

Oregon United Taekwondo Championships

Saturday, May 9, 2020

Poomsae | Breaking | Sparring

**Daedo for Black Belts
No Coach Fees**

Two Match Guarantee for Sparring!

Early Registration Deadline: May 4

Doors open 8 a.m. | Competition 9 a.m.

1st, 2nd and Two 3rd Place Awards Per Division



Wilbur Rowe Middle School

3606 S.E. Lake Road, Milwaukie, OR 97222

Info/Rules/Registration: www.integritymaf.com/outchamp

Questions: info@integritymaf.com | 541.928.1001

Hosted by

Top Notch Taekwondo, Shon McClements | Integrity Martial Arts, Karl Ott
Force of One, Marcus Park

2020 Oregon United Taekwondo Championships

Dear Masters, Instructors, Competitors and Parents,

We are excited to invite you to the first Oregon United Taekwondo Championships held at Wilbur Rowe Middle School, 3606 SE Lake Rd, Milwaukie, OR 97222 on May 9th, 2020. We hope to achieve our goal of providing for all of you a great tournament where everyone has a great experience.

Sincerely, your hosts:



Master Marcus Park
Force of One Taekwondo



Master Shon McClements
Top Notch Taekwondo



Coach Karl Ott
Integrity Martial Arts and Fitness

<p>Location:</p> <p>Date:</p>	<p>Wilbur Rowe Middle School 3606 SE Lake Rd Milwaukie, OR 97222 May 9th, 2020</p>
<p>Schedule: Time for events depends upon number of competitors signed up for each event.</p>	<p>Doors Open at 8:00am. Board breaking begins at 9:00am (first call to staging at 8:30am) Followed by Poomsae, and then Sparring An updated schedule will be available online on the website as registrations come in.</p>
<p>Events:</p> <p>Awards:</p>	<p>Traditional World Taekwondo Poomsae Sparring (Guaranteed at least 2 matches) Combination breaking (5 boards) Medals will be awarded for 1st, 2nd and 2-3rd places for each division</p>
<p>Registration:</p> <p>Fees:</p> <p>Coaches:</p> <p>Spectators:</p>	<p>Register online at www.integritymaf.com/outchamp Or Mail paper registration and payments to: (postmarked by Mon, May 4) Oregon United Taekwondo Championships % Integrity Martial Arts and Fitness PO Box 2930 Albany, OR 97321 (make checks payable to: Integrity Martial Arts and Fitness Early registration ends Monday, May 4th at 11:00pm. Later registration is online ONLY and ends Thursday May 7th at 11:00pm</p> <p>Any 2 events for \$75 All 3 events for \$80 There will be a \$5 board fee for breaking Coaches must register to receive a free coach's credential Spectators enter for \$10 CASH-ONLY paid on-site.</p>

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Rules

Rules - Poomsae:

Competitors will perform 2 of their belt-level forms.
White: Taeguk 1 or Kibon or Your school's white belt form
Yellow: Taeguk 1 - 2
Green: Taeguk 1 - 4
Blue: Taeguk 1 - 6
Red: Taeguk 1 - 8
Black: Choose highest sport poomsae required for age, plus 1 of lower choice.
A division will perform the first form, completing the first round. Then the division will perform the second form (round 2). Each contestant will be scored from 1 to 10 on each form. Scores from round 1 and round 2 will be added together and contestant with highest combination will be gold medalist, second-highest score will be silver medalist and next 2 highest scores shall be bronze medalists.

Example 1: A blue belt will perform mandatory Taeguk 5 or 6, and then may choose from Taeguk 1 - 6 for their second form.

Example 2: A white belt or yellow belt will perform mandatory Taeguk 1 or 2, and then will perform Taeguk 1 again for their second form.

Example 3: A red belt would perform mandatory Taeguk 7 or 8, and choose Taeguk 1 - 8 for their second form.

Example 4: 3rd Dan Black Belt would perform mandatory Taebaek, and then choose Taeguk 1 - Keumgang for their second form.

Choosing a higher second form will be viewed as higher difficulty so if quality between player A and player B is equal, the one doing the higher level of forms will score higher.

Rules - Sparring:

- Sparring will be guaranteed 2 matches for each competitor.
- Medals will be awarded for 1st place (gold), 2nd place (silver) and 2-3rd places (bronze).
- We will do our best to have brackets of 4. Winners of first matches will advance to championship match. Losers from first match then go against each other for a second match that does not count for a medal.
- In the case were there may be 3 contestants, to get 2 matches all contestants will end up going against each other. In the case of a three-way tie medal placement shall be determined by hit count.
- Judges will use an electronic scoring system will be used for all color belt divisions, and Daedo will be used for all black belt divisions.
- All divisions/brackets will be set up based on age, belt and weight.
- Rules in the ring will be complete USA Taekwondo rules with the following modifications:
- Controlled Head Contact for ALL Color belts and Black belts under 15 and over 32 (Junior Safety Rules).
- Full head contact for Junior Black Belts (15-17) and Senior Black Belts (17-32). Junior and Senior division color belts will be Junior Safety Rules)
- All sparring competitors must have a coach in the ring. Only 1 coach per athlete in the ring.

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Rules continued...

Rules - Breaking:

- Competitors shall attempt to break 5 demo boards. Scoring will be from 1 to 10 total points with 10 being the highest score.
- Breaking will be judged based on technical difficulty, presentation and success.
- Higher scores will be given for higher level technique, height of the board, fluidity of the combination of techniques and fewest attempts to break each board.
- More value given for higher level technique. Kicking given more value than hand techniques with exception for hand technique with speed break.
- More value given for turning and/or jumping.
- More value give for higher board height, i.e.; Waist High, Chest High, Head High, Over the head,
- Fluidity: More points given for techniques that flow from one to another without having to stop, get set and start to break each board.
- Total score from judges will be averaged together, with misses deducted from the final score. Judges will take into account for scoring only the successful break attempts.
- Misses: Only 3 misses allowed per board. Misses will deduct 0.5 points EACH from the final score.

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Competitor Registration

Online registration is greatly appreciated, however, if you must register by mail, please make sure registration/payment envelope is postmarked prior to May 4th to allow time for hosts to receive the registration.

Mail paper registration to:

Oregon United Taekwondo Championships
% Integrity Martial Arts and Fitness, LLC
PO Box 2930
Albany, OR 97321

Email: _____

Contact Phone Number (in case we have a question about this registration): _____

Competitor First Name: _____ Competitor Last Name: _____

Parent/Guardian Name (if competitor is a minor): _____

Street Address: _____

City: _____ State: _____ Zip: _____

Name of Martial Arts School: _____

Age: _____ Sex (circle one): M / F

Weight: _____ lbs Height: _____ ' _____ "

Belt (circle one): White / Yellow / Green / Blue / Red / Black

Any 2 events for \$75 All 3 events for \$80 \$5 board fee for combination breaking

- Poomsae
- Sparring
- Combination Board Breaking (Adds \$5 board fee)

Any 1 or 2 boxes checked: \$75 All 3 boxes checked \$80

Amount Circled Above: \$ _____

If Breaking checked enter \$5, if NOT breaking enter \$0 \$ _____

Add the two amounts above for final registration fee \$ _____

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Coach Registration

To register as a coach, coach must have at least 1 registered competitor. Only 1 coach in the ring at a time with a competitor.

Online registration is greatly appreciated, however, if you must register by mail, please make sure registration/payment envelope is postmarked prior to May 4th to allow time for hosts to receive the registration.

Mail paper registration to:

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% Integrity Martial Arts and Fitness, LLC
PO Box 2930
Albany, OR 97321

Email: _____

Contact Phone Number (in case we have a question about this registrant): _____

Coach First Name: _____ Coach Last Name: _____

Competitor First Name: _____ Competitor Last Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Name of Martial Arts School: _____