

World Class Tae Kwon Do Tournament

Tae Park Tae Kwon Do Association

November 12, 2011

Competition Division: Form and Sparring

7 & Under	12-13 Years Old*	18-26 Years Old*
8-9 Years Old	14-15 Years Old*	27-39 Years Old*
10-11 Years Old	16-17 Years Old*	40 - Over Years Old*

Competitions are divided as follows: Individual competition shall normally be between contestants in the same weight class. When necessary, adjoining weight classes may be combined to create a single classification. No contestant is allowed to participate in more than one weight category in one event.

Belt Divisions are as follows:

FORMS (POOMSAE)

1. White
2. Yellow
3. Green
4. Blue
5. Red
6. Black

SPARRING

1. Green
2. Blue
3. Red
4. Black

Protective Equipment: Contestants shall wear an approved trunk protector, headgear (red for Hong and blue for Chung), groin guard (optional for female competitors), forearm protector, shin-instep protectors and a mouth guard before entering the contest area. Hand gloves optional. The groin, forearm and shin-instep protectors must be worn inside the uniform.

Personal Requirements: All competitors shall keep their nails cut short and shall not wear any articles that may injure or endanger an opponent. Any competitor whose hair, in the opinion of the referee is so long as to risk causing inconvenience to other competitors shall be required to tie it back securely.

Required dobok or uniform: Color belts tournament package t-shirt and traditional dobok bottom, or traditional dobok top and bottom. This is your instructor's decision to do so. Black belts are required to wear traditional dobok or uniform top and bottom.

Poomsae Competition Rules: Palgwae poomsae are used for all color belt competition and WTF recognized poomsae for black belt competition. Color belt contestants may perform any color belt poomsae up to and including their current color belt poomsae. Black belt contestants may perform any red belt poomsae or black belt poomsae up to and including their current black belt forms. All competitors receive a metal based on overall performance.

Sparring Competition Permitted Techniques:

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.

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.

Legal Scoring Area:

1. Mid-section of the trunk: 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 face, including both ears and the back of the head.)

Points: Points shall be awarded when permitted techniques are delivered accurately and powerfully to the legal scoring areas.

1. One (1) point for attack to mid-section on trunk protector (includes rank for green belt and higher)
2. Head Kicks will not be allowed unless announced or changed during the tournament.

Sparring Duration: Two 60 second rounds, 30 second rest.

This is a single elimination event. Metals awarded are as follows:

- Gold – 1st Place
- Silver – 2nd Place
- Bronze – 3rd Place

Prohibited Acts:

1. Crossing the boundary line
2. Evading by turning the back to the opponent
3. Falling down
4. Avoiding the match
5. Grabbing, holding or pushing the opponent
6. Attacking below the waist
7. Pretending injury
8. Butting or attacking with knee
9. Hitting the opponent's face with the hand
10. Uttering undesirable remarks or any misconduct on the part of the contestant or a coach
11. Lifting the knee to avoid a valid attack or impede the progress of an attack

One-Step Sparring:

This competition is reserved for White, Yellow, Yellow Green/Orange belts only. All competitors will receive a medal based on overall performance performing a one-step action. Competitors will be matched with another competitor at the same level performing one-step self-defense actions.