



2024 GMU President's TAE KWON DO CHAMPIONSHIP

FORMS / SPARRING / TEAM DEMO

June 1. 2024



At James Madison HS

2500 James Madison Dr, Vienna, VA 22181



SCAN ME

Host : School of Recreation, Health & Tourism / GMU / Grand Master C.J. Park, Ph.D.
Info: 703-346-5432 / Download & Registration : tkdconnect.com

Scan QR code



Dear Tae Kwon Do Family;

April 1st, 2024

Greetings!

It is my honor to invite you and your students to the 10th George Mason President's CUP Tae Kwon Do championships to be held on June 1st, 2024 (SAT). I would like to thank you in advance for your continued support.

This championship has been endorsed by part of a university program at George Mason University, the School of Recreation, Health and Tourism. Recognition of Tae Kwon Do at a higher education institute such as George Mason University makes the best use of the didactic value of Tae Kwon Do. I believe this confluence of competition and culture will make the future of Tae Kwon Do brighter than ever. Tae Kwon Do has been recognized as an official credit course at many colleges in the States. This event, however, is the first one as a Tae Kwon Do tournament approved by the university in USA.

I believe that our toughest business competitors today are not neighborhood Tae Kwon Do schools, but other community-run sports programs, such as little league baseball, basketball, swimming, football and soccer. The educational value of Tae Kwon Do will play an important role as an edge in this competition. It is a proven fact that the adaptation of Tae Kwon Do in higher education institutions significantly promoted the art in Korea. I expect that George Mason University President's Cup is a viable plan for a similar gain here in the States.

In keeping with the educational theme, tournament experience gives students of Taekwondo a unique contribution to their resumes and college applications. It amplifies and puts into practice the lessons that your students learn within the dojang. Further, this championship will be world class event, as world class and national team players will be participating in this championship. Thus, local elite athletes will receive an important cultural experience by competing in this event.

I truly believe that competition in this manner will benefit the students in their future endeavors, be it in the professional or academic avenues. Thank you again for your continued support.

Sincerely,

Dr. CJ Park, 9th Dan Black Belt
Chair, Tournament Organizing Committee
Professor, Center for Sports Management, GMU
82' World TKD Champion (Ecuador)

Download the package & Registration : www.tkdconnect.com

GENERAL INFORMATION

DATE: June 1st, 2024 (Saturday)

LOCATION: James Madison High School,
2500 James Madison Dr, Vienna, VA 22181

HOSTED BY: School of RHT, GMU Taekwondo Club

COMPETITION AWARDS:

Forms event: One 1st, one 2nd, & one 3rd place winner.

Sparring event: One 1st, one 2nd, & one 3rd place winner.

Grand Champion sparring event:

- Those black belts in the 15 to 17 divisions who place first in their respective sparring weight class will be eligible to compete for the title of Grand Champion of Sparring.
- Grand Champions (1 male and 1 female in each of the five below weight classes) will be awarded a 10 day training trip at Kukkiwon, and Korea National Sports University in Seoul Korea (Airfare not included).

Demo Team event: One 1st, one 2nd, & two 3rd place winner.

Special awards for school owners: Outstanding Schools will receive a certificate from the program.

WEIGH-IN: Required only for Black Belts who are competing in the (12-14) (15-17) & (18-32) Sparring divisions.
(Weigh-in will take place on Saturday June 1 at the weigh-in station during check -in.)

DRESS CODE: Masters/coaches/instructors should wear dress commensurate with the international level of this event. Wearing suit is recommended. Coaches must be at least 16 years of age with appropriate experiences.

REGISTRATION: All registration materials must be postmarked no later than May 30th, Thursday, 2024.
Online Registration Option : tkdconnect.com

MAIL APPLICATION TO: **GMU TAE KWON DO CHAMPIONSHIP**
2929 Gallows Rd. #2A, Falls Church, VA 22042

PAYMENT: All funds must be payable with certified check or money order to: "TKD Program"
Cashier's checks and Money order will be accepted only. No personal checks, No Cash,
No credit cards accepted (Accept via online registration)

GENERAL ADMISSION FEE: \$15 (CASH ONLY) Ages under 4 and over 65 Free.

EVENT SCHEDULE

7:30 AM Staffs and volunteers will meet at the outside of main entrance door.

8:00 AM Check-in at the door or Registration at the door

8:00 AM Coaches/Judges/Referees Meeting

8:30 AM All Black Belt Forms (Single/ Group) Competitors meet at Holding Area.

9:00 AM All Black Belt Forms (Single/ Group) Competition Begins the Main Gym (Competition area).

9:30 AM All Color Belt Forms (Single/ Group) Competitors meet at Holding Area.

10:00 AM All Color Belt Forms (Single/ Group) Competition Begins the Main Gym (Competition area).

11:00 AM Team Demo Competition Begins

12:00 PM Opening Ceremony

12:20 PM Sparring Ring Set-up

1:00 PM All Color Belt Sparring Competitors meet at the holding area

1:20 PM All Color Belt Sparring Competition begins

1:40 PM All Black Belt Sparring Competitors meet at the holding area

2:00 PM All Black Belt Sparring Competition begins

All times are approximate and subject to change

GENERAL COMPETITION RULES

GYOROOGI (SPARRING) DIVISIONS

Gyoroogi (Sparring) – All Ages except Black Belts Age (15-32)

Age	4-5	6-7	8-9	10-11	12-14	15-17	18-32	33-40	41- 50	50-Over
Rank/Belt	White/Yellow/Orange			Green	Blue/Purple		Brown/Red		Black	
Weight	Light				Middle			Heavy		
Gender	Male					Female				

Gyoroogi (Sparring) –Ages (15-17) Black Belts

Division	Men's Weight [lbs]	Women's Weight [lbs]
Fin	0 - 99.2	0 - 92.6
Fly	99.3 - 105.8	92.7 - 97.0
Bantam	105.9 - 112.4	97.1 – 101.4
Feather	112.5 - 121.3	101.5 – 108.0
Light	121.4 - 130.1	108.1 – 114.6
Welter	130.2 - 138.9	114.7 – 121.3
Light Middle	139.0 - 149.9	121.4 – 130.0
Middle	150.0 - 160.9	130.1 – 138.9
Light Heavy	161.0 - 172.0	139.0 – 149.9
Heavy	172.1 - 999.9	150.0 – 999.9

Gyoroogi (Sparring) – Ages (18-32) Black Belts

Division	Men's Weight [lbs]	Women's Weight [lbs]
Fin	0 – 119.0	0 – 101.4
Fly	119.1 – 127.9	101.5 – 108.0
Bantam	128.0 – 138.9	108.1 – 116.9
Feather	139.0 – 149.9	117.0 – 125.7
Light	150.0 – 163.1	125.8 – 136.7
Welter	163.2 – 176.4	136.8 – 147.7
Middle	176.5 – 191.8	147.8 – 159.9
Heavy	191.9 – 999.9	161.0 – 999.9

Sparring (Black Belt Ages: 12-14, 15-17, 18-32)

Master/coach decision

Dae Do Division	USAT Rules (Full Head Contact)
World Class Division	Adult Rules (Full Head Contact)
Open division	No Head Contact

Men's Weight [lbs]	12 – 14 Years Old	Women's Weight [lbs]
75 lbs. & Under	Fly	75 lbs. & Under
75.1 – 95.0 lbs.	Feather	75.1 – 95.0 lbs.
95.1 – 115.0 lbs.	Welter	95.1 – 115.0 lbs.
115.1 – 135.0 lbs.	Middle	115.1 – 135.0 lbs.
135.1 lbs & Over	Heavy	135.1 lbs & Over

GRAND CHAMPION SPARRING COMPETITION RULES

(15-17 AGE DIVISION)

A: SINGLE ELIMINATION FORMAT.

1. 3-1.5 minute rounds with one minute rest periods.
2. 12 points difference rule will be in effect from end of second round.
3. Competitors will be randomly seeded in their respective weight class.

B: THE WEIGHT CLASSES FOR THIS EVENT ARE:

Male (lbs.)	Female (lbs.)	Weight Class
<105.8	<97.0	FLY
105.9-121.3	97.1-108.0	FEATHER
121.4-138.9	108.0-121.3	WELTER
139.0-160.9	121.4-138.9	MIDDLE
>161.0	>139.0	HEAVY

SPARRING HEAD CONTACT RULE:

1. USAT/WT Modified rules.
2. Rules can be subject to changes.

	Rules
No head contact	<ol style="list-style-type: none"> 1. Color belt age 11 yrs old and under. 2. Black belt open division
Junior Safety Rule (Light head contact)	<ol style="list-style-type: none"> 1. Color belt age 12-17; 2. Black belt ages 11 and under.
Black belt/Adults Rule (Head contact allowed)	<ol style="list-style-type: none"> 1. Black belt world class division age 12- 14,15-17 2. Adult all belts

POOMSAE (FORM) DIVISIONS (ALL AGES)

Age	7 & Under		8-10		11-13		14-17		18-32		33&Up
Rank/Belt	White/ Yellow	Orange/ Green	Purple/ Blue	High Blue/ Red	Brown/ High Brown	Black 1st Dan	Black 2nd Dan	Black 3rd Dan	Black 4th Dan and Up		
Gender	Male					Female					

FORM: (ALL TAE KWON DO FORMS WILL BE ALLOWED)

Rank (Kup)	10 - 9	8 - 7	6 - 5	4 - 3	2 - 1	1 dan	2dan	3dan	4dan
Belt Colors	White/ Yellow	Orange/ Green	Purple/ Blue	High Blue/ Red	Brown/ High Brown	Black	Black	Black	Black
Basic/Taeguek/Palgue	Basics	1 or 2	3 or 4	5 or 6	7 or 8	Koryo	Kum Gang	Tae Bak	Sip Jin

GROUP POOMSAE

Contest Time: More than 30 seconds, but less than 90 seconds.

Scoring: Group Poomsae will be graded similar to single form Poomsae competitions.

Age/ Gender:

Groups can compromise of both females and males and be of different ages.
Male and female proportion is not restricted.

Poomsae:

- ★ Group competitors participating can perform either Taeguk or Palgue Poomsae.
- ★ Groups must choose one of four Poomsae regardless of group members level, age or gender :
 - Palgue / Taeguk 1 Jang
 - Palgue / Taeguk 3 Jang
 - Palgue / Taeguk 5 Jang
 - Palgue / Taeguk 7 Jang
- ★ Groups of only black belt members may perform black belt Poomsae

Divisions:

- ★ Divisions may be subject to change depending on number of groups competing
 - Color Belt
 - Black Belt

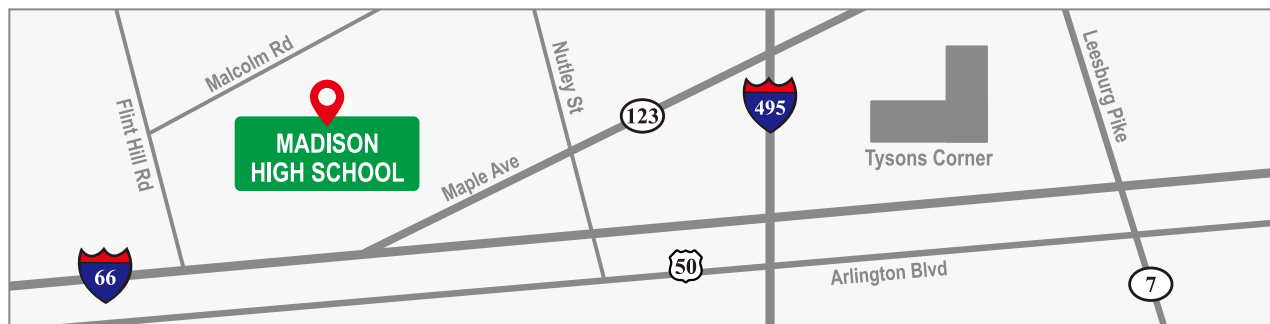
Scoring: Group Poomsae will be graded similar to single Poomsae competitions.

DEMONSTRATION TEAM COMPETITION RULES

1. Minimum 10 / Maximum 20 players per team required
2. Demonstration may not exceed 6 minutes. (Any performance longer than 6minutes will have points deducted from total score, minus 2 points exceeding more than 1 min, minus 5 points exceeding more than 2 min).
3. All demonstration performances must include the following: Traditional Form, Creative Form, Breaking, and Self-Defense. Teams need to prepare their own equipment; a sound system will be ready for use.
4. Scores will be determined on scaled of 1 to 10 by:
 - a. Response of Spectators.
 - b. The degree of difficulty & Perfection in Techniques.
 - c. The degree of Artistic Refinement.
 - d. The degree of Educational Values of Tae Kwon Do delivered in performance.
 - e. Teamwork.

DIRECTIONS:

TO JAMES MADISON HIGH SCHOOL: 2500 James Madison Dr, Vienna, VA 22181



REFEREE, COACH, AND VOLUNTEER REQUIREMENTS

REFEREES

Eligibility

- Contact Dr. Park if interested. (703-346-5432)
- Must be 18 years of age and a black Belt (any Dan level).
- Must be able to control your assigned mat and work efficiently.
- Able to judge Forms and Sparring.
- Must commit to work the entire tournament on June 1st, 2024.

Dress requirements

- Dark slacks
- Soft sole shoes
- All referees will be provided a tournament shirt.

COACHING

Eligibility

- Must be 16 years or older and a current taekwondo member/instructor/master.
- Completed coaching registration form and \$30 coaching fee.
- Must attend the Saturday morning coaches meeting at the tournament location.
- Coaches will not be permitted on the competition floor without proper credentials.

VOLUNTEERS

Eligibility

- Contact Dr. Park if interested.
- Must be 14 years of age or older.
- Must be able to work the entire event.
- Must attend the volunteer meeting on Saturday morning at the tournament location.
- Previous tournament experience preferred.

Dress requirements

- Khaki slacks.
- Soft sole shoes.
- All Volunteers will be provided a tournament shirt, credentials, and meal ticket.

OFFICIAL ATHLETE ENTRY FORM

PLEASE WRITE CLEARLY AND LEGIBLY

Athlete's Name: _____ Age: _____ Gender: _____

Weight _____ Height: _____ Rank _____ Belt Color: _____ Circle One: Kup /Dan

Address: _____ Zip: _____

Home/Mobile: _____ Dojang email: _____

TKD Academy name: _____ City: _____ State: _____

Master or Instructor: _____ Rank _____

PLEASE CHECK DIVISION(S) YOU ARE ENTERING

Single Form

Sparring

Sparring Division (age 12-14,15-17) Black Belts

Please (✓)one if you are in the age group. N/A to other groups

World Class Div

Open Div

Pre-Registration: One Event \$100 Add \$20 for any Additional Events (Group Form / Team Demo Available)

(There is an additional \$20 Fee for all applications at the door)

Number of Events Entered: _____ Total Amount Enclosed: _____

Make All Checks Payable to: TKD PROGRAM

Money order and cashier checks only. No personal checks. No credit cards (Except Online Registration)

Post Marked no later than May 29th, 2024

Online Registration Option : tkdconnect.com

Mail To: GMU TKD Championship 2929 Gallows Rd. #2A Falls Church, VA 22042

STATEMENT OF WAIVER: In consideration of your acceptance of my entry, I do hereby, for myself, my heirs, executors and 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 GMU President's Cup Championships, George Mason University, Center for Sports Management, Director Park Chun Jae, Kukkiwon, James Madison High School, any other Masters, authority and all members of the tournament and their respective officials, committees, medical committees, agents, representatives, successors, and/or assigns and against any competitor for any and all damages which may be sustained to me in connection with my association with entry in the above event, or which may occur out of traveling to, participating in, and returning from such event. I understand that Taekwondo is a body-contact sport, and I further understand all contents of the 2024 rules and general information for which was published by the Organized Committee and I agree with them in their entirety.

Athlete's Signature	Date	Parent/Guardian Signature	Date
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OFFICIAL GROUP POOMSAE COMPETITION ENTRY FORM

PLEASE WRITE CLEARLY AND LEGIBLY

*Please list all competitors' name in a separate form and attach with this form to receive a certificate

Name of TKD Academy: _____

Address: _____ Zip: _____

Name of Master: _____ Dojang Email: _____

Number of Competitors _____ Team Leader Name: _____

Poomsae being performed: _____

Total Amount Enclosed (\$ _____) *\$100 per player (Maximum of 5 players)

Pre-Registration: One Event \$100. Add \$20 for any Additional Events (Single Form / Sparring / Team Demo)

Make All Checks Payable to: TKD PROGRAM

Money order and cashier checks only. No personal checks. No credit cards (Except Online Registration)

Post Marked no later than May 29th, 2024

Online Registration Option : tkdconnect.com

1. _____ Signature (Parent/Guardian) _____
2. _____ Signature (Parent/Guardian) _____
3. _____ Signature (Parent/Guardian) _____
4. _____ Signature (Parent/Guardian) _____
5. _____ Signature (Parent/Guardian) _____

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Master's Signature	Date	Team Leader's Signature	Date

OFFICIAL TEAM DEMO COMPETITION ENTRY FORM

PLEASE WRITE CLEARLY AND LEGIBLY

*Please list all competitors' name in a separate form and attach with this form to receive a certificate

Name of TKD Academy: _____

Address: _____ Zip: _____

Name of Master: _____ Dojang Email: _____

Number of Competitors _____ Performance time: _____ Team Leader Name: _____

Total Amount Enclosed (\$ _____) *\$100 per player (Minimum 10 and Maximum 20 players)

Pre-Registration: One Event \$80. Add \$20 for any Additional Events (Single Form / Sparring / Group Form Available)

Make All Checks Payable to: TKD PROGRAM

Money order and cashier checks only. No personal checks. No credit cards (Except Online Registration)

Post Marked no later than May 29th, 2024

Online Registration Option : tkdconnect.com

- | | |
|-----------|-----------|
| 1. _____ | 11. _____ |
| 2. _____ | 12. _____ |
| 3. _____ | 13. _____ |
| 4. _____ | 14. _____ |
| 5. _____ | 15. _____ |
| 6. _____ | 16. _____ |
| 7. _____ | 17. _____ |
| 8. _____ | 18. _____ |
| 9. _____ | 19. _____ |
| 10. _____ | 20. _____ |

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Master's Signature	Date	Team Leader's Signature	Date
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OFFICIAL COACH'S ENTRY FORM

PLEASE WRITE CLEARLY AND LEGIBLY

Name: _____ Age: _____ Rank: _____

Name of TKD Academy: _____

Address: _____ Zip: _____

Home/Mobile: _____ Dojang email: _____

Number of Competitors participate this event: _____

***Coach Pass:** 1 free coach pass for every (10) competitors (10 competitors = 1 pass, 19=1 pass, 20=2 pass, 30=3 pass).
Coach must register at the same time as competitors to receive free coach pass.

Pre-Registration: \$30

Registration at the door: \$40

Total Amount Enclosed: _____

Make All Checks Payable to: TKD PROGRAM

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Coach's Signature

Date

2024 GMU President's Cup

**TAE KWON DO
CHAMPIONSHIP**

FORMS / SPARRING / TEAM DEMO

At James Madison High School

2500 James Madison Dr, Vienna, VA 22181

