

MASTER KIM'S WORLD CLASS TAEKWONDO
TOURNAMENT

**Sat. Feb
22nd 2025**



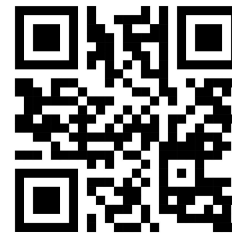
**FORM & SPARRING & BOARD
BREAKING**
OBSTACLE COURSE (Age4-5)
Bowlero Elkhorn
20902 Cumberland Dr, Elkhorn, NE 68022



REGISTRATION - WWW.MKTIGER.COM

EARLY DEADLINE - FEB. 10TH

FINAL DEADLINE - FEB. 17TH



Schedule of Events

8:00 am	Volunteers Meeting (MANDATORY) A. Volunteer Meeting B. Referee and Judge Meeting
9:00 am : Ages 6 - 12	Form Sparring Board Breaking
11:30 am : Ages 4-5	Little Tigers Obstacle Course Board Breaking
12:30 pm	Demo Team Performance
1:00 pm : Ages 13 & up	Form Sparring Board Breaking
Competitors Pick Up ID (30min before your competition)	All times are approximate!!

NOTE: Starting times for each particular event (Form, Team form, board breaking, and sparring) and competitor's divisions will be announced during the tournament and are subject to change depending on the progression of previous event.

IMPORTANT INFORMATION ABOUT THE COMPETITION

1. **ELIGIBILITY:** Students must be white belt and above to compete in board breaking and yellow belt and above to compete in sparring and form(including team form). Competitors ages 4 and up of all belt ranks are welcome. Little Tigers can compete in Obstacle course only. Please see the Competition Rules section for individual event eligibility requirements.
2. **REGISTRATION:** The registration deadline is **Monday, February 10th**, but early registration is strongly encouraged. A \$30 late fee will be added to all late applications. No applications will be accepted after **Monday, February 17th**. Completed applications with registration fees should be turned in to the school or on the website(mktiger.com).
3. **COMPETITOR ID CARDS:** Competitors can pick up their IDs at the tournament site after 8:30 am on Saturday morning.
4. **AWARDS:** Most divisions will have 4 competitors. Divisions may be separated by age, belt, weight, and gender, as the tournament committee deems necessary for fair competition. There will be a 1st place(Gold), 2nd place(Silver), and multiple 3rd places(Bronze) awarded. Awards will be presented throughout the day as divisions are completed.
5. **COACHING:** The goal of this tournament is to provide students with competition experience in a friendly environment. Many of the instructors will be responsible for officiating and directing the competition. As a result, competitors may be coached by their teammates and senior belts or parents. Please note that coaches are not necessary during form, team form, and board breaking competition. The instructors will be administering these events directly and will provide assistance and instruction as needed.
6. **SPECTATOR & TICKET:** Admission is \$5 for ages 6 - 12 and \$10 for ages 13 and up. Please note that spectators including parents and family members will not be allowed in the competition area.
7. **FOOD:** No food is permitted in the competition area. Competitors may wish to bring their own healthy snacks. Water bottles are strongly encouraged. Concession tables might be available on the day of the event for water and snacks.
8. **VIDEOS AND CAMERAS:** Video and picture taking are allowed; however, they must be taken from the spectator and award stands area only.
9. **GEAR:** All competitors must wear clean, white uniforms. Black Belt competitors must wear clean, white uniforms with black trim. Sparring competitors must provide their own gear(helmet, chest protector, arm & shin guard, mouth guard, and groin cups).
10. **BOARD BREAKING:** All competitors will be responsible for purchasing their own boards(available at Taekwondo school and tournament) and providing their own board holders for competition. Competitors will use 3/8" boards(\$5).

General Competition Rules

The World Taekwondo(WT) rules and regulations will be govern this tournament for forms, breaking and sparring competition. The organizing committee reserves the right to adopt changes as they deem necessary.

- I. Competitors will be grouped according to gender, age, weight, and belt to the best of the committee's abilities.
- II. Awards will be given out for form, team form, board breaking, sparring, and obstacle course(LT): - One 1st Place - One 2nd Place - Multiple 3rd Place

Form Competition Rules

- I. Eligibility
 - i. Individual - Yellow Belts & higher of any age
- II. Official Forms

Belt	Form
White	Basic movements
Yellow / Green Stripe / Orange	Basic form, 1
Green / Blue Stripe	1, 2, 3, 4
Blue / Red Stripe / Purple	3,4,5
Double Red / Red /	5,6,7
Black Stripe / Double Black Stripe	7,8
Black	Koryo

- III. Competitors will be judged based on a 10 point scale
 - i. Points are broken down into 4 different categories
 - Accuracy (4 points)
 - Speed/Strength/Power (2 points)
 - Expressions/Energy(2 points)
 - Balance (2 points)
 - ii. The competitor/group with the most points will be awarded 1st place, next highest score will receive 2nd place, and the remaining competitors/groups will receive 3rd place.
 - iii. In case of a tie for 1st place or 2nd place, the main judge will award an additional point to the competitor/group whose overall performance he/she deems stronger
 - iv. If the competitor(s) have recently promoted to the new belt and is not unsure of the new form(poomsae), they may perform the one for their previous belt.

Board Breaking Competition Rules

- I. Eligibility: All belt and ages
- II. Official Techniques

Belt	Techniques
Little Tiger Low - White / Yellow	Hammer Fist and Stamp Kick
Little Tiger High - Green / Blue / Red	Hammer Fist and Axe Kick
White	Hammer Fist and Axe Kick
Yellow / Green Stripe / Orange	Pushing Kick and Axe Kick
Green / Blue Stripe	Side Kick / Axe Kick
Blue / Red Stripe / Purple	Side Kick / Back Kick
Double Red Stripe / Red /	Back Kick / Spinning Kick
Black Stripe / Double Black Stripe	Spinning Kick (both foot) Flying Side Kick (using either foot)
Black	Any Technique (up to 5 Techniques)

- III. Board Sizes - 3/8" pine board (can be purchased at the venue)
- IV. With the 2 kicks students will try to break the most boards possible, with a max. total of 5 boards a kick (boards will be stacked), and only 2 chances.
- V. Points:+2pt. For each cleanly broken board on the 1st try, +1pt. for each cleanly broken board on the 2nd try.

Little Tigers Obstacle Course Competition Rules

- I. Eligibility: Ages 4 & 5
- II. Valid Score-- Points Earned:
 - In order of quick arrival, 1st place 100 points, 2nd place 95 points, 3rd place 90 points, 4th place 85 points.
- III. Point Penalty
 - Touch an obstacle and knock it over, or mistake occurs during execution, 2 points will be deducted.

Sparring Competition Rules

Belt	# of Rounds	Time	Rest Period
Color Belts / Age 6-12	3	40 sec.	20 sec.
Black Belts / Age 13&up	3	1 min.	30 sec.

I. Sudden Death will be used in all division Finals

II. HEAD CONTACT FOR BLACK BELT AGES 13-17 ONLY

III. Valid Score-- Points Earned:

- 1 Point-- A punch successfully delivered with the fist on the middle part of the chest protector.
- 2 Points-- A kick successfully given by the foot on the middle part of the chest protector.
- 3 Points— A spinning kick successfully given to the middle part of the chest protector.
- 4 Points— A kick successfully given to the head (Ages 13-17 Black Belt only).
- Falling or losing balance or holding the opponent immediately after delivery of the effective attack by fist or foot does not count as a score.

IV. The following safety rules shall govern all sparring matches.

- Sparring competitors must own and wear protective headgear, chest protector, forearm guards, shin pads, mouthpiece and an inside groin cup (for males).
- The competitor who executes a technique (light contact without causing injury) to the head area shall receive a warning (1 point deduction).
- The competitor who executes a technique to the head area, which results in a minor injury, shall receive a one-point deduction. The determination of a minor injury will be done at the discretion of the Tournament officials.
- The competitor who executes a kick to the head, which results in the inability of the opponent to continue, shall be disqualified. The jury, referee and judges, after consultation with the tournament physician, if necessary, shall make this determination.
- Only punching and kicking techniques are allowed during competition, and one can only attack the front part of the body. Hits below the belt line and to the head (when not allowed) are forbidden.