



Just Kicks Tae Kwon Do Development Centre

10th October 2009

It with great pleasure that we invite you to participate in the 2nd Just Kicks TaeKwonDo Open.

Details and venue are as follows:

Competition Date: Sunday 13th December 2009

**Competition Venue:
Mars Sporting Complex
43 Lower Portrush Road
MARDEN SA 5070**

Registration: All entries are to be completed via the registration form attached.

All entries must be sent through Instructors who should check for accuracy and forward to:

**Dang Nguyen
PO Box 2485
SALISBURY DOWNS SA 5108**

Closing date: 27th November 2009

Player Fees: By cheque or Money order made payable to Just Kicks TaeKwonDo.

Spectator Fees: Adults \$10
Children (Under 15) \$5
Family (2 Adults and 2 Children) \$20



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Single Event Prices – Sparring \$40.00; Pairs Battle Poomsae \$40 per Team;
Individual Battle Poomsae \$40.00; Jump Kick \$30.00

Multi Event Prices – Sparring & Poomsae \$60.00; Sparring & Jump Kick \$60.00
Battle Poomsae & Jump Kick \$60.00; Both Poomsae \$50.00

ALL Four Events: \$75.00

Awards: Junior Divisions: Gold, Silver & Bronze medals will be awarded in all divisions
Senior Divisions: Gold, Silver & Bronze medals will be awarded in all divisions

Draw: A full list of competitors will be posted on the internet prior to the competition.
Details published on player lists should be checked thoroughly to ensure accuracy of information provided.

We look forward to your support and participation and ask that you do not hesitate to contact Just Kicks TaeKwonDo info@justkickstaekwondo.com.au should you require any further information or assistance.

Kind Regards,

Dang Nguyen
Head Instructor



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Battle Poomsae – Description

Players in each division will be paired to compete in an elimination process. The player with the highest score will advance into the next round. Should there be 3 players in a division, then the player with the highest score will win.

Poomsae form from each belt division will be randomly selected before each match. Thus, each belt division must know all of the following forms, as any may be selected prior to their competition:

| | |
|---|--------------------------------------|
| Yellow belt Division | : IL Jang, E Jang |
| Blue belt Division | : Sam Jang, Sa Jang |
| Red belt Division | : Yuk Jang, Chil Jang |
| Black belt Division (1 st – 3 rd Dan) | : Koryo, Geumgang, TaeBack, Pyongwon |
| Black belt Division (4 th – 5 th Dan) | : Pyongwon, Sipjin, Jitae |

Jump Kick – Description

Each division will be sorted by age/height.

In order for each contestant to advance to the next level, they must kick a hand mitt attached to an extended pole, and the contestant must land on their feet for the kick to be awarded a valid pass. If any contestant does not make a valid strike, they will have a further 2 opportunities to achieve a pass before advancing to the next round. Failure to achieve a strike within the 3 chances provided will result in the competitor being eliminated from further competition.

This process is repeated at every mitt height level until a single winner is identified for each category.