



2017 PORT STEPHENS TAEKWONDO CHAMPIONSHIPS

Saturday & Sunday
11th & 12th March

Tomaree Multipurpose Complex

SALAMANDER WAY, SALAMANDER BAY

Sanctioned by



Your Invitation to Participate

Dear Taekwondo practitioner,

It gives us great pleasure on behalf of HIM DO TAEKWONDO ACADEMY & PORT STEPHENS SPORTS TAEKWONDO ASSOCIATION to invite Taekwondo practitioners to participate in the 2017 Port Stephens Taekwondo Championships. The event will be held at the Multi-Purpose Complex, Tomaree Educational Centre Saturday & Sunday March 11th & 12th 2017.

- The event aims to serve the NSW and Australian Taekwondo Community on many levels:
- Create a prestigious and competitive event for younger players of all skill levels to build athlete interest and encourage personal development in Taekwondo.
- Provide Junior and Senior Black Belt competitors with the optimum competitive environment
- Encouraging athletes to maintain and improve the top tier standard.
- Host an event which is attractive to the general public, increasing public awareness and interest in Taekwondo.

- Medals will be presented at the end of the competition for Technical and sparring.
- We will be running two - three courts. Events will include; Sparring, Poomsae Self Defence, Speed Kyupka High Jump Kyupka and Power Kyupka.
- VIP guests will be presenting awards so it is important for spectators and players to be present.
- Press will be present on the days.

- Point scores for major award trophies – Best overall athlete, Best Poomsae, Best sparring, Best technical and Best overall team Score.
- Points scoring for overall athlete is 3pts for gold, 2pts for silver, 1 pt for bronze.
- Judges/ referees choice for Poomsae, sparring and technical.

Yours Sincerely,

Master Ronald Bergan

Him Do Taekwondo Academy



Hosted by:

HIM DO TAE KWON DO ACADEMY

Competition Dates:

Saturday & Sunday 11th & 12th March

Competition Venue:

**Tomaree Multi-Purpose Complex, Educational Centre
Aquatic Cl, Salamander Bay
Turn off Salamander Way**

Competition Entry:

Entries open: 6th February 2017

Entries close: 5th March 2017

Entries & Payment to be submitted through Rapid Signup website-
www.rapidsignup.com.au

Competition & Accommodation Information:
www.taekwondotournaments.com.au

Tournament Enquiries:

For any enquiries please contact:

Tournament Director:

Ronald Bergan – 0438 450 835 ron@taekwondoacademy.com.au

PORT STEPHENS TAEKWONDO CHAMPIONSHIPS EVENTS:

Individual Poomsae- *WTF*
Pair Poomsae - *WTF*
Individual Creative Poomsae- *max 90sec*
Hosinsul Self Defence- *max 90sec*
Speed Kyupka
High Jump Kyupka
Power Kyupka- *Red & Black Belts Only*
Sparring

Spectator Fees:

One Day Event Pass: \$5.00
Family Two Day Event Pass: \$30.00
(*under age of 3yrs, free of charge*)

Event Entry Fees:

First Event: \$50.00
Second Event: \$40.00
Third Event: \$30.00
Fourth Event: \$20.00
Additional Event: \$15.00
Boards: \$4.00 each

Age Divisions:

All competitors' ages are **as at 31 December 2017** unless otherwise stated.

Eligible Competitors:

Insured members of Australia Taekwondo. will need to produce their insurance card at the event. Those that are not from a Australia Taekwondo. affiliate club will need to produce proof of insurance. Competitors without insurance can elect to pay Athlete Insurance of \$60 (which allows athletes to compete in any Australian Taekwondo competition throughout the year of 2017) or choose to enter the tournament at their own risk.

Tournament Rules:

WTF Competition Rules

Rules will be in accordance to the 2017 International WTF Standards-
www.worldtaekwondofederation.net/rules/

NO HEAD KICKS for all age divisions under 15yrs, & ALL Yellow Belts- regardless of age.
Over 40years- Head Kicks optional

A head kick, intentional or through lack of caution, will be treated as attacking the head with the fist or the hand. The appropriate penalties of Kyong-go (warning), Gamjeom (deduction point), or disqualification will apply at the discretion of the head of court.

Athletes 30kg and under are too small for the Daedo hogus. These athletes will need to provide their own hogus and be ready for traditional corner judge scoring. Athletes in Daedo PSS divisions will need to supply their own Daedo eFoot protectors.

“A cadet division will be made if we have enough competitors- head kicking allowed”

Draw:

A full list of competitors will be emailed to head instructors on Tuesday 7th March all requests will be updated according to player and coach feedback. Questions or issues relating to the draw should be submitted by e- mail to ron@taekwondoacademy.com.au will be considered if received before 5.00pm Thursday 9th March

There will be no variation to the draw on the day of the tournament unless approved by tournament director.

Awards:

- All entrants will receive a participation certificate.
- Gold- Silver & Bronze medallions will be rewarded to finalists.
- Awards will also be given to various categories through the championships (over all winners, over all club winner etc.)

Safety Equipment:

Sparring competitors must wear WTF approved (full color) trunk protector, groin, shin, arm, and head guards (matching color or white) and gloves (gloves are optional). Foot-gloves (matching the style of approved hand gloves) are accepted. *Mouth guards are compulsory and must be white or clear.* Shin pads which cover the instep (although not recommended) are allowed.

*Dadeo Electronic Footpads are required for appropriate age/weight divisions- Daedo hogus will be supplied

Uniforms:

Appropriate Taekwondo Uniform- club logos allowed

Coach registration:

All coaches must have Coach Accreditation and will be required to present their current Coaching Accreditation card.

Important:

We ask that your club provides sufficient coaches to avoid the possibility of players being disqualified due to unavailability of a coach when the player is called. Please note that, under WTF rules, a maximum of three (3) calls to the field of play will be given. Players not in attendance with their coach will be disqualified. Coaches are required to attend briefings.

Liability:

All participants in the tournament take part at their own risk. The organiser/s will not be held responsible for any damages, injuries/treatment, or loss to individuals or equipment.

All participants are to observe all rules, and reasonable decisions & instructions of the officials, coaches & instructors.

Privacy:

Personal details collected are solely for the purpose of the competition involved.

Participants acknowledge that photographs may be taken during the competition by the organisers or other persons and that they may appear in those photographs. In the event that they appear in the photographs, they authorise Port Stephens Sports Taekwondo Association to use the photographs taken at this competition for promotional purposes, including publication within media and websites in regards to promotion of the sport. They agree to make no claim against Port Stephens Sports Taekwondo Association for any fee or royalty in relation to the use of the photographs.

Uncontested Players:

Uncontested players may elect to receive a medal or a refund. Players wishing to receive a medal are to present in full uniform when directed.

Refund Policy:

Refunds are issued to head instructors after the event.

NB- refunds will incur administration fees- for withdrawal other than uncontested matched.

2017 Port Stephens Taekwondo Championships

Saturday 11th March 2017

7:00am	Doors open
7:45 am	Judge Meeting and Coach Briefing
8:15 am	Judge and coaches oath
8:45am	Official Opening of Championships Technical Events & Award Ceremonies
4:00pm	Estimate finish of the day

Sunday 12th March 2017

7:00 am	Doors Open and Weigh- In Start
7:45am	Referee Meeting and Coach Briefing
8.15 am	Referee and coaches oath
8:45 am	Sparring Competition & Award Ceremonies
5:30pm	Estimate finish of the day

Competitor Checklist

- I have SPORTS LEVEL Taekwondo Insurance.
- I have submitted my on-line application & paid in full.
- Anyone 30kg and above will need to have Daedo Foot Wear

Bring to the Weigh In

- Taekwondo Insurance Card + Signed Waiver

SPARRING COMPETITION INFORMATION

Sparring Weight Divisions:

Weight Divisions under 15 years

OVER	--	19	22	25	28	31	34	38	42	46	50	55	60	65	70+
UNDER	19	22	25	28	31	34	38	42	46	50	55	60	65	70	

Junior Weight Divisions -- 15--17 years

GENDER	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
OVER	--	--	45	42	48	44	51	46	55	49	59	52	63	55	68	59	73	63	78+	68+
UNDER	45	42	48	44	51	46	55	49	59	52	63	55	68	59	73	63	78	68	--	--

Weight Divisions for Open & Masters

GENDER	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
OVER	--	--	54	46	58	49	63	53	68	57	74	62	80	67	87+	73+
UNDER	54	46	58	49	63	53	68	57	74	62	80	67	87	73	--	--

Weigh In:

Times:

Saturday 11th March

7: 30 am - 3 : 30 pm competitors for sparring can weigh in
Competition Venue- Tomaree Multipurpose Complex

Sunday 12th March

7:00am - 8:00 am , weigh- in

Sparring starts at 9:00

Competition Venue- Tomaree Multipurpose Complex

Requirements:

Minimum acceptable dress during weigh in will be T shirt and shorts with a 0.5kg allowance.

TECHNICAL COMPETITION INFORMATION

Individual Traditional Poomsae

Gender	Male and Female								
Age Divisions*	5-8	9-11	12-14	15-17	18-29	30-39	40-49	50-59	60+

Belt Level	Pattern # 1	Pattern # 2	Pattern # 3
Yellow	Il Jang (1)	Ee Jang (2)	Sam Jang (3)
Blue	Sam Jang (3)	Sa Jang (4)	O Jang (5)
Red	Yuk Jang (6)	Chil Jang (7)	Pahl Jang (8)

1 st Dan/Poom	Pahl Jang (8)	Koryo
2 nd Dan/Poom	Koryo	Keumgang
3 rd Dan/Poom	Keumgang	Taeback
4 th Dan/Poom	Taeback	Pyongwon
5 th Dan	Pyongwon	Sipjin
6 th Dan	Sipjin	Jitae
7 th Dan	Jitae	Chonkwon
8 th Dan	Chonkwon	Hansu

Patterns will be judged using I-Pad Scoring systems – competitors must perform two of their colour belt division patterns. Players will be assessed individually and the winners decided on the basis of the highest score.

Individual Freestyle Poomsae to Music:

Gender	Male and Female				
Age Divisions	5-14	15-17	18-29	30-45	46+
Belt Divisions	Yellow	Blue	Red	Black	

Pattern time 60 – 90 seconds consisting of 20 - 24 Pooms

Minimum 90% of moves to be Taekwondo movements, Weapons and props are allowed but must be approved and deemed safe by Head of Court. Minimum TKD dress requirements – Dobok pants

Pairs Poomsae:

Gender	PAIRS (2)					
Age Divisions*	5-11	12-14	15-17	18-29	30-45	46+
Belt Divisions	Yellow		Blue	Red	Black	

Belt	Options					
Yellow	Il Jang (1)		Ee Jang (2)	Sam Jang (3)		
Blue	Sa Jang (4)		O Jang (5)	Yuk Jang (6)		
Red	Yuk Jang (6)		Chil Jang (7)	Pal Jang (8)		
Black	FREE CHOICE					

Pairs will compete in belt level according to the HIGEST ranked member. Each Pair will choose one pattern from the list above according to the HIGHEST ranked member. Any combination of ages from 5-29 is permissible. Pairs in this age range will compete in age division according to the OLDEST member. Any combination of age 30+ is permissible.

Pairs and Teams in this age range will compete in the age division according to the YOUNGEST member.

Hosinsul [Self Defence]:

Gender	Male and Female- PAIRS (2) both attacking/defending					
Age Divisions	5-14	15-17	18-29	30-45	46+	
Belt Divisions	Yellow		Blue	Red	Black	

Pairs must be in the same age group.

Pairs compete in belt level determined by the HIGHEST ranked member.

Allotted time 60-90sec seconds

Weapons to be approved by head of court.

Actions deemed to be dangerous by the head of court will be stopped.

Kyupka- Technical Breaking:

Gender	Male and Female					
Age Divisions*	5-11	12-14	15-17	18-29	30-45	46+
Belt Divisions	Yellow		Blue		Red	Black

Tournament Rules

- Maximum five (5) techniques in total
- Limit on double technique breaks to 1 of 2hands, 1 of 2 feet, 1 of hand/foot combination
- Scoring will be based on the score sheet on the next page
- No techniques to be repeated.
- Kyupka competitors must supply their own board holders. Board holders must be insured competitors.
- Board holders must wear safety glasses / goggles.
- Time limit of two (2) minutes applies to each competitor – includes time to set-up and complete breaks.
- Boards are 295 mm square and 8mm in thickness for 5-11yrs, 10mm thickness for 12-14yrs & all other ages 12mm. High Jump 5-11yrs 8mm & 12yrs above 12mm.
- No padding is to be worn on the hands or feet when breaking.
- Boards cost \$4 per board. Competitors specify the number of boards during the online sign up process.

Kyupka- Power Breaking:

Gender			Male and Female		
Type			Hand Technique		
Age Divisions	18-29	30-39	40-49	50-59	60+
Belt Divisions	Red				Black

Tournament Rules – Hand Technique ONLY

- Male contestants may choose to break with a Closed Fist, or Knife Hand Strike and boards are 19mm in thickness and 295mm square.
- Female contestants MUST break with an Open Hand Strike (Palm Heel or Knife Hand Strike) and boards are 15mm in thickness and 300mm square.
- No padding is to be worn on the hands when breaking. 10mm spacers (supplied by Event Management) will be used by contestants between boards.
- Boards cost \$4 per board. Competitors specify the number of boards during the online sign up process.
- Power break will be performed on WTF approved Power Breaking Blocks (supplied by Event Management).
- Scoring will be based on the score sheet listed on the next page

Kyupka Score Sheet

Score technique points plus 1 for each board broken plus bonuses - Each technique MUST be different –

(NB – For technique score - dual combo all boards must break simultaneously – multiple combo all boards must break – if not just timber scores)

Boards must be at least chest height unless in combination

Example 1 - Standing kick to 2 boards held together, breaking both = 5+2 = 7 + bonuses

Example 2 - Jumping side kick 1 board at same time as standard punch to 1 board, breaking both = 7 + 1 = 8 + bonuses

Techniques		Points	Technique / Score		Technique / Score		Technique / Score		Technique / Score		Total
			#	Technique	#	Technique	#	Technique	#	Technique	
KICKING TECHNIQUES	Standing/stepping Kick (eg front kick, axe kick, stepping side kick)	5									
	Jumping Kick (must break when off ground – eg jumping front kick, flying side kick, jumping roundhouse kick)	6									
	Turning Kick (eg turning side kick or spinning heel kick)	7									
	Jumping Turning Kick on the Spot (eg jump spinning kick from stationary position)	8									
	Sliding Forward / Jumping with a Turning Kick (eg jump spinning kick or jump turning side kick with moving start)	9									
	Jumping using both feet at the same time (eg two feet at same time jump front kick)	10									
	Bonus for 360+ spin	540=+10 720=+15									
	Bonus for multiple airborne combo	2=2,3=6,4=8									
HAND TECHNIQUES	Hammer Fist / Standard Punch	2									
	'One Inch' Punch	3									
	Back Fist	3									
	Palm Heal Strike	3									
	Elbow Strike (either direction)	3									
	Ridge Hand (thumb side of hand)	4									
	Knife Hand (palm up or down – strike with little finger side)	4									
	Flat Punch	5									
	Spear Hand (finger tips)	10									
	Thumb	10									
Bonus for spinning start	1										

B O N U S / C O M B O	Start break blind to target	+3 per technique											
	Blindfold- must remain on after setup of that technique/s	+10 per technique											
	Foot and Hand Combination	8											
	Combination of techniques (eg 2 hand / 2 feet)	+2											
	Time	1-10 Time from set up to finish of breaking in .5 increments – Poor = 0 to highly organized = 10											
	Technical Correctness	1-10 Correct execution of techniques in .5 increments – Low = 0 to Very high = 10											
Connectivity Points	1-10 Based on how the presentation flows in .5 increments – Disjointed = 0 to Continuous Flow = 10												

HIGH JUMP

(Competitors will be broken into divisions on the day, belt level, age and gender appropriate.)

Each competitor will have two board to break at desired height, one attempt per board and board to be broken to score. Ball of the foot must be used to break board

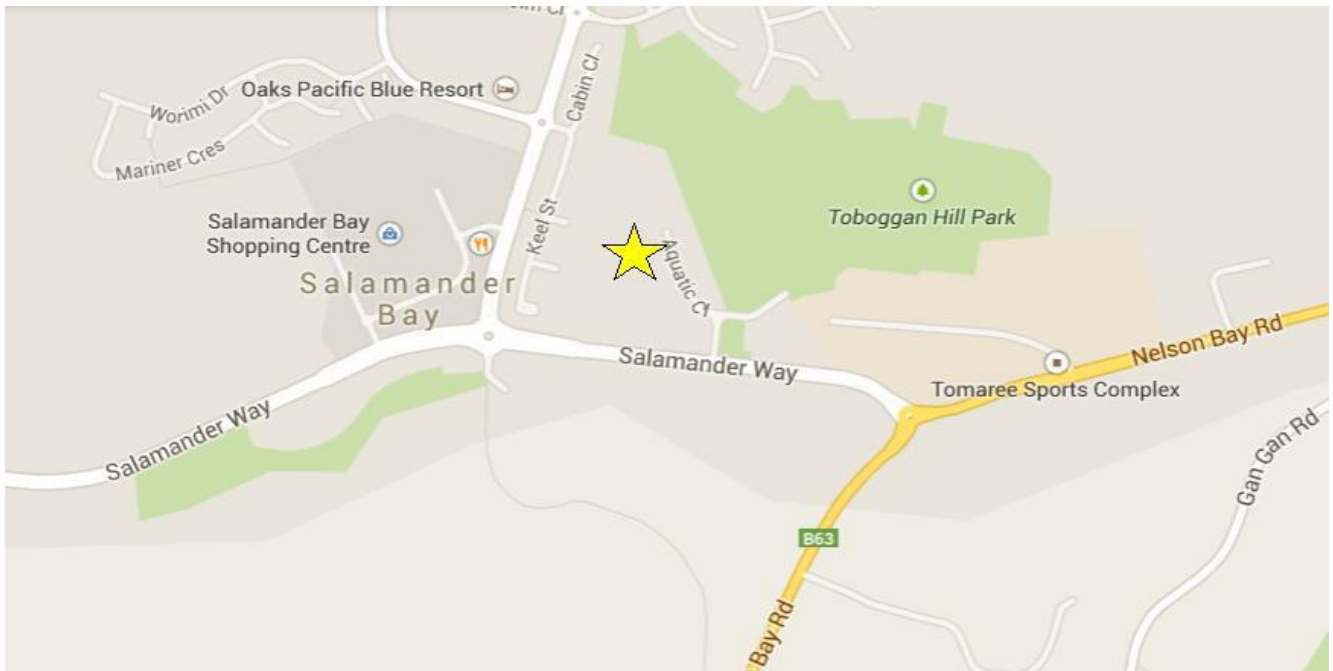
POWER

(Competitors to be grouped into weight divisions and, in the case of a draw, competitor at the lower weight will win – in all power divisions at least 1 foot must be on the ground at the time of the break – time limits may apply – hands not to touch floor)

Punch / Palm Heel / Knife Hand / Hammer Fist / Elbow / Front Kick / Side Kick

Boards / Tiles (for tiles males = punch or knife hand only and female = palm heel or elbow only)

VENUE LOCATION



Car parking: Limited Carparks on site, other locations include:
Aquatic Close YMCA Pool Carpark & Salamander Way.

For Exclusive Accommodation Deals for Competitors & Their Families visit:

<http://www.taekwondotournaments.com.au>

<https://www.facebook.com/PSSTKDinc/>

Volunteers

Sport and Events don't run without volunteers and we appreciate all the support we can get!

Telling us you are available NOW will help us plan and ensure the day runs smoothly. Job preferences also go to those who tell us they are available beforehand, rather than to those who beg to take on position from people attending on the day!

There are NO hard jobs! We'll show you how to do things and give you something that you understand how to do. We even LOVE having young people, especially for our computer systems (and we will do a volunteering certificate for them to 'resume build' if they would like one)

Let us know today:

Tournament Director:

Ronald Bergan – 0438 450 835 ron@taekwondoacademy.com.au