11TH U.S. 2016 MASTERS TAEKWONDO OPEN

& MASSACHUSETTS STATE FALL CHAMPIONSHIP

SATURDAY NOVEMBER 5th & SUNDAY NOVEMBER 6th

GRAFTON HIGH SCHOOL, GRAFTON, MA

Tel 508-792-5534 Email ShrewsburyUSTC@gmail.com

Elite Sparring
&
Sports Poomsae
Grand Champions

Win Airline Tickets
for
2017 US Open Championship

POOMSAE
SPARRING
BOARD BREAKING
ELITE SPARRING

DEMO TEAMS
TEAM POOMSAE
POWER BREAKING
SPORTS POOMSAE

U.S.M.O.

Sponsored By: DYNAMICS

Hosted By: U.S. JAE H. JEONG'S TAEKWONDO CENTER

Sanctioned By: MSTA Massachusetts State Taekwondo Association

Hosted By: U.S. H.Y. KIM'S TAEKWONDO CENTER

Proceeds Go To: Easter Seals DISABILITY SERVICES

www.jeongsustc.com

11TH U.S. 2016 MASTERS TAEKWONDO OPEN

Saturday November 5th & Sunday November 6th 2016

To All Masters, Instructors, Students, Families & Friends:

Welcome to Massachusetts and to the 11th Annual U.S. Masters TKD Open (U.S.M.O.) & Massachusetts State Tae Kwon Do Association (M.S.T.A.) Fall Championships!

The U.S.M.O and the M.S.T.A. have come together again. This is a special time for all of New England to be proud to be involved. As this year's tournament will reach new heights! The Event Generally draws 500 competitors. By partnering with the M.S.T.A our goal is to further develop New England as a Premier area for Tae Kwon Do.

Your presence at this event gives great testimony to the hard work, diligence, and sacrifice on the part of, not only the competitors, but also of the family and friends here in attendance. You represent the athletes, coaches and families around the New England area, who devote innumerable hours to perpetuate our martial art. You have our deepest and sincerest gratitude.

As you may have seen or if you are new to our tournament, we strive to continue to improve the environment, competition and opportunities for all competitors. Here are some things to look forward to.

-Two Day Tournament - Saturday November 5th and Sunday November 6th
-Official matted rings & Electronic Scoring with KP&P
-Elite Sparring for 15 & up - 4 Airline Tickets to the U.S. Open 2017 for the winners!
-Over 50 different martial arts academies participating
-Over 95% Rate of 3 or more competitors per division!
-Team Poomsae Competition
-Demo Team Competition
-New this year Sports Poomsae - 4 Airline Tickets to the U.S. Open 2017 for the winners!
-Power Breaking Competition - New division available

Finally, we are donating all of our program book proceeds to Easter Seals Disability Services. Easter Seals provides services to ensure that children and adults with disabilities have equal opportunities to live, learn, work and play. Giving back is a very important aspect of the martial arts. With your support and given the competitor's great competition, this should make for a most exciting event in 2016.

If you have any questions about the tournament package you received, please do not hesitate to ask. You should be receiving a call from us soon to make sure you received our package. See you there!

U.S.M.O.
Grandmaster Jae H. Jeong's USTC Shrewsbury, Ma
Master Hee Y. Kim's USTC Waltham, Ma

J.H. JEONG'S U.S. TAEKWONDO CENTER

MSTA Massachusetts State Taekwondo Association

H.Y. KIM'S U.S. TAEKWONDO CENTER

11TH U.S. 2016 MASTERS TAEKWONDO OPEN

Championship Timeline

Friday November 4th

7:00PM - 8:00PM Weigh in for Elite Sparring Competitors @ Grafton High School

Saturday November 5th

12:00PM - 1:00PM Weigh in for Elite Sparring Competitors @ Grafton High School

1:00PM Competition Registration for Officials, Referees, Competitors, Coaches & VIP Masters
Officials, Referees & Coaches Meeting. Review rules and changes, if any, for today's event

1:30PM Junior & Senior Divisions - Elite Sparring
Adult & Senior Divisions - Poomsae, Board Breaking & Sparring

2:30PM All Divisions - Power Breaking
All Divisions - Sports Poomsae
All Ages - Team Poomsae

3:30PM Demo Team

Sunday November 6th 2016

9:00AM Competition Registration for Officials, Referees, Competitors, Coaches & VIP Masters
Officials, Referees & Coaches Meeting. Review rules and changes, if ay, for today's event

9:30AM Junior Division - **Ages 4 & 5** - Poomsae, Board Breaking & Sparring
Junior Division - **Ages 8 & 9** - Poomsae, Board Breaking & Sparring

11:30AM Junior Division - **Ages 6 & 7** - Poomsae, Board Breaking & Sparring

12:00PM **Opening Ceremonies**
Demo Team Finals

1:00PM Junior Division - **Ages 10 & 11** - Poomsae, Board Breaking & Sparring

2:30PM Junior Division - **Ages 12 - 17** - Poomsae, Board Breaking & Sparring

Please be aware that these are tentative times & events may move faster or slower.
So listen to announcers throughout day

INDIVIDUAL COMPETITOR APPLICATION

****WARNING: YOU MUST FILL OUT THE FORM COMPLETELY OR IT CANNOT BE PROCESSED****

Last Name _____ First Name _____ ☐ Male

Address _____ City _____ State ____ Zip _____ ☐ Female

Age _____ D.O.B ____/____/____ Weight _____ lbs Height ____ ft ____ in

E-Mail _____ Phone No. _____

School/Club _____ Instructor _____

Address _____ City _____ State ____ Zip _____

E-Mail _____ Phone No. _____ Fax No. _____

Any Questions Please Contact Us: tkdwaltham@gmail.com - Tel (781) 373-1324 - Fax (508) 767-0113

Division Selection

If you Check " Poomsae 2 ", you will be put in Beginners Division for all Standard Events

☐ Junior Division - Ages 4-17 ☐ Adult Division - Ages 18-34 ☐ Senior Division - Ages 35 & Up

Beginner	Intermediate A	Intermediate B	Advanced	Black Belt	
☐ Poomsae 1	☐ Poomsae 3	☐ Poomsae 5	☐ Poomsae 7	☐ Koryo	☐ Keum Gang
☐ Poomsae 2	☐ Poomsae 4	☐ Poomsae 6	☐ Poomsae 8	☐ Tae Baek	☐ Pyongwon

Event Selection

Please check all the events you wish to compete in. Competitors may only compete in up to 2 Standard Events not including Special, Team or Elite Events. *Elite Sparring and Sports Poomsae are for Black Belt Competitors ONLY*

Standard Events (2 Events Max)			Special Event	Elite / Team Events	
☐ Poomsae	☐ Sparring	☐ Board Breaking	☐ Power Breaking	☐ Team Poomsae	☐ *Elite Sparring
				☐ Demo Team	☐ *Sports Poomsae

Early Registration	Standard Registration	Same Day Registration
Before October 1st 1st Event **$70**	Before November 2nd 1st Event **$80**	November 5th & 6th 1st Event **$100**

Please Complete Additional Forms For Events Listed Above
Additional fees will apply

1. **Each** additional Standard Event is **$10 more**
2. **Power Breaking** as an additional event will cost **$35**
3. **Power Breaking -** Boards are included
4. Competitors participating **Only Power Breaking -** First event fee applies
5. Each entry of a "**NEW**" division constitutes another entry fee
   Example: Junior Sparring $70 + Adult Sparring $70 = $140

Payment

*Make Cashiers checks and money orders payable to **USMO** - ***No Personal Checks Accepted***

Total Amount Enclosed: $_____

Spectator General Admission
$10 Per Day Per Person
$15 for 2 Days Per Person
Under 4 years Free

VISA MasterCard Credit Cards Only* POSPay

Credit Card#:_____-_____-_____-_____ Exp. Date:____/____ Security Code(back of card):_____

Card Holder Name:_____ Card Zip Code: _____

Card Holder Signature:_____ Date: _____/_____/_____

Liability Waiver & Release

I or the minor(the child) hereby release, discharge, covenant not to sue and agree to hold harmless to any clubs(academies) at the 11th U.S. Masters Open Tae Kwon Do Championships or has a vested interest in the activity, their respective administrators, directors, agents, officers, volunteers, referees, employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises of the event location (each considered on of the "Releasees" herein) from all liability, claims, demands, losses, or damages on account caused or alleged to be caused or alleged to be caused in whole or in part by the negligence of the "Releasees" or otherwise, including negligent rescue operations and further agree that if, despite this release, I, or anyone on my/the minor's from any litigation expenses, attorney fees, loss liability, damage or cost that may incur as a result of any such claim. I have read this agreement, fully understand its terms, understand that I/the minor have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by the law and agree that if any portion of this agreement is held to be invalid, that the balance, notwithstanding, shall continue in full force and effect.

Competitor Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____
(If Competitor is Under 18 Years Old)

Please mail completed application to:
11th U.S. Masters Open TKD Championship
H.Y. Kim's U.S. Tae Kwon Do Center
32 Warren St, Waltham, MA 02453

MALE ELITE SPARRING APPLICATION

****WARNING: YOU MUST FILL OUT THE FORM COMPLETELY OR IT CANNOT BE PROCESSED****

Last Name _____ First Name _____ ☒ Male

Address _____ City _____ State ____ Zip _____ ☐ ~~Female~~

Age _____ D.O.B ____/____/____ Weight _____ lbs Height ____ ft ____ in

E-Mail _____ Phone No. _____

School/Club _____ Instructor _____

Address _____ City _____ State ____ Zip _____

E-Mail _____ Phone No. _____ Fax No. _____

Any Questions Please Contact Us: tkdwaltham@gmail.com - Tel (781) 373-1324 - Fax (508) 767-0113

Division Selection

Competitors will weighed on Friday November 4 at Grafton High School and then given their weight division.
Competitors will be weighed again the day of competition. *All weights are in pounds*

Male 15 - 17 Years Old (Jr. Division)		Male 18 Years Old & Up
☐ **Fin** - 99 lbs & Under	☐ **Welter** - 129.9 - 138.6	☐ **Fin/Fly** - 128 lbs & Under
☐ **Fly** - 99.1 - 105.6	☐ **Lt Middle** - 138.7 - 149.6	☐ **Bantam/Feather** - 128.1 - 150
☐ **Bantam** - 105.7 - 112.2	☐ **Middle** - 149.7 - 160.6	☐ **Light/Welter** - 150.1 - 176.4
☐ **Feather** - 112.3 - 121	☐ **Lt Heavy** - 160.7 - 171.6	☐ **Middle/Heavy** - 176.5 & Up
☐ **Light** - 121.1 - 129.8	☐ **Heavy** - 171.7 & Up	

Top 2 Male competitors will win an Airline ticket to the 2017 USAT U.S. Open Championship.
1 Ticket for Junior Division and 1 for Adult Division Winners
Please include a profile picture and competition bio of yourself with this application.
Please be sure to read all the rules and regulations included in the information package

Early Registration	Standard Registration	Same Day Registration
Before October 1st	Before November 2nd	November 5th & 6th
$100	**$120**	**$150**

Payment

*Make Cashiers checks and money orders payable to **USMO** - ***No Personal Checks Accepted***

Total Amount Enclosed: $_____

Spectator General Admission
$10 Per Day Per Person
$15 for 2 Days Per Person
Under 4 years Free

VISA MasterCard Credit Cards Only* POSPay

Credit Card#:_____-_____-_____-_____ Exp. Date:____/____ Security Code(back of card):_____

Card Holder Name:_____ Card Zip Code: _____

Card Holder Signature:_____ Date: _____/_____/_____

Liability Waiver & Release

I or the minor(the child) hereby release, discharge, covenant not to sue and agree to hold harmless to any clubs(academies) at the 11th U.S. Masters Open Tae Kwon Do Championships or has a vested interest in the activity, their respective administrators, directors, agents, officers, volunteers, referees, employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises of the event location (each considered on of the "Releasees" herein) from all liability, claims, demands, losses, or damages on account caused or alleged to be caused or alleged to be caused in whole or in part by the negligence of the "Releasees" or otherwise, including negligent rescue operations and further agree that if, despite this release, I, or anyone on my/the minor's from any litigation expenses, attorney fees, loss liability, damage or cost that may incur as a result of any such claim. I have read this agreement, fully understand its terms, understand that I/the minor have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by the law and agree that if any portion of this agreement is held to be invalid, that the balance, notwithstanding, shall continue in full force and effect.

Competitor Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____
(If Competitor is Under 18 Years Old)

Please mail completed application to:
11th U.S. Masters Open TKD Championship
H.Y. Kim's U.S. Tae Kwon Do Center
32 Warren St, Waltham, MA 02453

FEMALE ELITE SPARRING APPLICATION

****WARNING: YOU MUST FILL OUT THE FORM COMPLETELY OR IT CANNOT BE PROCESSED****

Last Name _____ First Name _____ ☐ ~~Male~~

Address _____ City _____ State ____ Zip _____ ☒ Female

Age _____ D.O.B ____/____/____ Weight _____ lbs Height ____ ft ____ in

E-Mail _____ Phone No. _____

School/Club _____ Instructor _____

Address _____ City _____ State ____ Zip _____

E-Mail _____ Phone No. _____ Fax No. _____

Any Questions Please Contact Us: tkdwaltham@gmail.com - Tel (781) 373-1324 - Fax (508) 767-0113

Division Selection

Competitors will weighed on Friday November 4 at Grafton High School and then given their weight division.
Competitors will be weighed again the day of competition. *All weights are in pounds*

Female 15 - 17 Years Old (Jr. Division)		Female 18 Years Old & Up
☐ **Fin** - 92.4 lbs & Under	☐ **Welter** - 114.5 - 121	☐ **Fin/Fly** - 108 lbs & Under
☐ **Fly** - 92.5 - 96.8	☐ **Lt Middle** - 121.1 - 129.8	☐ **Bantam/Feather** - 108.1 - 125.7
☐ **Bantam** - 96.9 - 101.2	☐ **Middle** - 129.9 - 138.6	☐ **Light/Welter** - 125.8 - 149.9
☐ **Feather** - 101.3 - 107.8	☐ **Lt Heavy** - 138.7 - 149.6	☐ **Middle/Heavy** - 150 & Up
☐ **Light** - 107.9 - 114.4	☐ **Heavy** - 149.7 & Up	

Top 2 Female competitors win an Airline ticket to the 2017 USAT U.S. Open Championship.
1 Ticket for Junior Division and 1 for Adult Division Winners
Please include a profile picture and competition bio of yourself with this application.
Please be sure to read all the rules and regulations included in the information package

Early Registration	Standard Registration	Same Day Registration
Before October 1st	Before November 2nd	November 5th & 6th
$100	**$120**	**$150**

Payment

*Make Cashiers checks and money orders payable to **USMO** - ***No Personal Checks Accepted***

Total Amount Enclosed: $_____

Spectator General Admission
$10 Per Day Per Person
$15 for 2 Days Per Person
Under 4 years Free

VISA MasterCard Credit Cards Only* POSPay

Credit Card#:_____-_____-_____-_____ Exp. Date:____/____ Security Code(back of card):_____

Card Holder Name:_____ Card Zip Code: _____

Card Holder Signature:_____ Date: _____/_____/_____

Liability Waiver & Release

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Competitor Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____
(If Competitor is Under 18 Years Old)

Please mail completed application to:
11th U.S. Masters Open TKD Championship
H.Y. Kim's U.S. Tae Kwon Do Center
32 Warren St, Waltham, MA 02453

SPORTS POOMSAE APPLICATION

****WARNING: YOU MUST FILL OUT THE FORM COMPLETELY OR IT CANNOT BE PROCESSED****

Last Name _____ First Name _____ ☐ Male

Address _____ City _____ State ____ Zip _____ ☐ Female

Age _____ D.O.B ____/____/____ Weight _____ lbs Height ____ ft ____ in

E-Mail _____ Phone No. _____

School/Club _____ Instructor _____

Address _____ City _____ State ____ Zip _____

E-Mail _____ Phone No. _____ Fax No. _____

Any Questions Please Contact Us: tkdwaltham@gmail.com - Tel (781) 373-1324 - Fax (508) 767-0113

Division Selection

Black Belt competitors only. All divisions selections are the same for both male and female competitors

☐ **Cadet**	☐ **Junior**	☐ **Under 30**	☐ **Under 40**	☐ **Over 40**
Ages 12 - 14	Ages 15 - 17	Ages 18 - 30	Ages 31 - 40	Ages 41 - Up

Grand Champions 4 Airline Tickets For 2017 U.S. Open Championship.

2 Tickets for Junior Division and Under
(1 Male & 1 Female)
2 Tickets for Adult Division & Up
(1 Male & 1 Female)

4 Medalist from each Cadet and Junior divisions
Compete for 2 Airline Tickets (male & female)

4 Medalist from Under 30, Under 40
& Over 40 divisions each
Compete for 2 Airline Tickets (male & female)

Early Registration	**Standard Registration**	**Same Day Registration**
Before October 1st	Before November 2nd	November 5th & 6th
$100	**$120**	**$150**

Payment

*Make Cashiers checks and money orders payable to **USMO** - ***No Personal Checks Accepted***

Total Amount Enclosed: $_____

Spectator General Admission
$10 Per Day Per Person
$15 for 2 Days Per Person
Under 4 years Free

VISA MasterCard Credit Cards Only* POSPay

Credit Card#:_____-_____-_____-_____ Exp. Date:____/____ Security Code(back of card):_____

Card Holder Name:_____ Card Zip Code: _____

Card Holder Signature:_____ Date: _____/_____/_____

Liability Waiver & Release

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Competitor Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____
(If Competitor is Under 18 Years Old)

Please mail completed application to:
11th U.S. Masters Open TKD Championship
H.Y. Kim's U.S. Tae Kwon Do Center
32 Warren St, Waltham, MA 02453

TEAM POOMSAE APPLICATION

****WARNING: YOU MUST FILL OUT THE FORM COMPLETELY OR IT CANNOT BE PROCESSED****

Team Name _____ **3 Person Teams Only**

School/Club _____ Instructor _____

Address _____ City _____ State _____ Zip _____

E-Mail _____ Phone No. _____ Fax No. _____

Team Member #1

Last Name _____ First Name _____ Age _____ ☐ Male ☐ Female

Belt Rank _____ Phone _____ Signature _____

(Guardian signature if under 18 years old)

Team Member #2

Last Name _____ First Name _____ Age _____ ☐ Male ☐ Female

Belt Rank _____ Phone _____ Signature _____

(Guardian signature if under 18 years old)

Team Member #3

Last Name _____ First Name _____ Age _____ ☐ Male ☐ Female

Belt Rank _____ Phone _____ Signature _____

(Guardian signature if under 18 years old)

Any Questions Please Contact Us: tkdwaltham@gmail.com - Tel (781) 373-1324 - Fax (508) 767-0113

Division Selection

All teams will compete against each other regardless of age, gender, belt rank and Poomsae selection.

Beginner	Intermediate A	Intermediate B	Advanced	Black Belt	
☐ Poomsae 1	☐ Poomsae 3	☐ Poomsae 5	☐ Poomsae 7	☐ Koryo	☐ Keum Gang
☐ Poomsae 2	☐ Poomsae 4	☐ Poomsae 6	☐ Poomsae 8	☐ Tae Baek	☐ Pyongwon

Early Registration	Standard Registration	Same Day Registration
Before October 1st	Before November 2nd	November 5th & 6th
$90	**$120**	**$150**

Payment

*Make Cashiers checks and money orders payable to **USMO** - ***No Personal Checks Accepted***

Total Amount Enclosed: $_____

Spectator General Admission
$10 Per Day Per Person
$15 for 2 Days Per Person
Under 4 years Free

VISA MasterCard Credit Cards Only* POSPay

Credit Card#:_____-_____-_____-_____ Exp. Date:____/____ Security Code(back of card):_____

Card Holder Name:_____ Card Zip Code: _____

Card Holder Signature:_____ Date: _____/_____/_____

Liability Waiver & Release

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Competitor Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____
(If Competitor is Under 18 Years Old)

Please mail completed application to:

11th U.S. Masters Open TKD Championship
H.Y. Kim's U.S. Tae Kwon Do Center
32 Warren St, Waltham, MA 02453

DEMONSTRATION TEAM APPLICATION

****WARNING: YOU MUST FILL OUT THE FORM COMPLETELY OR IT CANNOT BE PROCESSED****

Team Name_____

School/Club_____ Instructor _____

Address_____ City _____ State_____ Zip _____

E-Mail _____ Phone No. _____ Fax No. _____

Teams must consist of a minimum of 10 or maximum of 25 competitors.
Each member of the team must also compete in at least 1 standard individual event.
If a member is found not to compete individually, the team will be disqualified.

Full Name (Print Clearly)	Age	Full Name (Print Clearly)	Age
1)		14)	
2)		15)	
3)		16)	
4)		17)	
5)		18)	
6)		19)	
7)		20)	
8)		21)	
9)		22)	
10)		23)	
11)		24)	
12)		25)	
13)			

Early Registration	Standard Registration	3rd Place Winners	2nd Place Winners	1st Place Winners
Before October 1st	Before November 2nd	Receive	Receive	Receive
$250	**$300**	**$300**	**$500**	**$1,000**

Payment

*Make Cashiers checks and money orders payable to **USMO** - ***No Personal Checks Accepted***

Total Amount Enclosed: $_____

Spectator General Admission
$10 Per Day Per Person
$15 for 2 Days Per Person
Under 4 years Free

Credit Cards Only*

Credit Card#:_____-_____-_____-_____ Exp. Date:____/____ Security Code(back of card):_____

Card Holder Name:_____ Card Zip Code: _____

Card Holder Signature:_____ Date: _____/_____/_____

Liability Waiver & Release

We, as individual members of this team, hereby release, discharge, covenant not to sue and agree to hold harmless to any clubs(academies) at the 11th U.S. Masters Open Tae Kwon Do Championships or who has a vested interest in the activity, their respective administrators, directors, agents, officers, volunteers, referees, employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises of the event location (each considered on of the "Releasees" herein) from all liability, claims, demands, losses, or damages on account caused or alleged to be caused or alleged to be caused in whole or in part by the negligence of the "Releasees" or otherwise, including negligent rescue operations and further agree that if, despite this release, I, or anyone on my/the minor's from any litigation expenses, attorney fees, loss liability, damage or cost that may incur as a result of any such claim. I have read this agreement, fully understand its terms, understand that I/the minor have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by the law and agree that if any portion of this agreement is held to be invalid, that the balance, notwithstanding, shall continue in full force and effect.

Team Captain Signature:_____ Date: _____

Instructor Signature:_____ Date: _____

Please mail completed application to:
11th U.S. Masters Open TKD Championship
H.Y. Kim's U.S. Tae Kwon Do Center
32 Warren St, Waltham, MA 02453

Contact Us: tkdwaltham@gmail.com - Tel (781) 373-1324 - Fax (508) 767-0113

EVENT RULES & REGULATIONS

Divisions					
Junior Division - Ages 4-17		**Adult Division -** Ages 18-34		**Senior Division -** Ages 35 & Up	
Beginner	**Intermediate A**	**Intermediate B**	**Advanced**	**Black Belt**	
Poomsae 1	Poomsae 3	Poomsae 5	Poomsae 7	Koryo	Keum Gang
Poomsae 2	Poomsae 4	Poomsae 6	Poomsae 8	Tae Baek	Pyongwon

Poomsae

General Rules:

1. Competitors must use W.T.F. Taeguek forms only
2. Two competitors will perform at the same time - Chong vs Hong - Winner will advance
3. Competitors may perform their poomsae as many as 4 or more times depending on division

Judging Criteria:

For the U.S.M.O Tournament only, not in accordance with the National Rules & Regulations

1. Knowledge of Poomsae (Most Important)
   A) If the competitor had to start over, they will lose automatically
   B) If they make one minor mistake, then go to 2nd judgement category
   C) If more than two mistakes compared to other competitor with no mistakes, they will lose
   D) If both competitors make mistake then they will be judged based on the following Technical Breakdown
2. Technical Breakdown
   A) 30% - Power & Snap
   B) 30% - Stance/Balance
   C) 30% - Hand position (Start and Finish)
   D) 10% - Confidence

Team Poomsae

General Rules:

1. Three person team only
2. Only 1 Division - All Belts (White through Black) - All Ages - Male & Female
3. Must choose 1 form from the following - Taeguek 1-8, Koryo, Keum Gang, Tae Baek or Pyongwon
4. Teams will perform in single eliminations - Chong vs Hong - Winner will advance
5. Divisions will be decided the day of the event
6. Every team must have a Team Name

Judging Criteria:

1. Team Work
2. Technique
3. Power & Snap
4. Grace & Smoothness

Sports Poomsae

General Rules:

1. Black Belt Competitors Only
2. All competitors will perform the same Poomsae
3. Final round will be conducted according to the National Rules and Regulations

EVENT RULES & REGULATIONS

Divisions					
Junior Division - Ages 4-17		**Adult Division -** Ages 18-34		**Senior Division -** Ages 35 & Up	
Beginner	**Intermediate A**	**Intermediate B**	**Advanced**	**Black Belt**	
Poomsae 1	Poomsae 3	Poomsae 5	Poomsae 7	Koryo	Keum Gang
Poomsae 2	Poomsae 4	Poomsae 6	Poomsae 8	Tae Baek	Pyong Won

Board Breaking

General Rules:

1. Competitors must supply or purchase their boards on site
2. Competitors may choose their own break techniques and number of boards they want to break
3. Competitors must use 3 different stations (no more, no less)
4. The maximum time to setup each station and perform their breaks is 3 minutes
5. Only 3 break attempts per station is allowed
6. Competitors may do multiple breaks per station, but must have a cohesive transition
   A) Judges may deliberate the use of a competitors multi board break station and score accordingly

Judging Criteria
Score > 5.0(Low) – 10.0(high)

1. Difficulty of Technique will be based on the following.
   A) Every competitor begins with a Score of 5.0
   B) If the 1st break attempt is successful, add 1.0 point for that station (3 stations for a total of 3 points)
   C) If they break the boards on the 2nd attempt, give 0.5 points for that station.
   D) 3rd attempt receives 0.0 Points for that station.
      Ex. - Smith completed 2 stations on the 1st try and 1 station on the 2nd try, they will get a score of 7.5
2. Each station can receive extra points for the difficulty of technique *Note hands can be used*
   A) 0.5 - Multiple Spinning Jump Kick
   B) 0.4 - Multiple Jump Kick
   C) 0.3 - Jumping Spinning Kick
   D) 0.2 - Spinning Kick or Jumping Kick
3. Difficulty of breaking will also be based on the number of boards
   A) Number of boards held at one time
      Note - Spacers between boards are easier to break as opposed to no spacers.
   B) Each station can receive an extra point for power breaking instead of difficulty, up to 0.5 points
      Ex. - Two boards power spin punch can earn up to 0.5 points for power hand technique
   C) Total Number of Boards in Performance
4. Presentation is based on Confidence, Balance, Rhythm & Manner:
   A) Competitors displaying good confidence, balance, rhythm and good manner from entrance to the ring to the completion of their performance, is superior to that of the competitor without these values and can earn up to 0.5 final extra points

EVENT RULES & REGULATIONS

Power Breaking Divisions

Junior - Ages 11 & Under		**Teen** - Ages 12-17		**Female Adult** - Ages 18 & Up		**Male Adult** - Ages 18 & Up	
Elimination	**Final**	**Elimination**	**Final**	**Elimination**	**Final**	**Elimination**	**Final**
5 Boards	8 Boards	5 Boards	8 Boards	8 Boards	10 Boards	10 Boards	15 Boards

Power Breaking

General Rules

1. All boards will be provided for the competitors of the Power Breaking Event (Standard Adult Board)
2. ½" Pine Boards will be used **Only** for the Junior Division
3. Must use hammer fist or palm strike techniques
4. Must break boards as prepared. 1 stack of boards set atop of 2 cinder blocks
5. At the least, the top 4 competitors will move on from the elimination round
   Ex. If 2 out of 6 competitors break all the boards, the next 2 competitors who broke the most boards will move on to the final round
6. If all competitors in a single division do not break all the boards, **but** they all break the same number of boards then they all move on to the final round
7. The winner will be based on the number of boards broken in the final round only

Elite Sparring

Elite Sparring Male Divisions

Male 15 - 17 Years Old (Jr. Division)		Male 18 Years Old & Up
Fin - 99 lbs & Under	**Welter** - 129.9 - 138.6	**Fin/Fly** - 128 lbs & Under
Fly - 99.1 - 105.6	**Lt Middle** - 138.7 - 149.6	**Bantam/Feather** - 128.1 - 150
Bantam - 105.7 - 112.2	**Middle** - 149.7 - 160.6	**Light/Welter** - 150.1 - 176.4
Feather - 112.3 - 121	**Lt Heavy** - 160.7 - 171.6	**Middle/Heavy** - 176.5 & Up
Light - 121.1 - 129.8	**Heavy** - 171.7 & Up	

Elite Sparring Female Divisions

Female 15 - 17 Years Old (Jr. Division)		Female 18 Years Old & Up
Fin - 92.4 lbs & Under	**Welter** - 114.5 - 121	**Fin/Fly** - 108 lbs & Under
Fly - 92.5 - 96.8	**Lt Middle** - 121.1 - 129.8	**Bantam/Feather** - 108.1 - 125.7
Bantam - 96.9 - 101.2	**Middle** - 129.9 - 138.6	**Light/Welter** - 125.8 - 149.9
Feather - 101.3 - 107.8	**Lt Heavy** - 138.7 - 149.6	**Middle/Heavy** - 150 & Up
Light - 107.9 - 114.4	**Heavy** - 149.7 & Up	

General Rules - will follow National Rule & Regulations

1. Must be a Black Belt to compete in Elite
2. Full contact body & head
3. 2 Rounds - 1 minute 30 seconds

Scoring - 1 point will be awarded for a body area hit with proper contact
3 points for spinning kick to body area
3 points will be awarded for a kick to the head area with proper contact
4 points will be awarded for a spinning head kick

EVENT RULES & REGULATIONS

Sparring

General Rules:

1. 2 Rounds - 1 minute - All Belts All Ages
2. Equipment: **Mandatory**. Any missing equipment and you can not compete
   A) Standard V-Neck Tae Kwon Do Uniform in good condition
   B) Chest Guard & Head Guard - White, Red or Blue helmets only
   C) Shin & Arm Guards - Must have instep pad covering the top of the foot
   D) Groin Protector - Required For Males
   E) Mouth Guards - Must be clear

We also remind you to observe proper personal hygiene (ex. short clean nails, clean body & uniform)

11 Years Old & Under (All Belts): <u>NO HEAD CONTACT</u>

The rules concerning a kick to the face shall be as follows -

1. Any technique to the head which does not cause any injury, will be given a warning by the referee (Kyong-go)
2. Any technique, which causes any injury to the head will result in a 1 point deduction by the referee (Gam-jeom)
3. If the competitor cannot continue because of the injury to the head area, the attacker will be disqualified

Scoring - 1 point will be awarded for a body area hit with proper contact
3 points for spinning kick to the body area with proper contact

12 Years Old & Up (All Belts): <u>LIGHT HEAD CONTACT</u>

1. The competitor is allowed to kick to the facial area. The kick must be light contact with absolute control without causing any injury or excessive contact, or the appropriate penalty shall be invoked.
2. The competitor who executes a successful technique shall be awarded 2 points.
3. The competitor who executes a kick to the face which results in a minor injury shall receive a one-point deduction (Gam-jeom) . A minor injury is defined as abrasion or bleeding caused by non-excessive contact. The referee, with or without consultation with the tournament physician, shall determine if the abrasion or bleeding is a minor injury, and if the attack is a non-excessive one.
4. The competitor who executes a kick to the face which results in the inability of the opponent to continue sparring because of injury shall be disqualified. The referee, with or without consultation with the tournament physician, shall determine if the attack is an excessive contact, and if the injury is a major one.

Scoring - 1 point will be awarded for a body area hit with proper contact
3 points for spinning kick to body area
3 points will be awarded for a controlled kick to the head area with proper contact

EVENT RULES & REGULATIONS

Demo Team

General Rules

1. All Demo Team members must participate in the individual events if not the team is disqualified
2. Team members can be of any age and belt rank
3. No Coaching or instruction from coaches allowed during the demonstration, unless they are participating in the demonstration
4. Number of team participants
   A) Minimum number of team competitors is 10
   B) Maximum number of team competitors is 25
5. Time Permitted
   A) One minute for set up
   B) Six minutes for demonstration
6. Technical requirements:
   A) Forms
   B) Board breaking
   C) Self defense
7. Miscellaneous:
   A) Equipment and costumes can be chosen by school demo team
   B) Any weapons used must be imitations
8. Scoring based on -
   A) Team Spirit
   B) Originality
   C) Organization of set-up and performance
   D) Technical requirements
   E) Deductions for exceeding 6 minute time limit will be assessed as follows
      I. Over limit within 30 seconds - 7 point deductions.
      II. Over 30 seconds - 10 points deduction.
   F) There will be 5 judges who can score the max of 10 points each
9. Top 3 school demo teams will be competing for a school trophy and the following prizes for their sponsoring schools November 6th Sunday during the Opening Ceremony

   1st Place - $1000
   2nd Place - $500
   3rd Place - $300

VOLUNTEER APPLICATION

Last Name _____ First Name _____ ☐ Male

Address _____ City _____ State ____ Zip _____ ☐ Female

E-Mail _____ Phone No. _____

TKD School _____ Black Belt Rank _____

Volunteers will receive a staff t-shirt and lunch provided by the USMO Committee.
If you are a returning volunteer and have any comments or suggestions to help us better improve this years tournament proceedings please use the space provided below.

T- Shirt Size

☐ Small ☐ Medium ☐ Large ☐ X-Large ☐ XX-Large

Comments: _____

Limitations (if any): _____

Volunteer Date Selection

Friday November 4th	Saturday November 5th	Sunday November 6th	Sunday November 6th
☐ Set-Up	☐ Competition Day (12 PM - 6 PM)	☐ Competition Day (9 AM - 5 PM)	☐ Clean Up
4:00 PM - Finish	**Availability**	**Availability**	**End of Competition -Until Finish**
Meet @ Worcester Studio 1141 Main St Worcester	In _____ AM PM / Out _____ AM PM	In _____ AM PM / Out _____ AM PM	**(Typically 2 Hours)**

Liability Waiver & Release

In consideration of your acceptance of my entry, I do hereby, for myself, my heirs, executors, Administrators waive, release and forever discharge any and all rights and claims for damages which I may have or may accrue to me against, the 11th U.S. Masters Open Tae Kwon Do Championships 2016 and its tournament/organizing committee, all members of USMO or their respective officers, committees, medical personnel, agents, representatives, successors, and/or assignees, and against any competitor for any and all damages which may be sustained by me in connection with my association with or entry in the above athletic meet, or which may arise out of traveling to, participating in, and returning from this athletic meet I understand that Taekwondo is a body contact sport which involves risk of injury. I do hereby agree to all terms and conditions of the liability waiver above.

Print Name: _____ Date: _____

Signature: _____ Date: _____

Contact Us: tkdwaltham@gmail.com - Tel (781) 373-1324 - Fax (508) 767-0113

Please mail completed application to:

11th U.S. Masters TKD Championships
H.Y. Kim's U.S. Tae Kwon Do Center
32 Warren St, Waltham, MA 02453

REFEREE AND JUDGE APPLICATION

Last Name _____ First Name _____ ☐ Male

Address _____ City _____ State ____ Zip _____ ☐ Female

E-Mail _____ Phone No. _____

TKD School _____ Black Belt Rank _____

Applicants MUST be at least 1st Dan to Referee and/or Judge and include an ID size photo with application.
They will receive a Tournament Official t-shirt and lunch provided by the USMO Committee.
If you are a returning referee and/or judge and have any comments or suggestions to help us better improve this year tournament proceedings please use the space provided below.

T- Shirt Size

☐ Small ☐ Medium ☐ Large ☐ X-Large ☐ XX-Large

Tournament Experience

Check all that apply. Provide an approximate number of tournaments you've participated in as each position checked.

☐ Judge _____ ☐ Corner Judge _____ ☐ Center Ref _____ ☐ Lead Referee _____

I am more comfortable as a - ☐ Judge ☐ Corner Judge ☐ Center Ref ☐ Lead Referee

Comments: _____

_____

_____

_____

_____

Limitations (if any): _____

_____

Mandatory Dates

Saturday September 10th	Saturday October 29th	Saturday November 5th	Sunday November 6th
Referee Seminar	USAT Referee Certification Seminar	Competition Day	Competition Day
Grandmaster Jeong's U. S. T. C. 370 Boston Turnpike, Shrewsbury, Ma	Location - **TBA**	**Time**	**Time**
4:00 PM - 6:00 PM	**9:00 PM - 5:00 PM**	**Start** 12:00 PM / **Finish** 5:00 PM	**Start** 9:00 AM / **Finish** 4:00 PM

Liability Waiver & Release

In consideration of your acceptance of my entry, I do hereby, for myself, my heirs, executors, Administrators waive, release and forever discharge any and all rights and claims for damages which I may have or may accrue to me against, the 11th U.S. Masters Open Tae Kwon Do Championships 2016 and its tournament/organizing committee, all members of USMO or their respective officers, committees, medical personnel, agents, representatives, successors, and/or assignees, and against any competitor for any and all damages which may be sustained by me in connection with my association with or entry in the above athletic meet, or which may arise out of traveling to, participating in, and returning from this athletic meet I understand that Taekwondo is a body contact sport which involves risk of injury. I do hereby agree to all terms and conditions of the liability waiver above.

Print Name: _____ Date: _____

Signature: _____ Date: _____

Contact Us: tkdwaltham@gmail.com - Tel (781) 373-1324 - Fax (508) 767-0113

Please mail completed application to:

11th U.S. Masters Open TKD Championship
H.Y. Kim's U.S. Tae Kwon Do Center
32 Warren St, Waltham, MA 02453

V.I.P. MASTER APPLICATION

Last Name _____ First Name _____ ☐ Male

Address _____ City _____ State ____ Zip _____ ☐ Female

E-Mail _____ Phone No. _____

TKD School _____ Black Belt Rank _____

Applicants MUST be at least 4th Dan to apply.
You will receive lunch provided by the USMO Committee.
If you are a returning V.I.P. Master and have any comments or suggestions to help us better improve this year tournament proceedings please use the space provided below.

Comments: _____

Competition Attendance Dates

Check the days you will attending.

Saturday November 5th	Sunday November 6th	Sunday November 6th 12 PM - 1 PM
☐ Competition Day	☐ Competition Day	☐ Opening Ceremonies **Please check if you will be present for the opening ceremonies so we may prepare for proper introductions**

Liability Waiver & Release

In consideration of your acceptance of my entry, I do hereby, for myself, my heirs, executors, Administrators waive, release and forever discharge any and all rights and claims for damages which I may have or may accrue to me against, the 11th U.S. Masters Open Tae Kwon Do Championships 2016 and its tournament/organizing committee, all members of USMO or their respective officers, committees, medical personnel, agents, representatives, successors, and/or assignees, and against any competitor for any and all damages which may be sustained by me in connection with my association with or entry in the above athletic meet, or which may arise out of traveling to, participating in, and returning from this athletic meet I understand that Taekwondo is a body contact sport which involves risk of injury. I do hereby agree to all terms and conditions of the liability waiver above.

Print Name: _____ Date: _____

Signature: _____ Date: _____

Contact Us: tkdwaltham@gmail.com - Tel (781) 373-1324 - Fax (508) 767-0113

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11th U.S. Masters Open TKD Championship
H.Y. Kim's U.S. Tae Kwon Do Center
32 Warren St, Waltham, MA 02453

COACH APPLICATION

Last Name _____ First Name _____ ☐ Male

Address _____ City _____ State ____ Zip _____ ☐ Female

E-Mail _____ Phone No. _____

TKD School _____ Black Belt Rank _____

A Coach & Referee Meeting will be held Saturday and Sunday morning before each competition day is set to begin.
We will go over the rules and point system of the tournament and any adjustments or changes made by the USMO Committee.
All coaches are expected to know the basic sportsmanship etiquettes of sparring as a coach.
Ex. Make sure the competitors shake each others hands at the end of the match win or lose

Coach Selection

Please read carefully before making your selection.

☐ **Support Coach**
- Select if you are a parent or non-Black Belt Coach
- Can coach on the floor only

☐ **Official Coach**
- Select if you are a 1st Dan Black Belt or higher Coach
- Please attach a copy of your 1st Dan or higher WTF certificate with this application to Qualify.
- Can coach on the floor only

☐ **Master Coach**
- Select if you are a 4th Dan Black Belt or higher Coach
- Please attach a copy of your 4th Dan or higher WTF certificate with this application to Qualify.
- Can coach on the floor only

Support Coach	Official Coach	Master Coach
$30	**$20** ***With proper certification***	**Free** ***With proper certification***

Payment

*Make Cashiers checks and money orders payable to **USMO** - ***No Personal Checks Accepted***

Total Amount Enclosed: $_____

Spectator General Admission
$10 Per Day Per Person
$15 for 2 Days Per Person
Under 4 years Free

VISA MasterCard Credit Cards Only* POSPay

Credit Card#:_____-_____-_____-_____ Exp. Date:____/____ Security Code(back of card):_____

Card Holder Name:_____ Card Zip Code: _____

Card Holder Signature:_____ Date: _____/_____/_____

Liability Waiver & Release

In consideration of your acceptance of my entry, I do hereby, for myself, my heirs, executors, Administrators waive, release and forever discharge any and all rights and claims for damages which I may have or may accrue to me against, the 11th U.S. Masters Open Tae Kwon Do Championships 2016 and its tournament/organizing committee, all members of USMO or their respective officers, committees, medical personnel, agents, representatives, successors, and/or assignees, and against any competitor for any and all damages which may be sustained by me in connection with my association with or entry in the above athletic meet, or which may arise out of traveling to, participating in, and returning from this athletic meet I understand that Taekwondo is a body contact sport which involves risk of injury. I do hereby agree to all terms and conditions of the liability waiver above.

Print Name: _____ Date: _____

Signature: _____ Date: _____

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11th U.S. Masters Open TKD Championship
H.Y. Kim's U.S. Tae Kwon Do Center
32 Warren St, Waltham, MA 02453

ADVERTISEMENT APPLICATION

Business Name_____

Address_____ City _____ State _____ Zip_____

E-Mail _____ Phone No. _____

Contact Name_____ Phone No. _____

This can be a great opportunity for your business to be seen! This is also a great chance to give back to the community. Proceeds from this tournament will be donated to Easter Seals Disability Services. With over 600 competitors & over 1,500 people that attend this event yearly, it's the largest Tae Kwon Do tournament in the northeast 8 years in a row! The 2nd largest non-sanctioned tournament in United States in 2011.

Sponsorship Ad Selection

Please read carefully before making your selection. All pages will be in full color. You must supply your own ad.

Support Sponsor Your name listed in the program book **$25** ☐	**¼ Page Sponsor** **$100** ☐	**½ Page Sponsor** **$150** ☐
Full Page Sponsor **$250** ☐	**Full Page Inside Front Cover** **$500** ☐	**Full Page Inside Back Cover** **$500** ☐
Full Page Back Cover **$1000** ☐	**Vendor Booth** **$200** ☐	**Business Banner** Must Supply your own banner **$200** ☐

Application, payment and ad must be received by Friday October 21, 2016. No Exceptions.

Please email ad to shrewsburyustc@gmail.com - Subject: 2016 USMO Sponsors

Or mail to - U.S. Tae Kwon Do Center - 370 Boston Turnpike, Shrewsbury, MA 01545

Payment

Make Cashiers checks and money orders payable to **USMO** - ***No Personal Checks Accepted***

Total Amount Enclosed: $_____

VISA MasterCard Credit Cards Only* PoSPay

Credit Card#:_____-_____-_____-_____ Exp. Date:____/____ Security Code(back of card):_____

Card Holder Name:_____ Card Zip Code: _____

Card Holder Signature:_____ Date: _____/_____/_____

Print Name:_____ Date:_____

Signature:_____ Date:_____

Contact Us: tkdwaltham@gmail.com - Tel (781) 373-1324 - Fax (508) 767-0113