



9th Annual Master Kim's MOOHAN OPEN Championships

Important Information about the Moohan Martial Arts Friendly Tournament

Saturday, May 11th, 2019

THERE WILL BE NO REGISTRATION ALLOWED AT THE DOOR. NO EXCEPTIONS!

Who: Students that have been invited from US South East Schools to participate in our tournament.

Eligibility: Students must be white belt and above to compete in forms & board breaking, Yellow belt and above to compete in sparring. Competitors of any age are welcome.

Divisions: Divisions may be separated by age, belt, weight and gender, as the tournament committee deems necessary for fair competition.

Registration: Registration forms are available at the school and are included in this packet. **The registration deadline is Wednesday May 1st 2019**, but early registration is strongly encouraged. No applications will be accepted after May 1st. Completed applications with registration fees attached may be turned in to your instructors. Registration forms may be mailed in. To avoid late registration, please have all mailed applications postmarked by May 3rd. There will be **no "at-the-door" registration allowed.**

Where: The competition will be held at **West Forsyth High School** 4155 Drew Rd, Cumming, Ga 30040.

For more information call 770-888-4244 or www.gomoohan.com

Awards: Every traditional event's division will have no more than 4 competitors. There will be a 1st place (Gold), 2nd place (Silver) and two 3rd places (Bronze) awarded. For form and sparring, the winners of the first two matches will compete for 1st and 2nd places. The remaining two competitors of the first matches will both receive third place. Awards will be presented throughout the day as divisions are completed. All competitors will receive Master Kim's Moohan Open Championships medals or trophies.

Competitor ID Cards: Competitors are required to pick up their IDs at West Forsyth High School, on Saturday morning from 8:00am ~ 2:30pm. Your ID cards will have all of your division information. It is important that you do not lose your card. Competitors must bring their ID to compete and pick up their free tournament T-shirt.

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, their master, instructors, teammates and senior belts may coach competitors. Please note that coaches are not necessary during forms competition. The instructors will be administering these events directly and will provide assistance and instruction as needed. Each school will receive one Coaching Pass Free. **Each additional Coaching Pass will require a \$20 fee.**

Spectators & Tickets: There will be a \$10 fee for admission (Cash only). Children 5 years and under are Free.
Please note that spectators are not allowed on the competition floor.

Food: No food is permitted in the competition area. The concession stand outside of the gym will be open.

Videos and Cameras: Video and picture taking are allowed; however, they must be taken from the seating area and awards stands area only.



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SCHEDULE OF EVENTS

Saturday, May 11th, 2019

- 8:00am – 2:00pm Competitors pick up ID badges at West Forsyth High School
4155 Drew Rd, Cumming, GA 30040
- 8:30am Referee, Judges and Volunteer Meeting (MANDATORY)
- 8:45am Coach Meeting

*** Attention Power Breaker: Wave II & Wave III Power Breaking will have its own individual and separate schedule. Please check below for the details.**

- 9:00am **Wave I (Ages 15years & older) Junior, Adults, Ultra**
- Forms (until completion)
 - Sport Poomsae (until completion)
 - Board Breaking (until completion)
 - Sparring (until completion)
 - Power Breaking Ages 15 Years & older (until completion)
(All Competitors should be there no later than 8:30am)
- 10:30am **Opening Ceremony, Demo Team Competitions and Followed by Lunch**
(All Demo Team should be there no later than 10:00am)
- 12:30am **Wave II (Ages 4 years through 9years old) Tiger, Dragon, Ninja
(Ages 10 – 14 Years Old: Power Breaking Only)**
- Power Breaking Ages 10-14 Years old(until completion)
 - Forms (until completion)
 - Board Breaking (until completion)
 - Sparring (until completion)
(All Competitors should be there no later than 12:00pm)
- 3:00pm **Wave III (Ages 10 through 14years old) Youth, Cadet
(Ages 4-9 Years Old: Power Breaking Only)**
- Power Breaking Ages 4-9 Years old(until completion)
 - Forms (until completion)
 - Sport Poomsae (until completion)
 - Board Breaking (until completion)
 - Sparring (until completion)
(All Competitors should be there no later than 2:30pm)

ALL TIMES ARE APPROXIMATE!!!
THERE ARE NO GUARANTEES!!!



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COMPETITION RULES

Regulations and modified rules of the World Taekwondo Federation (WTF) will govern this tournament for the sparring and traditional forms divisions. All competitors must bring their own safety gear including chest protector, headgear, shin/instep guards, forearm guards, protective cup (male) and mouthpiece.

POOMSE(FORM) COMPETITION

❖ Simple Round Robin Bracket for Three Competitors

Color Belts	Poomse (Form)	Black Belts	Poomse (Form)
Kid Tigers/White Belts	Spirit or Basic form	1 st Poom/Dan	Koryo
Yellow Belts-Orange Belts	Taeguk & Palgwe 1 or 2	2 nd Poom/Dan	Keumgang
Green Belts-Purple Belts	Taeguk & Palgwe 3 or 4	3 rd Poom/Dan	Taebaek
Blue Belts-Brown Belts	Taeguk & Palgwe 5 or 6	4 th Dan	Pyung Won
Red Belts-High Red Belts	Taeguk & Palgwe 7 or 8	5 th Dan	Sip Jin

Generally, you are required to perform the poomse for your particular belt. If you have recently tested and are unsure of your new poomse, you may perform the one for your previous belt. Forms competitors will be judged on correct movements, balance, speed, power and fluidity of technique. This is an open form competition. If your school practices a different form than those listed above, you are free to do your own.

*If you have just tested for Black Belt ask your instructors which belts level you should compete.

SPIRIT COMPETITION

❖ Simple Round Robin Bracket for Three Competitors

This event is for Kid Tigers or White Belts that do not have full knowledge of their White Belt Form.

Spirit Competition Will Be Based On The Following:

- A. Bending (Horse riding) stance with basic punches
- B. Kicking stance
- C. Front snap kick (5 each leg)
- D. Kihap (Yelling)



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SPORT POOMSAE (New event)

Black Belts will have to know all of the compulsory poomsae that's required by them under the World Taekwondo and USAT rules. This will vary depending on age group. Please see the most updated rules on the USAT website (see below). Compulsory poomsae will be declared by May 6th 2019 and can be found online on our FaceBook page at www.facebook.com/moohaninvitational

***Only the top 4 competitors in each age division will receive an award for this event*

- <https://www.teamusa.org/usa-taekwondo/resources/sport-poomsae>

BOARD BREAKING

❖ Breaking will be judged on:

1. Difficulty: a) Standing kick b) Kicking with turning motion c) Jumping kick d) Jumping kick with turning motion (the greater the number of rotations, the higher the assessed difficulty) e) Multiple breaking using jumping kick f) Multiple breaking spinning jumping kick
2. Accuracy: Breaking on the first attempt is superior to breaking on the second attempt and breaking at the center of the board is superior to breaking off-center
3. Presentation: Competitor balance, rhythm, and good manners from entrance to the completion of the performance are superior to the competitor without balance, rhythm and good manners.
4. A single "station" means that you break the board in one technique. For example, Power breaking of 3 boards is considered a single station. Or breaking 3 boards on the air at once is considered single station. However, breaking boards using multiple techniques is not a station. For example, set up one station and do a round house, drop it down and doing another kick. That's considered 2 techniques and therefore 2 stations.
5. Please note that the rules are for number of "stations" not number of "boards"

- ❖ Size of Board for technical breaking: ¼ inch (Demo board or Thin) for all ages
- ❖ Number of Stations: Up to total 4 Stations (Black Belts), up to total 3 Stations (color belts)
- ❖ ALL Boards will be held with two hands. (No speed breaks or power breaks will be allowed)
- ❖ Jumping over people and breaking with the head will not be allowed.
- ❖ No more than 1 minute to set up and break

ALL BOARDS MUST BE PURCHASED AT COMPETITION AREA FOR BOARD BREAKING EVENT.



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POWER BREAKING

Ages 5 & under: Heel stomp

Ages 6 & ups: You may choose from hammer, palm and Knife hand downward (No Punch)

1. The students partaking in our Power breaking competition must bring a small wash cloth to place on their set of boards. Competitors are allowed to wear a Taekwondo Sparring Glove for safety reasons if desired. The maximum amount of boards you can break, as well as the size of the boards depends on your age. Whoever breaks through the most boards wins their division. If two or more students in the same division break the same amount of boards, the **judges will have to rely on the students Presentation: forms, attitude, technique & kihap. (No Punch allowed)**

❖ ALL BOARDS MUST BE PURCHASED AT COMPETITION AREA FOR POWER BREAKING EVENT.

Power Breaking (*Make sure right size for your age*)

For every different age group you have a different amount of boards you CAN break but that does NOT mean you need to break your maximum to compete in your age division.

Age & gender divisions only (No belt or weight division)	Maximum amount (the most boards you can break)	Size of Board	Technique
Tiger Ages 5 & under	5	¼ inch	Heel Stomp
Dragon Ages 6~7	10	¼ inch	Hammer Fist Or Palm Strike or Knife Hand ONLY (No Punch)
Ninja Ages 8~9	10	¼ inch	
Youth Ages 10~11	10	¼ inch	
Cadet Ages 12~14	10	¼ inch	
Junior Ages 15~17	15	1 inch	
Adults Ages 18 & Up	15	1 inch	



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SPARRING

❖ Simple Round Robin Bracket for Three Competitors

❖ Duration of Matches

Belts	# of Rounds	Time	Rest Period
All Color Belts – 9 & Under	2	1 min.	30 sec.
All Color belts – 10 & Up	2	1 min.	30 sec.
All Black Belts – All Ages	3	1 min.	30 sec.

❖ Warnings and Deductions:

The referee declares Kal-yeo (Break) when prohibited acts are committed

- 8 warnings=disqualification.

❖ COMPUTER SCORING WILL BE USED AT THIS COMPETITION.

❖ VALID POINTS WILL BE AS FOLLOWS:

1. One (1) point for valid attack on chest protector (Punch or Kick)
(If systems are ready, we will award 2 points for valid kicking on chest protector)
2. Three (3) points for a valid turning kick to the chest protector
3. Three (3) points for head contact (see requirements below) – light contact ONLY
4. Four (4) points for turning high section (see requirements below) – light contact ONLY

NO HEAD CONTACT – ALL Color Belts and Black Belts 9 & under

LIGHT HEAD CONTACT – Black Belts 10 & up only



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RULES REGARDING HEAD CONTACT

1. The competitor is allowed to kick to the facial area; however, 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 (light contact without causing any injury) shall be awarded 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.

❖NOTE: Inability to continue because of fright, crying, or loss of will does not constitute grounds for disqualification of the attacker.

Team Demo Competition Rules

1. Team must consist of 10 or more people.
2. Team will be allowed a 1 minute setup time.
3. Performance cannot last longer than 7 minutes. (At 6 minutes there will be a 1 minute warning flag raised. If Demo exceeds 7 minute there will be a 0.5 point deduction every 10 Sec from your overall score.)
4. Over 8 minutes will be disqualified.
5. Teams will be judged on time, presentation, teamwork, rhythm, good manners, and entertainment.
6. Masters and Intern Instructors are not allowed to be a demonstration team member.
7. Music and sound effects can be used.

❖ It is not necessary for Demo Team Members to compete other events, however the Demo competition does count as a single event and all competitors will receive individual awards for the Demo performance. Demo Team Members can compete in as many events as they like.

❖ School Master or Demo Team Director should notify Moohan Martial Arts of intention to participate in Demo Competition no later than April 13th 2019



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All Age Divisions (Form, Breaking and Sparring)

4-5 Years (Tiger) 6-7 Years (Dragon) 8-9 Years (Ninja) 10-11 Years (Youth)

12-14 Years (Cadet) 15-17 Years (Junior) 18-32 Years (Adults) 33 Years & Up (Ultra)

Contact Rule Notice

- ❖ 9 & under Black Belts: No Head Contact
- ❖ All the color Belts: No Head Contact
- ❖ 10~17 Black Belts: Light Head Contact
- ❖ 18 & older Black Belts: Head Contact

All rules and regulations are subject to change, as deemed necessary, by the Tournament Director or Tournament Committee.



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MEDICAL QUESTIONNAIRE FORM

(This form is mandatory for all competitors.)

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• **Competitor's Name:**

• **Please circle the (Y) for yes or (N) for no.**

1. Do you have any allergies to any medications? Y / N
If you answered yes, please indicate which medications.
2. Do you take any medications regularly? Y / N
3. Do you wear contact lenses? Y / N
4. Do you have a history of any of the following conditions?
 - a. Epilepsy (seizures) Y / N
 - b. Lung disease Y / N
 - c. Heart disease Y / N
 - d. Diabetes Y / N
 - e. High blood pressure Y / N

If you answered YES to any part of question four, please complete question five.

5. I hereby state that I am under the care of a physician for the treatment of _____ and that I have been medically cleared by that physician to participate in this tournament.

❖ Please read carefully: I hereby certify that the above information is true and accurate to the best of my knowledge.

Signature: _____ **Date:** _____

(Parent/Guardian must sign if competitor is under 18 years of age)



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Registration Deadline: Wednesday May 1st, 2019

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Mail to *Moohan Martial Arts of Cumming (1680 Buford Hwy. Cumming GA 30041)*

How to Register:

1. At your individual school (turn in your forms and payment cash or check to an instructor)
2. Each individual School makes a **TKD School Business check, certified check or money order** payable to **Moohan Martial Arts of Cumming**
3. All mailed forms must be postmarked by May 3rd 2019

(ENTRY FEES ARE NON-REFUNDABLE)

❖ Please Print All Information

Name: _____ Age: _____ Weight: _____ Height: _____

Phone Number: _____ Belt: _____ Gender: [] M [] F

Tae Kwon Do School Name & Location: _____

- Events [] Forms or [] Spirit [] Sparring [] Breaking [] Team Demo
 [] Power Breaking :Boards must be purchased separately
 [] Sport Poomsae: 10Year old and above Black Belts Only - New event

1 or 2 events = \$80 3 events = \$90 4 events = \$100 5 events = \$110

Total amount enclosed: \$ _____

RELEASE AND COVENANT NOT TO SUE

In consideration of your acceptance of entry, I hereby release and forever discharge MOOHAN OPEN CHAMPIONSHIPS, MOOHAN MARTIAL ARTS TAEKWONDO SCHOOL, its agents, units, school, officials, and employees (former or current and in their official and individual capacities) from all claims, claims for attorney's fees, actions, causes of action, charges, or suit of whatever kind of nature which might have been asserted against them, by or on behalf of myself or my children, parents, heirs, representatives, dependents, or otherwise, arising from my use of any property of Moohan Martial Arts of Cumming, LLC.

I, the undersigned, am at least 18 eighteen years of age. I have carefully read the above stated RELEASE AND COVENANT NOT TO SUE. I understand the content thereof and agree that my execution of the RELEASE AND COVENANT NOT TO SUE is my own free, voluntary act and deed.

Releaser: _____ Date: _____

Guardian: _____ Relation: _____
(If under 18)

Please make sure you have done the following:

- Make sure you know what time your event starts.
- Make sure you registered for all the events you want to compete in.
- Make sure you made checks out to your school.
- Make sure you signed the Medical form for Moohan Martial Arts of Cumming on the back.
- Make sure you turned in your registration form by Wednesday May 1st 2019.



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COACHING REGISTRATION FORM

Complete this form and send it with the appropriate fee for coach's pass. *(Non-Refundable)*

FEE FOR EACH PASS IS **\$ 20** Make **certified check** or **money order** payable to

Moohan Martial Arts of Cumming

ELIGIBILITY: Must be 16 years or older
Must be a current TaeKwonDo student or Instructor

Deadline: May 1st, 2019

Mail to

Moohan Martial Arts of Cumming
1680 Buford Hwy. Cumming GA 30041

Last Name _____ First Name _____

Address _____ City _____

State _____ Zip _____ Current Rank: _____ (Must be a current TKD Student or Instructor)

Home Phone # _____ Age _____ (Must be 16 years or older)

E-mail: _____ TKD School Phone # _____

Name of TKD School _____ Website: _____

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In consideration of your acceptance of entry, I hereby release and forever discharge MOOHAN INVITATIONAL, MOOHAN MARTIAL ARTS TAEKWONDO SCHOOL, its agents, units, school, officials, and employees (former or current and in their official and individual capacities) from all claims, claims for attorney's fees, actions, causes of action, charges, or suit of whatever kind of nature which might have been asserted against them, by or on behalf of myself or my children, parents, heirs, representatives, dependents, or otherwise, arising from my use of any property of Moohan Martial Arts of Cumming, LLC.

I, the undersigned, am at least 18 eighteen years of age. I have carefully read the above stated RELEASE AND COVENANT NOT TO SUE. I understand the content thereof and agree that my execution of the RELEASE AND COVENANT NOT TO SUE is my own free, voluntary act and deed.

❖❖ Please note that all coaches must leave the competition floor immediately after the completion of his/her competitor's match. Coaches are not permitted on the competition floor during forms competition. The organizing committee reserves the right to suspend the coaches' pass for failure to abide by the rules.

Releaser: _____ Date: _____

Guardian: _____ Relation: _____

(If under 18)



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OFFICIAL REFEREE REGISTRATION FORM

Please send this form

Deadline: May 1st, 2019

Mail to: Moohan Martial Arts of Cumming 1680 Buford Hwy. Cumming GA 30041

All USAT-Certified referees that officiates for the entire tournament will receive a stipend at the end of the tournament. Lunch will be provided.

Last Name _____ First Name _____

Address _____ City _____

State _____ Zip _____ Cell Phone # _____

Black Belt Dan Rank: _____ Dan#: _____ T- Shirt Size: _____

Age _____ (Must be 16 years or older) D.O.B: _____ / _____ / _____ Gender: [] M [] F

E-mail: _____ TKD School Phone # _____

Name of TKD School _____ Website: _____

Referee Certification

Check all that applies: USAT World Taekwondo Level of certification: _____

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Releaser: _____ Date: _____

Guardian: _____ Relation: _____

(If under 18)



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Tournament Directions

West Forsyth High School

4155 Drew Rd, Cumming, GA 30040

www.forsyth.k12.ga.us/wfhs

From Suwanee, Duluth

- Traveling I-85 N
- Take exit 111 for GA-317 N toward Suwanee
- Use right lane to turn onto GA-317 S/Lawrenceville Suwanee Rd
- Turn right onto Celebration Dr
- Turn right onto McGinnis Ferry Rd | Continue onto McGinnis Ferry Rd
- Turn right onto Old Atlanta Rd
- Continue straight onto Sharon Rd
- Turn right onto GA-141 N
- Continue onto Bethelview Rd
- Turn left onto Kelly Mill Rd
- Turn right onto Drew Rd | Destination will be on the left

From Metro Atlanta

- Merge onto I-75 N/I-85 N
- Keep left to continue on I-85 N, follow signs for Interstate 85 N
- Take exit 87 to merge onto GA-400 N toward Buckhead/Cumming
- Continue onto GA-400 N/US-19 N
- Take exit 12B for McFarland Pkwy W | Merge onto Mcfarland Pkwy
- Sharp right onto Union Hill Rd | Continue straight onto Mullinax Rd
- Continue onto GA 371 N
- Turn Right onto Drew Rd. | Destination will be on the right

Local Hotel Information

(Master Kim's Moohan Championships Rates)

(Taxes and fees not included)

This hotel is about 15 minutes from West Forsyth High School

Fairfield Inn & Suites

By Marriot

3150 Ronald Reagan Blvd. Cumming, GA 30041

T: 678-208-2626 F: 678-208-2627

\$119/Night for 2 Queens (good for 5/10/19 ~ 5/12/19)

(Free Breakfast & Wifi)

Must reserve by April 10 2019

Refer to Group Name: Moohan Open for discounted rates.