

TRADITIONAL TAEKWON-DO KWAN PRESENTS

2017 Spring Invitational Tournament

Sunday, MAY 21

**Traditional Taekwon-do Belmont Do-jang
2940A SE Belmont St., Portland, OR 97214**

Black belt competition starts at 10 a.m. - colored belts at 12 noon

**Forms
Sparring
Board Breaking
Demonstration Teams
“Build the Castle” competition**

**Olympic style medals for all competition.
Adult and Children's Grand Champion Trophies
Forms Grand Champion Trophy
Demo team trophies**

Entry fee:

\$35

***If registered by May 19—otherwise
\$10 more. Family discount: \$20 for each
family member after the first.***

**For more information, call:
(503) 736-9634**



2017 Traditional Taekwon-do Invitational Tournament - Divisions

Forms

Forms divisions will be split on kup and dan rank as well as age. Usually two kup levels will be grouped together.

Tiny Tigers (4 – 6) Partial first form OR full form

Children (7 – 14)*

Adults (15+)

Weapons (if there are enough contestants, there may be black belt and colored belt divisions)

NOTE: Students who promoted in the previous two weeks and do not know all of their new form may perform their previous form.

Board Breaking (Orange Belts & Above)

Boards must be 1 x 12-inch pine, cut into widths no less than 9 ½ inches nor more than 10 inches. Boards will be available for purchase at the tournament.

Competitors may attempt to break multiple boards with a single technique and also to break with consecutive techniques, but in the latter case, all techniques must be done in **continuous motion**. There will not be one set up of a break and then a totally separate set up of another break. Each competitor gets two attempts to break boards, with the second attempt receiving a half score. Competitors must set up and attempt their break within 60 seconds.

Power Kicking (novice students only, Yellow Belts and Below)

Competitors will kick three target shields, each held by a different judge. The judges then will score them on their impact.

Note: Novice students are typically white or yellow belts with less than a year of continuous training. Intermediate and advanced students are those who have trained continuously for a year or more.

Demonstration Teams

Demonstration teams can be two to four students of mixed ages and belts. A synchronized form is mandatory and any other aspect of your martial art may also be demonstrated, so long as safety prevails. Each team has two minutes to conduct the demonstration.

Sparring

Sparring is entirely non-contact point sparring. A groin cup is mandatory, however. Divisions will be split according to rank, age and size. Two or three kup levels may be put together.

Tiny Tigers (4-7)

Children (8 -11)*

Juniors (12 -14)*

Adults (15+)

Seniors (50+)

Build the Castle

This is a competition in which students do jumping kicks over a belt stretched between two judges. With each pass, the belt is raised until only one student has cleared the height. There will be three to four divisions, based on size.

**Discretion, in consultation with the student's instructors, will be used in placing children competitors in the most appropriate divisions.*