL TAEKWONDO CHAMPIONSHIP

SATURDAY, Jun 29, 2013

ANAHEIM CONVENTION CENTER  
800 West Katella, Anaheim, CA

**“NEW EVENT”**  
**TEAM POOMSE COMPETITION**  
**FORM & SPARRING**



[WWW.ATUEVENTS.INFO](http://WWW.ATUEVENTS.INFO)

- Register through online.  
We will e-mail your I.D. card.



Hosted by AMERICAN TAEKWONDO UNITED  
Organized by CALIFORNIA TAEKWONDO UNITED



# Welcome to California



## "Good Luck & Best Wishes to All Participants!" 2013 ATU National Championship

Anaheim Convention Center, California



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Coordination Director

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Sun Jae Hwang  
Han Su Noh

and All California Taekwondo United Members

[www.catkdunited.com](http://www.catkdunited.com)



# *2013 ATU National Championship*



Dear ATU Members and Families:

As President of American Taekwondo United, I would like to invite you to the 2013 ATU National Taekwondo Championships held on Saturday, June 29th at the Anaheim Convention Center in Anaheim, California. The ATU is by far one of the strongest and essential national Taekwondo organizations in the United States. ATU consists of very famous Grandmasters and Masters who use their skills and achievements for the development of Taekwondo both as a sport and as a true Martial Art, while providing both dedication and service to the community, such as the National ATU Health Kick, where taekwondo practitioners raise money for the Children's Miracle Network.

The ATU National Tournament will be held utilizing both Olympic-Style and Traditional Taekwondo. This event will also host a great Team Demonstration Competition, where teams of taekwondo practitioners around the country will display their skills, hard work, and effort. The ATU will also be adding Team Poomse Divisions to this year's tournament. This will give a chance for teams to strengthen their cooperation and build harmony between each member. This is one of the Taekwondo Chung Shins. Every year the American Taekwondo United continuously grows both in size and quality because ATU Members show numerous support and dedication to the development of the organization.

To all competitors who will be participating in the national tournament, do not focus all of your attention to getting 1st place. You must focus on developing yourself in the spirits of taekwondo. By practicing hard and putting your 100% effort, you are already a winner both in Taekwondo and in Life.

Once again, The American Taekwondo United is and always will be working very hard towards the development of Taekwondo and also for you. I hope that you join this year's National Tournament in the home of Disneyland in Anaheim, California. Good Luck and Thank you very much

Gam sa hab nida

A handwritten signature in black ink, reading 'Wung Hee Lee'.

Grandmaster Wung Hee Lee  
American Taekwondo United President





## **2013 ATU National Championship**

### **GENERAL INFORMATION**

**Hosted By:** American TaeKwonDo United (ATU)

**Organized BY:** California TaeKwonDo United (CTU)

**Date:** Saturday, June 29<sup>th</sup> , 2013

**Location:** ANAHEIM CONVENTION CENTRE  
800 st Katella Anaheim, CA 30339

#### **Hotel Information:**

**SHERATON PARK HOTEL AT THE ANAHEIM RESORT (Headquarters) - \$160 + Tax**  
1855 South Harbor Boulevard, Anaheim, CA 92802  
Tel: 866-837-4197

The Anabella Hotel - \$139 + Tax  
1030 W. Katella Ave. Anaheim, CA 92802  
Tel: 714-905-1050

Reservation Code: "ATU National Tournament"  
**Cutoff Date: Before 5:00 Pm May 28 th, 2013**

**Pre-Registration: No Registration will be accepted after June. 25<sup>th</sup>. 2013 (Deadline, June 20<sup>th</sup>, 2013 \$10 Late Fee if Post marked after June 20<sup>th</sup>, 2013. Make certified check or money order *Payable to ATU*. (No personal checks will be accepted.)**

**Registration Fee: One Event - \$85, Two Events - \$95 Team Poomse Competition - \$90 per team**

**General Admission:** \$12.00 (Under 4 years old is Free)

The current ATU Rules and Regulations and modified rules of the World Tae Kwon Do Federation (WTF) will govern these Championships for the Gyorooigi and Traditional Poomse divisions rule.

All competitors must bring their own safety gear including chest protector, headgear, shin/instep guards, forearm guards, protective cup, mouthpiece and a standard white V-neck WTF approved uniform in good condition. Black trim around the collar is allowed for black belts. NO equipment will be provided.

**Individual Awards:** Sparring – One First Place , One Second Place, Two Third Place  
Form – One First Place, One Second Place, One Third Place

**Team Demonstration Awards (Scholarship):** One First Place - \$ 1,500  
One Second Place - \$ 1,000  
One Third Place - \$ 500

**Visit our website for online Registration and you may obtain all the information at [www.atuevents.info](http://www.atuevents.info)**

More information call at 704 -771- 4862 or [atuoffice@gmail.com](mailto:atuoffice@gmail.com)

COMPETITOR'S APPLICATION FORM WILL **NOT** BE ACCEPTED **WITHOUT MEDICAL QUESTIONNAIRE FORM AND I.D. PHOTO**

**ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE**



## Schedule of Events



**Friday, June 28<sup>th</sup>, 2013 – SHERATON PARK HOTEL AT THE ANAHEIM RESORT (Headquarters)**

**5:30 PM to 9:30 PM – I.D. PICK UP & WEIGH-INS**

**ALL PRE-TOURNAMENT ACTIVITIES (I.D. PICK UP & WEIGH-INS)  
WILL BE HELD AT SHERATON PARK HOTEL AT THE ANAHEIM RESORT (Headquarters)**

**Saturday, June 29<sup>th</sup>, 2013 – ANAHEIM CONVENTION CENTRE**

### ***I.D. Pick up & Weigh-In Schedule***

7:30 AM to 8:30 AM – I.D. Pick up & Weigh-In at Tournament Site (Age 6 to 11 – All Belts)

10:30 AM to 12:00 PM – I.D. Pick up & Weigh-In at Tournament Site (Age 12 to 17 – Color Belts; and 12 to 13 Black Belts)

1:30 PM to 2:30 PM – I.D. Pick up & Weigh-In at Tournament Site (Age 14 to 17 – Black Belts; and All Adults)

### ***Competition Schedule***

9:00 AM – Form and Sparring (Age 5 and 6 to 11 – All Belts) – **Must arrived at the floor at 8:30 AM**

12:00 PM – Form and Sparring (Age 12 to 17 – Color Belts and 12 to 13 Black Belts) – **Must arrived at the floor at 11:30 AM**

1:00 PM – (OPENING CEREMONIES and Team Demonstration Competition)

2:30 PM – Form and Sparring (Age 14 to 17 – Black Belts; and All Adults) – **Must arrived at the floor at 2:00 PM**

***Team Poomse competition***

### ***ELIGIBILITY OF COMPETITOR***

ALL COMPETITORS MUST BE 5 YEARS AND OLDER.

ALL COMPETITORS MUST AGREE TO ABIDE BY THE RULES OF THE ORGANIZING COMMITTEE

### ***Mandatory Equipment:***

All Gyorroogi competitors must bring their own safety gear including chest protector, headgear, shin/instep guard, forearm guard, protective cup and mouth guard.

A standard WTF approved uniform in good condition, **white V-neck with black or white trim only around the collar.**

- Shin and instep protector, white only, elastic sponge-cushion type stocking.
- Forearm protector, same as shin/instep guard, but only covers from the elbow to the wrist.
- Protective cup worn inside the pants.
- Chest protector and headgear are mandatory for all sparring competitors.
- A Mouth Guard Is Mandatory

**PLEASE NOTE THAT THIS TOURNAMENT WILL FOLLOW THE RULES OF THE ATU AND WTF  
CERTAIN RULES AND/OR REGULATIONS ARE SUBJECT TO CHANGE AT THE DISCRETION  
OF THE EXECUTIVE COMMITTEE/ORGANIZING COMMITTEE**



## 2013 ATU National Championship COMPETITOR'S REGISTRATION FORM



Please send this form along with your participation fee (NON-REFUNDABLE)  
No Registration will be accepted after June 25<sup>th</sup>. 2013 (**No Fax registration**)

Mail to: ATU

10609 Johnston Rd. Charlotte, NC 28226

**Deadline, June 20<sup>th</sup>. 2013**

\$ 10 Late Fee if Post marked after June 20<sup>th</sup>. 2013

Make **certified check** or **money order** payable to **ATU**

**Register online. We will e-mail your I.D. card! (If you register online, NO waiting time for I.D. pick-up)**

Please Attach  
one 2 X 2 I.D.  
Photo with  
this Form

**IMPORTANT: IF ANY INFORMATION IS MISSING APPLICATION WILL NOT BE PROCESSED**

<p>Last Name: <input type="text"/></p> <p>First Name: <input type="text"/></p> <p>Date of Birth: ____/____/____ (mm/dd/yyyy)</p> <p>Age: ____ Weight: ____ lbs. Height: ____</p> <p>Sex:    Male (    )    Female (    )</p>	<p style="text-align: center;"><i>Please check the appropriate box accordingly</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; text-align: center; padding: 5px;">Yellow &amp; Orange Belt (    )</td> <td style="width: 50%; text-align: center; padding: 5px;">Green Belt (    )</td> </tr> <tr> <td style="width: 50%; text-align: center; padding: 5px;">Blue &amp; Purple Belt (    )</td> <td style="width: 50%; text-align: center; padding: 5px;">Red, Red and Black, And Brown (    )</td> </tr> <tr> <td colspan="2" style="padding: 5px;"> <b>Black Belt</b>  1<sup>st</sup> Dan (    )    2<sup>nd</sup> Dan (    )    3<sup>rd</sup> Dan (    )  4<sup>th</sup> Dan (    )    5<sup>th</sup> Dan (    )    6<sup>th</sup> Dan (    ) </td> </tr> </table>	Yellow & Orange Belt (    )	Green Belt (    )	Blue & Purple Belt (    )	Red, Red and Black, And Brown (    )	<b>Black Belt</b> 1 <sup>st</sup> Dan (    )    2 <sup>nd</sup> Dan (    )    3 <sup>rd</sup> Dan (    ) 4 <sup>th</sup> Dan (    )    5 <sup>th</sup> Dan (    )    6 <sup>th</sup> Dan (    )	
Yellow & Orange Belt (    )	Green Belt (    )						
Blue & Purple Belt (    )	Red, Red and Black, And Brown (    )						
<b>Black Belt</b> 1 <sup>st</sup> Dan (    )    2 <sup>nd</sup> Dan (    )    3 <sup>rd</sup> Dan (    ) 4 <sup>th</sup> Dan (    )    5 <sup>th</sup> Dan (    )    6 <sup>th</sup> Dan (    )							

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone #: (    ) \_\_\_\_\_ Evening Phone #: (    ) \_\_\_\_\_

**e-mail:** \_\_\_\_\_

TKD School/Club Name: \_\_\_\_\_

TKD School phone number: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ e-mail \_\_\_\_\_

Please check Event(s)  
One Event \$85 Two Events \$95  
*Please check the appropriate box accordingly*  
(    ) Sparring    (    ) Form

### LIABILITY WAIVER

In consideration of your acceptance of my registration, I do hereby, for my-self, heirs, executors and administrators waive, release and forever discharge any and all rights claims for damages which I may have, or which may occur to me, against The American TaeKwonDo United Inc. and for its state and district associations, 2013 American TaeKwonDo United Successors, and all members of the tournament, or their respective officers, agents, representatives, successors, and/or assigns, ANAHEIM CONVENTION CENTER and against any competitors for any and all damages which may be sustained by me in connection with my association with my participation in or entry in the above athletic meet and competition, and in connection with any medical service I may be provided in connection with any such injury or illness. I understand that TaeKwonDo is a body contact sport and I further understand all contents of the 2013 rules and regulations and general information which was published by the sponsors and I agree with them in their entirety. I further understand that I may be dismissed from the premises without compensation or refund if my conduct is not courteous and cooperative for the successful operation of the championships.

Contestants Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Legal Guardian's Signature (Age Under 18) \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_



## 2013 ATU National Championship Medical Questionnaire Form

*Please circle either (Y) for yes or (N) for no.*

1. Do you have any allergies to medication? Y/N If yes, please state which medication(s).
2. Do you take any medication regularly? Y/N If yes, please state which medication(s)
3. Do you wear contact lenses? Y / N
4. Do you have a history of:

Epilepsy (seizures)	Y / N
Lung Disease	Y / N
Heart Disease	Y / N
Diabetes	Y / N
High Blood Pressure	Y / N

**IF YOU ANSWERED YES TO ANY PART OF QUESTION NUMBER FOUR, PLEASE COMPLETE QUESTION NUMBER FIVE.**

5. I hereby state that I am under the care of a physician for the treatment of \_\_\_\_\_ and that I have been medically cleared by this physician to participate in this tournament.

COMPETITOR'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

If competitor is under age 18, this must signed by parent or legal guardian.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

### PLEASE READ CAREFULLY!

I hereby certify that the above information is true and accurate to the best of my knowledge and hereby agree that I WILL NOT be permitted to participate in this tournament if this MEDICAL QUESTIONNAIRE FORM is not completed and returned prior to the tournament to ATU.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

### CERTIFICATION:

Contestant's Name \_\_\_\_\_ Age \_\_\_\_\_

Parent's Name \_\_\_\_\_

Home Address \_\_\_\_\_

Home Phone Number \_\_\_\_\_

Name of Master (Instructor) \_\_\_\_\_

If you are minor (under 18 years old) and will be at the tournament without a parent, the statement below must be read and signed by a parent or legal guardian and returned prior to participating in any competition or event. The undersigned competitor, (parent or legal guardian of the competing minor) represents that he has the authority to consent to the medical care and treatment of such a competitor (or competing minor) by the designees of ATU.

Name of parent or guardian \_\_\_\_\_ DATE \_\_\_\_\_

Signature of parent or guardian \_\_\_\_\_ DATE \_\_\_\_\_



## 2013 ATU National Championship

### COACHING REGISTRATION FORM

Complete this form and send it with the appropriate fee for coach's pass. (*Non Refundable*)

**FEE FOR EACH PASS IS \$ 35** Make ***certified check*** or ***money order*** payable to **ATU**

**ELIGIBILITY:** *Must be 16 years or older*

*Must be a current TaeKwonDo student*

**Deadline:** *June, 20<sup>th</sup>. 2013* \$10 Late Fee if Post marked after June 20<sup>th</sup>. 2013

Mail to: **ATU**

**10609 Johnston Rd. Charlotte, NC 28226**

Please Attach  
one 2X2 I.D.  
Photo with this  
form

### APPLICANT'S INFORMATION

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone # \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

**E-mail:** \_\_\_\_\_

Name of TKD School \_\_\_\_\_ Phone # \_\_\_\_\_

### LIABILITY WAIVER

In consideration of your acceptance of my registration, I do hereby, for my-self, heirs, executors and administrators waive, release and forever discharge any and all rights claims for damages which I may have, or which may accrue to me, against The American TaeKwonDo United, Inc. and for its state and district associations, 2013 American TaeKwonDo United Successors, and all members of the tournament, or their respective officers, agents, representatives, successors, and/or assigns, ANAHEIM CONVENTION CENTER and against any competitors for any and all damages which may be sustained by me in connection with my association with my participation in or entry in the above athletic meet and competition, and in connection with any medical service I may be provided in connection with any such injury or illness. I understand that TaeKwonDo is a body contact sport and I further understand all contents of the 2013 rules and regulations and general information which was published by the sponsors and I agree with them in their entirety. I further understand that I may be dismissed from the premises without compensation or refund if my conduct is not courteous and cooperative for the successful operation of the championships.

***Please note that all Coaches must leave the competition floor immediately after the completion of his/her competitor's match. The organizing committee reserves the right to suspend the coach's pass for failure to abide by the rules.***

Signature of Applicant \_\_\_\_\_ DATE \_\_\_\_\_





# WEIGHT CATEGORY



## AGE 6-13 All Belt and AGE 14-17 *Color Belt*

### GYOROOGI: (Sparring)

Age	Belt	Male	Female	Age	Belt	Male	Female
4-5	Yellow	Under 40 lbs.	Under 40 lbs.	8-9	Yellow	Under 55 lbs.	Under 55 lbs.
6-7	Green	40.1-52 lbs.	40.1-52 lbs.		Green	55.1-67 lbs.	55.1-67 lbs.
	Blue	52.1-65 lbs.	52.1-65 lbs.		Blue	67.1-80 lbs.	67.1-80 lbs.
	Red	65.1-78 lbs.	65.1-78 lbs.		Red	80.1-92 lbs.	80.1-92 lbs.
	Black	78.1-90 lbs.	78.1-90 lbs.		Black	92.1-105 lbs.	92.1-105 lbs.
		Over 90 lbs.	Over 90 lbs.			Over 105 lbs.	Over 105 lbs.
10-11	Yellow	Under 65lbs.	Under 65 lbs.	12-13	Yellow	Under 75 lbs.	Under 70 lbs.
	Green	65.1-78 lbs.	65.1-78 lbs.		Green	75.1-87 lbs.	70.1-82 lbs.
	Blue	78.1-90 lbs.	78.1-90 lbs.		Blue	87.1-100 lbs.	82.1-94 lbs.
	Red	90.1-102 lbs.	90.1-102 lbs.		Red	100.1-112 lbs.	94.1-106 lbs.
	Black	102.1-115 lbs.	102.1-115 lbs.		Black	112.1-125 lbs.	106.1 -120 lbs.
		Over 115 lbs.	Over 115 lbs.			Over 125 lbs.	Over 120 lbs.
14-15	Yellow	Under 95 lbs.	Under 92 lbs.	16-17	Yellow	Under 105 lbs.	Under 100 lbs.
	Green	95.1-107 lbs.	92.1-104 lbs.		Green	105.1-117 lbs.	100.1-112 lbs.
	Blue	107.1-120 lbs.	104.1-116 lbs.		Blue	117.1-130 lbs.	112.1-124 lbs.
	Red	120.1-132 lbs.	116.1-128 lbs.		Red	130.1-142 lbs.	124.1-138 lbs.
		132.1-142 lbs.	128.1-140 lbs.			142.1-154 lbs.	138.1-150 lbs.
		142.1-158 lbs.	140.1-152 lbs.			154.1-167 lbs.	150.1-162 lbs.
		Over 158 lbs.	Over 152 lbs.			Over 167 lbs.	Over 162 lbs.

### POOMSE (Form)

Age	Belt	Male	Female	Age	Belt	Male	Female
6-7	All Belt	Under 52 lbs.	Under 52 lbs.	8-9	All Belt	Under 67 lbs.	Under 67 lbs.
		52.1-78 lbs.	52.1-78 lbs.			67.1-92 lbs.	67.1-92 lbs.
		Over 78 lbs.	Over 78 lbs.			Over 92 lbs.	Over 92 lbs.
10-11	All Belt	Under 78 lbs.	Under 78 lbs.	12-13	All Belt	Under 87 lbs.	Under 82 lbs.
		78.1-102 lbs.	78.1-102 lbs.			87.1-112 lbs.	82.1-106 lbs.
		Over 102 lbs.	Over 102 lbs.			Over 112 lbs.	Over 106 lbs.
14-15	Color	Under 107 lbs.	Under 104 lbs.	16-17	Color	Under 117 lbs.	Under 112 lbs.
	Belt	107.1-132 lbs.	104.1-128 lbs.		Belt	117.1-142 lbs.	112.1-138lbs.
		Over 132 lbs.	Over 128 lbs.			Over 142 lbs.	Over 138 lbs.

*Visit our website for online Registration and you may obtain all the information at  
[www.atuevents.info](http://www.atuevents.info)*

## AGE 14-17 BLACK BELT

### GYOROOGI: (Sparring)

Divisions	Men's Weight (lbs. & kgs)	Women's Weight (lbs. & kgs)
FIN	Under 99.2 lbs. (45kg)	Under 92.6 lbs. (42kg)
FLY	99.3 – 105.8 lbs. (45 – 48kg)	92.7 – 97.0 lbs. (42 – 44kg)
BANTAM	105.9 – 112.4 lbs. (48 – 51kg)	97.1 – 101.4 lbs. (44 – 46kg)
FEATHER	112.5 – 121.3 lbs. (51 – 55kg)	101.5 – 108.0 lbs. (46 – 49kg)
LIGHT	121.4 – 130.0 lbs. (55 – 59kg)	108.1 – 114.6 lbs. (49 – 52kg)
WELTER	130.1 – 138.9 lbs. (59 – 63kg)	114.7 – 121.3 lbs. (52 – 55kg)
LIGHT MIDDLE	139.0 – 149.9 lbs. (63 – 68kg)	121.4 – 130.0 lbs. (55 – 59kg)
MIDDLE	150.0 – 160.9 lbs. (68 – 73kg)	130.1 – 138.9 lbs. (59 – 63 kg)
LIGHT HEAVY	161.0 – 172.0 lbs. (73 – 78kg)	139.0 – 149.9 lbs. (63 – 68kg)
HEAVY	Over 172.0 lbs. (78kg)	Over 149.9 lbs. (68kg)

### POOMSE: (Form)

Dan	Division	Men's	Women's
1 <sup>st</sup> . Dan – 6 <sup>th</sup> . Dan	LIGHT	Under 105.8 lbs.	Under 97 lbs.
	L. MIDDLE	105.8-121.2 lbs.	97.1-108 lbs.
	MIDDLE	121.3-138.9 lbs.	108.1-121.2 lbs.
	L. HEAVY	139.0-160.9 lbs.	121.3-138.9 lbs.
	HEAVY	Over 160.9 lbs.	Over 138.9 lbs.

## Adults National *Black Belt* Division (18-32)

### GYOROOGI: (Sparring)

Divisions	Men's Weight (lbs. & kgs)	Women's Weight (lbs. & kgs)
FIN	Under 119.0 lbs. (54kg)	Under 101.4 lbs. (46kg)
FLY	119.1 – 127.9 lbs. (54 – 58kg)	101.5 – 108.0 lbs. (46 – 49kg)
BANTAM	128.0 – 138.9 lbs. (58 – 63kg)	108.1 – 116.9 lbs. (49 – 53kg)
FEATHER	139.0 – 149.9 lbs. (63 – 68kg)	117.0 – 125.7 lbs. (53 – 57kg)
LIGHT	150.0 – 163.1 lbs. (68 – 74kg)	125.8 – 136.7 lbs. (57 – 62kg)
WELTER	163.2 – 176.4 lbs. (74 – 80kg)	136.8 – 147.7 lbs. (62 – 67kg)
MIDDLE	176.5 – 191.8 lbs. (80 – 87kg)	147.8 – 160.9 lbs. (67 – 73 kg)
HEAVY	Over 191.8 lbs. (87kg)	Over 160.9 lbs. (73kg)

### POOMSE: (Form)

Dan	Divisions	Men's Weight (lbs.)	Women's Weight (lbs.)
1Dan – 6 Dan	LIGHT	Under 127.6 lbs.	Under 103.3 lbs.
	MIDDLE	127.6 – 147.4 lbs.	103.3 – 121.0 lbs.
	LIGHT HEAVY	147.5 – 171.6 lbs.	121.1 – 143.0 lbs.
	HEAVY	Over 171.6 lbs.	Over 143.0 lbs.

## WTF/ATU OFFICIAL POOMSE

Black Belt Poomse (Form)	Color Belt Poomse (Form)
1 <sup>st</sup> - Koryo	Yellow - Taeguk & Palgwe 1-2
2 <sup>nd</sup> - Keumgang	Green - Taeguk & Palgwe 3-4
3 <sup>rd</sup> - Taebaek	Blue - Taeguk & Palgwe 5-6
4 <sup>th</sup> - Pyung Won	Red - Taeguk & Palgwe 7-8
5 <sup>th</sup> - Sip Jin	
6 <sup>th</sup> - Ji Tae	

## Ultra Divisions (Age: 33-40, 41-50, Over 50)

### GYOROOGI (Sparring)

Rank	Age	Men's Weight (lbs)	Women's Weight (lbs)
Yellow	33- 40	Under 127.6 lbs.	Under 112.2 lbs.
Green	41-50	127.7-147.4 lbs.	112.3-129.8 lbs.
Blue	Over 50	147.5-171.6 lbs.	129.9-147.4 lbs.
Red		Over 171.6 lbs.	Over 147.4 lbs.
Black			

### POOMSE (Form)

Rank/Belt	Age	Divisions	Men's Weight(lbs)	Women's Weight
Yellow	33-40	LIGHT	Under 158.4 lbs.	Under 138.6 lbs.
Green	40-50	HEAVY	Over 158.4 lbs.	Over 138.6 lbs.
Blue	Over 50			
Red				
1st Dan				
2 <sup>nd</sup> Dan				
3 <sup>rd</sup> Dan				
4 <sup>th</sup> . Dan & Up				

## ADULTS *COLOR BELT* (Age: 18-32)

### GYOROOGI (Sparring)

Men's Weight	Belt	Women's Weight
Under 127.9 lbs.	Yellow	Under 112.4 lbs.
127.9 -147.7 lbs.	Green	112.5 -130.1 lbs.
147.8 -172.0 lbs.	Blue	130.2 -147.7 lbs.
Over 172.0 lbs.	Red	Over 147.7 lbs.

### POOMSE (Form)

Division	Men's Weight	Belt	Women's Weight
LIGHT	Under 147.4 lbs.	Yellow	Under 129.8 lbs.
HEAVY	Over 147.4 lbs.	Green	Over 129.8 lbs.
		Blue	
		Red	



## Competition Rules and Regulations:

The current ATU Rules and Regulations and modified rules of the World Tae Kwon Do Federation (WTF) will govern these Championships for the Gyorooigi and Traditional Poomse divisions.

### WTF/ATU Official Poomse (Forms)

The Poomse (Form) will consist of WTF/ATU Official Poomse competition. The Poomse divisions will be divided by belt ranking, weight and sex. The Official Poomse for the competition will be those recognized by the ATU and World Taekwondo Federation.

### Gyoroogi (Free Sparring)

Each match will be single elimination. For Gyoroogi competition. The current American TaeKwonDo United (ATU) Rules and Regulations are modified rules of the World Taekwondo Federation (WTF) and will govern this event. Competition will be single elimination and will continue until a winner has been established. All competitors must bring their own safety gear including chest protector, headgear, shin/instep guards, forearm guards, protective cup, mouthpiece and a standard white V-neck WTF approved uniform in good condition. Black trim around the collar is allowed for black belts. NO equipment will be provided

### Demonstration Competition Rules

- **More than 50% of the Demonstration members must participate in the individual event(s).**
- **Masters are not allowed to be a demonstration team member.**

1. *Demonstration Time: Maximum of 6 minute*
2. *Number of team competitors: a minimum of 10 and a maximum of 16 members*
3. *Technical Regulations*
  - A. *Poomse, breaking, and self-defense elements are required.*
  - B. *Equipment and costumes can be chosen by the performers*
  - C. *Any weapons to be used for performance must be imitations.*
  - D. *Music and sound effects can be used*

#### *Scoring:*

1. *Each judge will score a maximum of 10 points for originality and 10 points for technique.*
2. *Seven judge will score each performance, with the highest and lowest scores excluded.*
3. *Deductions:*
  - A. *Exceeding time limit:*
    - a. *Over 6 minute will be a 5- point deduction from your overall score*
    - b. *Over 6 minute 30 second will be a 15- point deduction from your overall score*
    - c. *Over 7 minute will be disqualified.*
  - B. *Violating technical regulations*

**Visit our website for online Registration and you may obtain all the information at**

**[www.atuevents.info](http://www.atuevents.info)**

More information call at 704 -771- 4862

*Certain rules and/or regulations are subject to change at the discretion of the Executive Committee/Organizing Committee*



# Junior Competition (Safety) Rules



The Competition Rules regulate and govern all matters pertaining to Taekwondo competition at all levels sanctioned or promoted by ATU. However, the following special section of the Junior Competition (Safety) Rules (which will be referred to as “Junior Safety Rules” hereafter) shall further apply to junior sparring divisions as stated below.

## 1. General Rules

### A. No Head Contact

#### Ages 7 & Under (All Belts) and Ages 11 & Under (Color Belt)

1. In National Qualifier and National Championships sparring competition, the rules concerning a kick to the face shall be as follows:
  - a. Any technique contacted to the head area which does not cause any injury, will be given a warning by the referee (“Kyong-go”).
  - b. Any technique, which causes injury to the head area will result in a one-point penalty by the referee (“Gam-jeom”).
  - c. If the competitor cannot continue because of the injury to the head area, the attacker will be disqualified.

NOTE: Inability to continue because of fright, crying or loss of will following a kick to the head which did not cause injury does not constitute grounds for disqualification of the attacker.

### B. Junior Safety Rules

#### Ages 8-11 (Black Belt), 12-13 Year Old Divisions (All Belts), and 14-17 Year Old Divisions (Color Belt)

1. In National Qualifier and National Championships sparring competition, the rules concerning a kick to the face shall be as follows:
  - a. The competitor is allowed to kick to the facial area; however, the kick must be light contact with appropriate control without causing any injury or excessive contact, or the appropriate penalty shall be invoked.
  - b. The competitor who executes a successful technique (light contact without causing any injury) shall be awarded three (3) points.
  - c. The competitor who executes a kick to the face which results in a minor injury shall receive a one-point (“Gam-jeom”) penalty. A minor injury is defined as abrasion or bleeding caused by non-excessive contact. The referee, with or without consultation with the tournament physician, shall determine if the abrasion or bleeding is a minor injury, and if the attack is a non-excessive one.
  - d. The competitor who executes a kick to the face which results in the inability of the opponent to continue sparring because of injury shall be disqualified. The referee, with or without consultation with the tournament physician, shall determine if the attack is an excessive contact, and if the injury is a major one.

NOTE: Inability to continue because of fright, crying or loss of will following a legal kick to the head which did not cause injury does not constitute grounds for disqualification of the attacker.

### C. 14–17 Year Old Black Belts and Senior Division (All Belts)

1. In National Qualifiers and National Championship sparring competition, the Senior Black Belt adult rules shall apply for these divisions.

#### Excessive contact to the facial or head area:

*Even in the absence of visible injury, such as slight bleeding or abrasion, the referee may deem the contact to be excessive, and declare the appropriate penalty.*

*Where Junior Competition Rules are in effect per Article 1.B above, the competitor who executes a successful technique to the face (light contact without causing any injury) shall be awarded three points. This is to better align with current WTF standards; however, the criteria for “excessive contact” will continue to be strictly enforced.*

#### 8- Count

*Under Junior Competition Rules, the referee should NOT give 8-count for ANY technique, even a legal one, to the head area; if a kick to the head is powerful enough to warrant an 8-count, it should be considered excessive, and the appropriate penalty should be declared.*

*However, the referee can and should begin an 8-count for a legal kick to the trunk area that results in a knock-down condition.*

#### Turning Kicks

*Successful turning kicks to the body shall be awarded two points in all junior sparring divisions.*



## 1. Permitted Technique

- 1) Fist techniques: Delivering a punch using the tightly clenched fist.
- 2) Foot techniques: Delivering techniques using any part of the foot below the ankle bone.

## 2. Permitted Areas

- 1) Trunk: Attack by fist and foot techniques on the areas covered by the trunk protector are permitted. Attack to the spine, however, is not permitted.
- 2) Head: This is the area above the collar bone. Only foot techniques are permitted.

### Fist Techniques:

Striking with the correctly clenched fist is permitted without consideration of the angle, trajectory, or fist placement of the strike.

### Foot techniques:

Any striking techniques using any part of the foot below the ankle bone are legal. Attacks using any part of the leg above the ankle bone, i.e., the shin, knee, etc., are not permitted.

### Trunk:

As depicted in the following illustration, the area covered by the trunk protector between the armpit and the pelvis is the legal attacking area. Thus, trunk protector should be worn according to the rule on the size of trunk protector for each weight category and the physique of each contestant.

### Face:

As depicted in the following illustration, this is area above the collar bone.

## **Valid Points**

### 1. Legal Scoring Areas

- 1) Body: The blue or red covered area of the trunk protector.
  - 2) Head: The area above the collar bone (i.e., the whole part of the head, including both ears and the back of the head.)
2. Points shall be awarded when permitted techniques are delivered accurately and powerfully to the legal scoring areas.
3. The valid points are divided as follows:  
One (1) point for a valid attack on trunk protector  
Two (2) points for a valid turning kick to the trunk protector.  
Three (3) points for a valid kick to the head.  
Four (4) points for a valid turning kick to the head.
4. Match score shall be the sum of points of the three rounds.
5. Invalidation of points: When a contestant scores through the use of a prohibited act, the point(s) scored shall be annulled.

### Guidelines for Officiating:

#### Accurately:

This means the proper aspect of a legal attacking technique, fully contacting the opponent within the designated limits of a legal target area.

#### Powerfully:

- a. Trunk protector not equipped with electronic sensor: Sufficient power is demonstrated as the opponent's body is abruptly displaced by the impact of the strike.
- b. In the use of electronic Protector and Scoring System: Force of impact is measured by the PSS, with the level of force by which points are scored varying by weight division and gender.

## **Prohibited Acts**

1. Penalties shall be declared by the referee for any prohibited acts.
2. Penalties are divided into "Kyong-go" (warning penalty) and "Gam-jeom" (deduction penalty).
3. Two "Kyong-gos" penalties shall be counted as an additional one (1) point for the opposing contestant. However, the final odd-numbered "Kyong-go" shall not be counted in the grand total.
4. A "Gam-jeom" shall be counted as an additional point for the opposing contestant.

### **1. Prohibited acts**

- 1) The following acts shall be classified as prohibited acts, and "Kyong-go" shall be declared.
  - a. Crossing the Boundary Line
  - b. Avoiding or delaying the match
  - c. Falling down
  - d. Grabbing, holding or pushing the opponent
  - e. Attacking below the waist
  - f. Butting or attacking with knee
  - g. Hitting the opponent's face with the hand
  - h. Uttering undesirable remarks or any misconduct on the part of a contestant or a coach
  - i. Lifting the knee to avoid a valid attack or impede the progress of an attack

2) The following acts shall be classified as prohibited acts, and “**Gam-jeom**” shall be declared.

- a. Attacking the opponent after “Kal-yeo”
- b. Attacking the fallen opponent
- c. Throwing the opponent by grabbing or hooking the attacking foot in the air or by pushing the opponent with the hand.
- d. Intentionally attacking the opponent’s face with the hand
- e. A coach or contestant interrupting the progress of the match
- f. Violent or extreme remarks or behavior on the part of a contestant or a coach
- g. Intentionally avoiding match
- h. In case of using PSS, before each round of competition, the referee shall check whether any attempts were made to manipulate the scoring system and/or increase sensitivity of the sensing socks, or any other method. In the event that the referee finds intentional manipulation, the referee shall reserve the right to give “Gam-jeom” to the pertinent contestant and shall reserve the right to declare the violating athlete as the loser by penalty based on the degree of seriousness of the violation.

Explanation:

Two “kyong-go” shall be counted as an addition of one (1) point for the opposing contestant. However, the final odd-numbered “Kyong-go” shall have no value in the total score. Every two (2) “Kyong-go” shall be counted as an additional point for the opposing contestant, regardless of whether the committed violations are the same or different acts, and regardless of the round in which they occur.

**b. Avoiding or delaying the match (Kyong-go)**

This act involves stalling with no intention of attacking. A contestant who continuously displays a non-engaging style shall be given a penalty. However, the referee shall distinguish intentional avoidance from tactical defense, and the penalty shall not be given for tactical defense. If both contestants remain inactive after five (5) seconds, the center referee will signal the Fight” command. A “Kyong-go” will be declared: On both contestants if there is no activity from them 10 seconds after the command was given; or, on the contestant who moved backwards from the original position within 10 seconds after the command was given. Turning the back to avoid the opponent’s attack should be punished, as it expresses the lack of a spirit of fair play and may cause serious injury. The same penalty should also be given to evading the opponent’s attack by bending below waist level or crouching.

“Pretending injury” means exaggeration injury or indicating pain in a body part not subjected to a blow for the purpose of demonstrating the opponent’s actions as a violation, and also exaggerating pain for the purpose of elapsing the match time. In this case, the referee shall give the indication to continue the match to the contestant two times in five (5) seconds intervals, and then shall give a “Kyong-go” penalty unless the contestant follows his/her instructions.

“Kyong-go” shall also be given to the athlete who asks the referee to stop the contest for any reason (for instance, in order to adjust the position of protective equipment) or ask his/her coach to request video replay.

**Attacking the fallen opponent (Gam-Jeom)**

This action is extremely dangerous due to the high probability of injury to the opponent.

The danger arises from the following:

- The fallen opponent is in an immediate defenseless state.
- The impact of any technique which strikes a fallen contestant will be greater due to the contestant’s position. These types of aggressive actions toward a fallen opponent are not in accordance with the spirit of Taekwondo and as such are not appropriate to Taekwondo competition. In this regard, penalties should be given for intentionally attacking the fallen opponent regardless of the degree of impact. A Gam-jeom penalty should also be given in case a contestant pretends to attack a fallen opponent.
- Throwing the opponent by grabbing or hooking the attacking foot in the air or by pushing the opponent with the hand **or** action to interfere with the opponent’s attack by grappling the opponent’s foot in the air or pushing with the hand.

**Intentionally avoiding the match: (Gam-Jeom)**

In case that a competitor intentionally turns the back and steps away from the opponent to avoid the attack of the opponent, the referee shall give “Gam-jeom”. If the referee finds that the action was resulted from obvious lack of spirit of fair play and sportsmanship, the referee may report to the Technical Delegate after the contest for consideration of further sanction against the competitor.

*Certain rules and/or regulations are subject to change at the discretion  
of the Executive Committee/Organizing Committee*

***Register online. We will e-mail your I.D. card! (If you register online, NO waiting time for I.D. pick-up)  
Visit our website for online Registration and you may obtain all the information at***

*www.atuevents.info*



## 2013 AMERICAN TAEKWONDO UNITED SCHOOL (CLUB) MEMBERSHIP APPLICATION

### *School (Club) Information*

School (Club) Information \_\_\_\_\_

Address \_\_\_\_\_

City / State / Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_

Web Site \_\_\_\_\_

### *School (Club) Owner's Information*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone \_\_\_\_\_ E-mail \_\_\_\_\_

### *Payment Information*

Payment Type:

\_\_\_\_ MC

\_\_\_\_ Visa

\_\_\_\_ AMEX

\_\_\_\_ Check

If you are paying by credit card, please complete the following:

Name on Card: \_\_\_\_\_

Billing Address: \_\_\_\_\_

Address: \_\_\_\_\_

City / State / Zip: \_\_\_\_\_

Credit Card # \_\_\_\_\_

Expiration Date \_\_\_\_ / \_\_\_\_ Security Code \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

By signing above I agree to pay the total amount according to the card issuer agreement (or merchant account agreement) or payment terms set forth.  
Cancellations until December 31<sup>st</sup>, 2013 will be charged a \$ 100 fee.



**2013 ATU National Championship**  
**REFEREE REGISTRATION FORM**

Please complete this form and mail to:

**Lee's TaeKwonDo Academy**  
**779 Northlake Blvd.**  
**North Palm Beach, FL 33408**

**ATU will provide the following with full day of judging:**  
**State level Referee: \$50**  
**IR: \$100**

**Please check the appropriate line(s):**

\_\_\_\_\_ I will be attending the **Referee Seminar** on Saturday **May 11th, 2013** from **2:00pm-9:00pm**

Location: SK TAEKWONDO  
Address: 9569 Las Tunas Dr.  
Temple City, CA 91780  
(626) 286-6500

\_\_\_\_\_ I will be attending the **Referee Meeting** on **June 29<sup>th</sup>, 2013** at **7:30am**  
At the ANAHEIM CONVENTION CENTER

\_\_\_\_\_ I will be assisting as a Referee at the 2013 ATU National Taekwondo Championship

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone #: ( ) \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Current Dan Rank: \_\_\_\_\_ Sex: Male \_\_\_\_\_ Female \_\_\_\_\_

Name of TKD School: \_\_\_\_\_

Signature of Applicant: \_\_\_\_\_ Date: \_\_\_\_\_



## **2013 ATU National Championship**

### **Team Demonstration Competition Registration Form**

*Team Demonstration Fee is \$350 Make **Certified check** or **Money order** payable to **ATU** Deadline, June 20<sup>th</sup>, 2013*

Mail to: **ATU 10609 Johnston Rd. Charlotte, NC 28226**

Team Leader Information:

Name \_\_\_\_\_

School/State \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

### **LIABILITY WAIVER**

In consideration of your acceptance of my registration, I do hereby, for my-self, heirs, executors and administrators waive, release and forever discharge any and all rights claims for damages which I may have, or which may accrue to me, against The American TaeKwonDo United, Inc. and for its state and district associations, 2013 American TaeKwonDo United Successors, and all members of the tournament, or their respective officers, agents, representatives, successors, and/or assigns, ANAHEIM CONVENTION CENTER and against any competitors for any and all damages which may be sustained by me in connection with my association with my participation in or entry in the above athletic meet and competition, and in connection with any medical service I may be provided in connection with any such injury or illness. I understand that TaeKwonDo is a body contact sport and I further understand all contents of the 2013 rules and regulations and general information which was published by the sponsors and I agree with them in their entirety. I further understand that I may be dismissed from the premises without compensation or refund if my conduct is not courteous and cooperative for the successful operation of the championships.

Team Members List:

Name \_\_\_\_\_ Signature \_\_\_\_\_

Name \_\_\_\_\_ Signature \_\_\_\_\_

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Name \_\_\_\_\_ Signature \_\_\_\_\_





**Team Poomse Competition Application From**  
**2013 ATU National Championship**  
**Team Poomse Competition Registration Form**

*Team Poomse Competition Fee is \$90 per team*

Make **Certified check** or **Money order** payable to **ATU** Deadline, June 20<sup>th</sup>. 2013

Mail to: **ATU 10609 Johnston Rd. Charlotte, NC 28226**

Team Leader Information:

Name \_\_\_\_\_

School/State \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

**LIABILITY WAIVER**

In consideration of your acceptance of my registration, I do hereby, for my self, heirs, executors and administrators waive, release and forever discharge any and all rights claims for damages which I may have, or which may accrue to me, against The American TaeKwonDo United, Inc. and for its state and district associations, 2013 American TaeKwonDo United Successors, and all members of the tournament, or their respective officers, agents, representatives, successors, and/or assigns, ANAHEIM CONVENTION CENTER and against any competitors for any and all damages which may be sustained by me in connection with my association with my participation in or entry in the above athletic meet and competition, and in connection with any medical service I may be provided in connection with any such injury or illness. I understand that TaeKwonDo is a body contact sport and I further understand all contents of the 2013 rules and regulations and general information which was published by the sponsors and I agree with them in their entirety. I further understand that I may be dismissed from the premises without compensation or refund if my conduct is not courteous and cooperative for the successful operation of the championships.

Team Members List:

Name \_\_\_\_\_ Signature \_\_\_\_\_

Name \_\_\_\_\_ Signature \_\_\_\_\_

Name \_\_\_\_\_ Signature \_\_\_\_\_

**Team Poomse Competition Rules and Regulations:**

Consists of 3 Members

Color belts must wear white v-neck and Black belts must wear Black v-neck.

2 of 3 Team members must also participate in the individual events.

Scoring will be based on: Synchronization addition to Regular Poomse rules.

**Age and Belt Division Chart**

Ages	Belt		
	Green and Below (Taeguk or Palguae 3)	Blue and above (Taeguk or Palguae 7)	Black Belt (Koryo)
<b>Ages 13 &amp; Under</b>	Green and Below (Taeguk or Palguae 3)	Blue and above (Taeguk or Palguae 7)	Black Belt (Koryo)
<b>Ages 14 &amp; Above</b>	Green and Below (Taeguk or Palguae 3)	Blue and above (Taeguk or Palguae 7)	Black Belt (Koryo)

**All Team Competitors must be at the tournament site at 10:30 am**



**www.sangmoosa.com**

**Address: 7120 Alondra Blvd.  
Paramount, CA 90723**

**Toll Free:1-800-346-3116**