



ACT Taekwondo

State Championships

Sun 17th July 2011



ACT State Championships

All Age Groups & Belt Levels

Sparring & Technical



TA Hanmadang Selections

Open Black Belts

Poomsae - Pair, Team

Creative Poomsae - Team

Board Breaking

ACT Championships:

- ★ Sparring! Poomsae! Technical!
- ★ For beginners to advanced!

TA Selections:

- ★ TAPS for Individual Poomsae
- ★ Selections for Hanmadang, Korea!



Exhibition Park - Canberra ACT

Entries Open: 20th June to 8th July 2011

www.acttkd.com.au



ACT Taekwondo
presents the
ACT State Championships

Sunday 17th July, 2011

Coorong Pavilion

Exhibition Park, Canberra



Entries due Friday 8th July, 2011

www.acttkd.com.au

Your Invitation to Participate

Dear Taekwondo practitioner,

It gives us great pleasure on behalf of ACT Taekwondo to invite Australian Taekwondo practitioners to participate in the 2011 ACT State Championships. The event will be held in the city of Canberra, ACT, on Sunday 17th July 2011.

This event will give athletes of all levels the opportunity to participate, gain valuable competition experience and enjoy a fun-filled day. We aim to foster the development of future Taekwondo Champions and Olympians, from grass roots to seasoned athletes. Family and friends are also very welcome to watch and support!

Events on offer include sparring and a variety of technical events. In addition, Black Belts have the opportunity to enter the Taekwondo Australia Selections for the Hanmadang, an upcoming top-quality technical competition in Korea.

We look forward to having you as part of this fantastic event.

Yours sincerely,

Michael Griffiths

ACT Tournament Director



Competition Information

Hosted by: ACT Taekwondo

Competition Dates: Sunday 17th July (Sparring & Technical)

Competition Venue: Coorong Pavilion, Exhibition Park
Flemington Rd, Mitchell, ACT

Competition Entry: Entries open: Monday 20th June 2011
Entries close: Friday 8th July 2011, 12:00 Midnight EST.

Enter online at www.acttkd.com.au. Late entries will not be accepted.

Payment can be made by Visa or Mastercard.

Entry information and changes can be made using the reference number on your entry form.

Tournament Enquiries: For any entry enquiries please contact

Michael Griffiths
ACT Tournament Director
0421 041 161
Michael.Griffiths@dha.gov.au

Entry Fees: *By online entry only*
First Event - \$50
Each additional event - \$25

Events:
Sparring
Poomsae Individual
Poomsae Pair
Poomsae Team
Poomsae Family
Individual Creative to Music
Team Creative (no Music)
Board Breaking - plus \$3 per board

Spectator Fees:



All spectators welcome, no cost whatsoever. Family friendly!
You even get free entry into the Highest Kick Competition!

Eligible Competitors: Registered members of Taekwondo Australia with Taekwondo Australia sports membership card.

Hanmadang Eligibility:

1. Australian Citizen
2. 1st Poom/Dan Kukkiwon Black Belt
3. Current Australian Passport, with minimum 6month validity
4. 14 years or older

Selection Events:

Traditional Mixed Pair

Traditional Team

Creative Team (no music)

Board Breaking

For more information about the Hanmadang competition, please visit:

<http://www.kukkiwon.or.kr/eng/front/pr/news.action?cmd=View&category=1&seq=634>

Age Divisions: All competitors ages are **as at 31 December 2011** unless otherwise stated.

Tournament Rules: WTF Competition Rules
Sparring - *No head kicks* for 8-9, 10-11, 12-13 and 51+ age divisions
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.

Draw: Draws will be posted around the venue.
Head Instructors will receive one by email prior to the day.

Awards: All events recognise 1st, 2nd, and 3rd placings with Gold, Silver and Bronze medals.

Safety Equipment: Sparring competitors must wear WTF approved (full colour) trunk protector, groin (females optional), shin, arm, and head guards (matching colour or white) and gloves. Foot-gloves (matching the style of approved hand gloves) are accepted.

Mouthguards are compulsory and must be white or clear.

Uniforms: A Taekwondo Australia badge on the left sleeve is compulsory for all competitors. No other national association badges permitted.

- Coach registration:** All coaches must have Taekwondo Australia Coach Accreditation and register at www.taekwondoaustralia.org.au prior to entries closing. All coaches will be required to present their current TA Coaching Accreditation card.
- We ask that your club/state provide 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. A coach briefing meeting will occur 30 minutes prior to the start time of each day of the sparring competition. Coaches are required to attend briefings.
- Liability:** All participants in the tournament take part at their own risk. The organiser can under no circumstances be held responsible for any damages, injuries, or loss to individuals or equipment.
- Privacy:** Personal details collected are solely for the purpose of the competition involved. Health information (regarding existing conditions/allergies etc) is for our records only and will not be disclosed to first-aid personnel or any other party.
- Uncontested Players:** Uncontested players may elect to receive either a medal or a refund. Players wishing to receive a medal are to present in full uniform when directed.
- Refund Policy:** Please refer to the refund policy on the Taekwondo Australia website.
- Event Schedule:** **Sunday 17th July, 2011** (indicative only)
- | | |
|---------------|----------------------------------------------------------------------------|
| 7.30 - 8:30am | Weigh In & Registration |
| 8:00am | Officials and Judges arrive |
| 9.00am | Competition start |
| 12.30pm | Lunch break *Kids hour – activities & games!*
Highest Kick Competition! |
| 1.30pm | Competition restarted |
| 5.00pm | Competition finish |

TAPS – Open Black Belt Individual Poomsae

The Traditional Individual Poomsae Open Black Belt division will be used to identify players for future competitions and training camps.

Stay tuned for more information coming soon from Taekwondo Australia.

To complete entry process please proceed to www.acttkd.com.au

Competitor Checklist

Make sure you bring your printed receipt for Registration/Weigh-In on the day.

Please ensure you have printed your declaration form and completed the following:

- Signed by competitor/parent/guardian
- Signed by Head Instructor

Officials – Open Invitation

We'd like to formally invite all officials, judges and referees to take part in the ACT State Championships. We are calling for individuals or clubs to provide qualified referees, judges and officials.

As this is our first state competition, we really appreciate any assistance.

Please contact ACT Tournament Director Michael Griffiths for more information and to register your participation.

Sparring Competition Information

Round Duration:

Juniors: age divisions 8/9 years, 10/11 years & 12/13 years (no head kicks)

Black belts: 3 x 1.5 minute rounds
 Colour belts: 2 x 1.5 minute rounds

Juniors: age divisions 14/15 years & 16/17 years (head kicks permitted)

Black belts: 3 x 2 minute rounds
 Colour belts: 2 x 2 minute rounds

Seniors (Open): 15+ years (head kicks permitted)

Black belts: 3 x 2 minute rounds
 Colour belts: 2 x 2 minute rounds

Seniors (Masters): 31-40 years, 41-50 years (head kicks permitted) & 51+ years (no head kicks)

Black belts: 3 x 1.5 minute rounds
 Colour belts: 2 x 1.5 minute rounds

Note: Round times may be amended on competition days.

All matches that result in a tied score after deductions will progress to a Golden Point round.

Sparring Weight Divisions:

Weight Divisions for Children Under 14

OVER	-	18	21	24	27	31	35	40	45	50	55	60	65	70+
UNDER	18	21	24	27	31	35	40	45	50	55	60	65	70	-

Weight Divisions for 14/15 years and 16/17 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: Sunday 17th July
7.30am – 8.30am
Competition Venue
Coorong Pavilion, Exhibition Park

Requirements:

All players must present their current Taekwondo Australia sports membership card and photo ID.

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

Please Note: Juniors will get one weigh-in which will qualify them into their competition division. Due to **duty of care** issues & **State Junior policy regarding developing children**, Juniors are not permitted to lose weight & re-weigh.

Technical Competition Information

Registration:

All Technical competitors are required to register prior to the competition start.

Times: Sunday 17th July
7.30am – 8.30am
Competition Venue
Coorong Pavilion, Exhibition Park

Individual Traditional Poomsae

Gender: Male Female
Age division: 07-10 11-13 14-18 19-30 31-40 41-50 50+
Patterns:

Belt Level	Pattern # 1	Pattern # 2
Yellow	Il Jang (1)	E Jang (2)
Blue	Sa Jang (4)	Oh Jang (5)
Red	Chil Jang (7)	Pal Jang (8)
1 st Poom/Dan	Koryo	Geumgang
2 nd Poom/Dan	Geumgang	Taeback
3 rd Poom/Dan	Taeback	Pyongwon
4 th Poom/Dan	Pyongwon	Sipjin
5 th Dan	Sipjin	Jitae
6 th Dan	Jitae	Chonkwon
7 th Dan	Chonkwon	Hansu

Pair & Team Traditional Poomsae

Pair & Team members must be in the same age group.

Gender: Any
Age division: 07-13 14-35 35+
Rank: Yellow Blue Red Black
Team Size: Pairs – two (2)
Team – minimum of three (3), maximum of eight (8)
Patterns: Pairs & Teams will compete in the belt level according to the HIGHEST ranked member.
Each pair &/or team will choose one pattern according to the HIGHEST ranked member.
Hanmadang: Pairs & Teams going for Selections must be Black Belts only (eg not a mixture of Black and Red belts)
Pairs going for Selections must be Mixed Pairs (one male and one female).

Belt Level	Pattern Choice (choose one)
Yellow	Il Jang (1), E Jang (2), Sam Jang (3)
Blue	Sa Jang (4), Oh Jang (5), Yuk Jang (6)
Red	Yuk Jang (6), Chil Jang (7), Pal Jang (8)
Black	Free choice

Note: Competitors will be entered in their division and grouped after entries close.

Family Traditional Poomsae

- Gender:** Any
- Rank:** Yellow Blue Red Black
- Team Size:** Pairs – two (2)
Team – minimum of three (3), maximum of eight (8)
- Patterns:** Family groups will compete in the belt level according to the HIGHEST ranked member.
Family groups will choose one pattern according to the HIGHEST ranked member.

Belt Level	Pattern Choice (choose one)
Yellow	Il Jang (1), E Jang (2), Sam Jang (3)
Blue	Sa Jang (4), Oh Jang (5), Yuk Jang (6)
Red	Yuk Jang (6), Chil Jang (7), Pal Jang (8)
Black	Free choice

Note: Competitors will be entered in their division and grouped after entries close.

Individual Creative Poomsae to Music

- Gender:** Male Female
- Age division:** 07-10 11-13 14-18 19-30 31-40 41-50 50+
- Rank:** Yellow Blue Red Black
- Pattern Time:** Minimum 1 minute, maximum 2 minutes.

Note: Music must be submitted in CD format.

Team Creative Poomsae (no music)

Pair & Team members must be in the same age group.

- Gender:** Any
- Age division:** 07-13 14-35 35+
- Rank:** Yellow Blue Red Black
- Team Size:** Team – minimum of three (3), maximum of eight (8)
- Pattern Time:** Minimum 1 minute, maximum 2 minutes.

Creative Teams will compete in the belt level according to the HIGHEST ranked member.

Note: Competitors will be entered in their division and grouped after entries close.

Map of Exhibition Park

