

EAST PORTLAND COMMUNITY CENTER  
740 SE 106<sup>TH</sup> PORTLAND, OR 97216  
PHONE (503) 823-3450

TOURNAMENT: **SUNDAY DEC 15, 2019**

LOCATION: EAST PORTLAND COMMUNITY CENTER GYM

TIME: **10:00AM – UNTIL COMPLETION**

**COSTS: \$15.00 FOR OTHER CONTESTANTS**

FREE FOR SPECTATORS      FILL OUT APPLICATIONS AND PREREGISTER BY **DEC 8, 2019**

LATE REGISTRATIONS \$10.00 MORE.

MEDALS FOR ALL EVENTS

UNIFORMS: STUDENTS WHO HAVE THEIR OWN UNIFORM ( DOBOK, GI ) SHOULD WEAR THAT. OTHER STUDENTS SHOULD WEAR A PAIR OF BLACK OR DARK BLUE SWEAT PANTS, OR OTHER DARK, LOOSE FITTING PANTS, AND A WHITE T SHIRT WITHOUT LETTERING OR DESIGNS. IF YOU DO NOT HAVE A WHITE T SHIRT, WEAR ONE THAT IS A SOLID COLOR WITHOUT LETTERING OR DESIGNS. WHITE TIGER T SHIRTS ARE ALLOWED.

SEND COMPLETED APPLICATIONS TO: **TAEKOWNDO TOURNAMENT, EAST PORTLAND COMMUNITY CENTER, 740 SE 106<sup>TH</sup>, PORTLAND, OR, 97216. INCLUDE CHECK OR MONEY ORDER MADE OUT TO CULLEN LOEFFLER.** PLEASE DO NOT SEND CASH.

**FORMS:** Traditional forms in each school's respective martial art. White belts may elect to do only part of their form: 4 moves, 8 moves. Or they may do their complete form. **Students of a higher rank are expected to do their entire form with one exception.** Those who have just been promoted may do their old form.

**BOARD BREAKING:** Board breaking is allowed for all ranks. Students may break from among the following boards: ¼ inch, ½ inch, 1 inch, 2 inch, 4 inch, 6 inch, 8 inch, 10 inch. While very small boards are appropriate for young students, larger boards are recommended for older students. Adults ( 16 and over) will receive a lower score for breaking smaller boards. 10 inch boards are considered tournament size boards for adults. All participants will receive one free board at the tournament to use for breaking. If a student needs additional boards, they can purchase them. Extra boards may be purchased for \$1.00 per board.

**SPARRING: Sparring is non-contact only.** Two minute rounds with points recorded for techniques that come close enough to score on appropriate targets. The higher the rank, the closer the technique must be to score. After two minutes, the highest scoring student wins the match. If the score is tied, the match goes into overtime and the first confirmed point wins the match. Five judges score each match and three judges must agree to confirm a point.

Warnings are issued for going out of bounds, crossing the line early, striking below the belt, illegal techniques, contact to the head or body, running away from opponents, grabbing partner or throwing, or attempting to throw partner, falling due to loss of balance, deliberately attempting to use full contact on sparring partner, sweeping opponent's foot, and disrespect to officials or sparring partner. One

warning results in no loss of points. Two warnings, for any reason, results in a one point deduction. Three warnings results in a disqualification. **But** a hard blow to the body or an attack that hits the head may result in **IMMEDIATE DISQUALIFICATION**, regardless of current points or prior warnings.

In some instances a CAUTION may be issued to correct behavior. Cautions do not result in loss of points or disqualification.

Illegal techniques include punching straight to the face, attacks to the groin, any **hand technique** straight at the face (punch, palm heel, long fist, etc.), spear hand to any target, strikes to the eyes with single or double fingers, axe kick, grabbing partner's leg or body, using sweeps and throws. Non-contact attacks to the head are allowed using angular strikes (knifehand, backfist, ridgehand, hammerfist, or kicks.) Non-contact kicks to the head are allowed.

**DEMO TEAMS** Demo teams must be two or more people and do a (1) synchronized form, (2) board breaking and (3) some demonstration of martial arts. The synchronized form can be any form, but the lowest ranking student cannot do a higher rank form. So if a Blue Belt is part of the team, the team cannot do a form above the Blue Belts rank, but can do any form appropriate for Blue Belts. Teams will be allowed 3 minutes to complete their Demonstration.

Students are expected to behave even when they are not participating in an event. Running around in the gym or the building, climbing on equipment, rough housing in the gym or the hallways, showing disrespect to officials or others attending the tournament, or to Portland Parks and Recreation staff may result in disqualification from the tournament and forfeiture of any medals the student may have earned.

Food is **NOT** allowed in the gym. If anyone wishes to eat a snack, please do so in the lobby and clean up after yourself. I ask that parents supervise their children and that guests behave appropriately.

TAE KWON DO TOURNAMENT  
SUNDAY, DEC 15, 2019  
EAST PORTLAND COMMUNITY CENTER  
740 SE 106TH, PORTLAND, OR  
TELEPHONE (503) 823-3450

THIS APPLICATION IS FOR BEGINNING, INTERMEDIATE AND ADVANCED STUDENTS OF ANY AGE.  
PLEASE FILL OUT COMPLETELY SO THAT STUDENTS CAN BE MATCHED BY AGE AND SIZE.

CONTESTANTS, **PRE-REGISTER BY DEC 8, 2019.**

TOURNAMENT: HELD ON SUNDAY **DEC 15, 2019.**

COST \$15.00. LATE REGISTRATION ADD \$10.00 PLEASE MAKE CHECK PAYABLE TO **CULLEN LOEFFLER**

NAME OF APPLICANT \_\_\_\_\_ SEX \_\_\_\_\_

ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

DOJANG \_\_\_\_\_ INSTRUCTOR \_\_\_\_\_

AGE \_\_\_\_\_ RANK \_\_\_\_\_ HEIGHT \_\_\_\_\_ WEIGHT \_\_\_\_\_

MARTIAL ART STUDENTS CAN COMPETE IN ANY EVENT THEY ARE QUALIFIED TO ENTER ( FORMS  
BOARD BREAKING, SPARRING, ). HOWEVER, WHEN IT COMES TO FORMS, THERE ARE SOME  
RESTRICTIONS.

**\*WHITE BELTS CAN ONLY ENTER ONE OF THE FOLLOWING:**

**WHITE BELTS ONLY** \*FORM (4 MOVES) \_\_\_\_\_ \*FORM (8 MOVES) \_\_\_\_\_ \*FORM (COMPLETE) \_\_\_\_\_

**RANKS ABOVE WHITE BELT:** FORM (COMPLETE) \_\_\_\_\_

**ALL RANKS (INCLUDING WHITE BELTS):** BREAKING \_\_\_\_\_ FREE SPARRING \_\_\_\_\_ WEAPON'S FORM \_\_\_\_\_  
DEMO TEAM \_\_\_\_\_ **(PLEASE LIST PARTNER'S FOR DEMO TEAM)**

I, \_\_\_\_\_, HEREBY MAKE APPLICATION FOR PARTICIPATION IN THE EAST  
PORTLAND WHITE TIGER TAE KWON DO TOURNAMENT, AND AGREE TO FOLLOW AND OBEY ALL  
TOURNAMENT RULES AND REGULATIONS. I RECOGNIZE THAT AS WITH ALL ATHLETIC ACTIVITIES THERE  
IS A RISK OF INJURY AND DISCHARGE ALL TOURNAMENT OFFICIALS, VOLUNTEERS, PORTLAND PARKS AND  
RECREATION, AND ANY PERSON OR ORGANIZATION DIRECTLY OR INDIRECTLY INVOLVED IN THIS  
TOURNAMENT FROM ANY CLAIMS AND LIABILITIES THAT MAY RESULT FROM INJURIES RECEIVED  
DURING THE COURSE OF THIS TOURNAMENT. I (WE) AGREE TO THIS WAIVER WITHOUT DURESS.

APPLICANT SIGNATURE \_\_\_\_\_

PARENT OR GUARDIAN \_\_\_\_\_

WEBSITE: **WWW.TAEKWONDO-PORTLAND.COM**