

# American Champions Taekwondo Series

NORTHEAST IOWA CHAMPIONSHIPS

KANSAS CITY CLASSIC

TOURNAMENT OF CHAMPIONS



## **Northeast Iowa Taekwondo Championships**



**March 19, 2016**

- OLYMPIC SPARRING
- TRADITIONAL FORMS
  - WEAPONS
  - DEMO TEAM
- GRAND CHAMPION FORMS & WEAPONS
- ELECTRONIC SCORING
  - MATTED RINGS
- 2016 A.C.T.S. TOURNAMENT SERIES



Black Belt weigh-ins Friday night at The ROC Gym from 6 to 9 pm and Saturday at 8:00 am at East High School



12-14, 15-17 & 18-32 Black Belts will be using the Dae do electronic body protectors and will need to purchase the Dae do socks on line at [www.daedo.com](http://www.daedo.com). Socks will not be available for sale at the tournament. No refunds will be given if you do not have socks to compete.

### **TOURNAMENT LOCATION**

*East High school  
214 High Street  
Waterloo Iowa 50703*

SPONSORED BY:



For tournament information: [www.roctrainingcenter.com](http://www.roctrainingcenter.com) or send an e-mail to: [vhendershot@cfu.net](mailto:vhendershot@cfu.net)

# *Northeast Iowa Taekwondo Championships*

**Date:** Saturday, March 19, 2016

**Competition Venue:** East High School, 214 High Street, Waterloo, IA 50703

**ONLY** the 15-32 year old Black Belts **are required to** weigh-in Friday night at The ROC Gym from 6 to 9 pm or Saturday at 8:00 am at East High School.

**Schedule:**

**Friday March 18:** 6:00-9:00 pm Credential pick-up and weigh-ins at The ROC Gym

**Saturday March 19:** 8:00-9:00 am Credential pick-up and weigh-ins East High School

8:30 am

Mandatory Coaches and Officials Meeting

9:00 am

**Demo Team Competition**

**Forms Competition**

**Grand Champion Forms**

**Weapons Competition**

**Grand Champion Weapons**

**Sparring Competition:**

15-17 Black Belt competitors

12-14 Black Belt competitors (must choose daedo or ringmaster)

18-31 Black Belt competitors

All competitors ages 6 and under

All competitors, ages 7-11

All competitors, ages 12-14 (ringmaster)

All Color Belt competitors, ages 15-17

All Color Belt competitors, ages 18-32

All competitors 33 & Up

**Athlete Entry Fees:**

2 Events: Pre-Registration is \$59.00 if postmarked by **March 6, 2016**.

2 Events: Registration is \$69.00 if postmarked after **March 6, 2016**.

Add \$10 for third event.

Registration is \$79.00 at the door, sparring only.

Demo team competition (Per Team) \$100 if post marked by **March 6<sup>th</sup>**

(Please complete registration form for each team member and submit together)

**Coaching Fee:**

\$20 if postmarked by **March 6, 2016**.

\$25 if postmarked after **March 6** and the day of the event.

6-15 competitors - 2 free coaching passes, 16-25 competitors - 3 free coaching passes.

Please contact us for 25 or more competitors for special arrangements.

**Spectator Fees:**

Adults (13yrs & older) \$7.00

Children (6-12yrs) \$5.00

Children (under age 6) Free with paid Adult

Tournament Director: **Master Russell O'Connell**

Contact **319-230-8399** or **vhendershot @cfu.net** for more information

**The ROC Gym: Located at 2060 Crossroads Blvd Waterloo, IA 50702 Ph: (319) 234-7621**

**Host Hotel near tournament location:**

**Hampton Inn-319-233-2044 Located at 2034 LaPorte Rd., Waterloo, Iowa 50702**

**Mention the Northeast Iowa Taekwondo tournament to get a discounted rate.**

Please send all pre-registration forms to:  
Peak Performance Martial Arts  
2121 Boxwood Drive  
Cedar Falls, IA 50613  
319-230-8399

Tournament Location:  
East High School  
214 High Street  
Waterloo, IA 50703

**ATHLETE REGISTRATION**  
**Northeast Iowa Taekwondo Championships**  
**March 19, 2016**

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Instructor: \_\_\_\_\_ School/Team/Club: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_ (BE ACCURATE)

Belt color (check the rank at which you will compete)

White \_\_\_\_\_ Yellow \_\_\_\_\_ Orange \_\_\_\_\_ Green \_\_\_\_\_ Blue \_\_\_\_\_ Red/Brown \_\_\_\_\_ Black \_\_\_\_\_ Rank \_\_\_\_\_ Gup/Dan

Note: If you are a recommended Black Belt you can select Red/Brown or Black to compete.

I will participate in: Forms \_\_\_\_\_  
Junior Sparring (age 17 and under) \_\_\_\_\_  
Senior Sparring (age 18 and above) \_\_\_\_\_  
Weapons \_\_\_\_\_  
Demo Team (Provide Name of Team) \_\_\_\_\_

Registration Fee:

\$59 for (2) events if postmarked by **March 6, 2016**. (Add \$10 for third event)

\$69 if postmarked after **March 6, 2016**. (Add \$10 for third event)

\$79 if registering at the door – will only be allowed to compete in sparring division.

\$100 for Demo team (Per Team) if post marked by **March 6<sup>th</sup> 2016**.

**Make check or money order payable to: Peak Performance**

**RELEASE OF LIABILITY**

In consideration of your acceptance of my entry, I do hereby, for myself, my heirs, executors and administrators, waive, release and forever discharge all rights and claims for damages which I may have or which may accrue to me against the Tournament Director, Peak Performance Martial Arts, The ROC Gym, O'Connell ROC LLC the tournament facility, and any and all associations, Waterloo Community School District, East High School, employees, officers, directors, all referees, sponsors, tournament volunteers, and against any competitor for any and all damages which may arise out of traveling to, participating in, and returning from such athletic competition. I understand that Taekwondo is a body contact sport and I may get hit, kicked or struck by another person, which may cause injury to me. I understand that any medical treatment given will be first aid treatment only. I also understand that there are no refunds of any entry fees. No exceptions. My signature constitutes my agreement to this release. **(If under 18 years of age, Release must be signed by Parent or Legal Guardian)**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Legal Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please send all pre-registration forms to:  
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2121 Boxwood Drive  
Cedar Falls, IA 50613  
319-230-8399

Tournament Location:  
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Waterloo, IA 50703

**COACH REGISTRATION**  
**Northeast Iowa Taekwondo Championships**  
**March 19, 2016**

**Instructors will receive 2 free coaching passes for bringing 6-15 competitors, 3 free coaching passes for bringing 16-25 competitors. If you are bringing 25 or more competitors, please call us for special arrangements.**

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Rank: \_\_\_\_\_ School: \_\_\_\_\_

**Make check or money order payable to: Peak Performance**

Fee: \$20 if postmarked by **March 6, 2016** \_\_\_\_\_

\$25 if postmarked after **March 6, 2016** \_\_\_\_\_

2 Free Passes (6-15 competitors)

Coach's Names (2) \_\_\_\_\_

3 Free Passes (16-25 competitors)

Coach's Names (3) \_\_\_\_\_

**If requesting a Free Coach's pass, please list all competitors below:**

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**RELEASE OF LIABILITY**

In consideration of your acceptance of my entry, I do hereby, for myself, my heirs, executors and administrators, waive, release and forever discharge all rights and claims for damages which I may have or which may accrue to me against the Tournament Director, Peak Performance Martial Arts, The ROC Gym, O'Connell ROC LLC the tournament facility, and any and all associations, Waterloo Community School District, East High School, employees, officers, directors, all referees, sponsors, tournament volunteers, and against any competitor for any and all damages which may arise out of traveling to, participating in, and returning from such athletic competition. I understand that Taekwondo is a body contact sport and I may get hit, kicked or struck by another person, which may cause injury to me. I understand that any medical treatment given will be first aid treatment only. I also understand that there are no refunds of any entry fees. No exceptions. My signature constitutes my agreement to this release. **(If under 18 years of age, Release must be signed by Parent or Legal Guardian.)**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Legal Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Championship T-Shirt Order Form

Northeast Iowa Taekwondo Championships

March 19, 2016

Please send all pre-registration forms to:

Peak Performance Martial Arts

2121 Boxwood Drive

Cedar Falls, IA 50613

319-230-8399

Tournament Location:

East High School

214 High Street

Waterloo, IA 50703

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Rank: \_\_\_\_\_ School \_\_\_\_\_

**Make check or money order payable to: Peak Performance**

Fee: \$20 if postmarked by **March 6, 2016** \_\_\_\_\_

\$25 if postmarked after **March 6, 2016** \_\_\_\_\_

YS: \_\_\_\_\_ AS: \_\_\_\_\_ YM: \_\_\_\_\_ AM: \_\_\_\_\_ YL: \_\_\_\_\_ AL: \_\_\_\_\_

AXL: \_\_\_\_\_ Double and Triple Xs can be ordered in advance, please add \$3

Limited sizes available day of the event/

**Championship T-Shirt**..... **x \$20.00 =** \_\_\_\_\_

## Poomse (Forms)

Any traditional competition form will be accepted.

<u>Age</u>	<u>Gender</u>
6&Under	Coed
7-8	Male/Female
9-11	Male/Female
12-14	Male/Female
15-17	Male/Female
18-32	Male/Female
33 & up	Male/Female

## Grand Champion Forms

All first place winners in the Poomse (Forms) divisions will be eligible to compete in the Grand Champion forms competition.

### Divisions:

Age 8 and under All Belts, Coed  
 Age 9-13, Color Belts, Coed  
 Age 9-13, Black Belts, Coed  
 Age 14-32, Color Belts, Coed  
 Age 14-32 Black Belts, Coed  
 Age 33 & Up All Belts, Coed

## Gyoroogi Olympic Sparring

Sparring competitors ages up to 8 years old (ALL BELTS) may NOT make head contact at anytime during competition. Certain rules and /or regulations are subject to change at the discretion of the Organizing Committee.

### Gyoroogi Divisions:

<u>Age</u>	<u>Gender</u>
6&Under	Coed
7-8	Male/Female
9-11	Male/Female
12-14	Male/Female
15-17	Male/Female
18-32	Male/Female
33 & up	Male/Female

Weigh-ins are required for ALL Black Belts 15 –32 years old. Matches will be two 1-minute rounds with a 30 second rest between rounds. 15-32 Black Belt matches will be three 1 and a half minute rounds with 30 second rest. In the event of a tie, a sudden death round will be added. If there is still no score, the referee will make a decision based on superiority.

15-17 Black Belt, Male	up to 106lbs	106.1-122	122.1-139	139.1-160.9	161+
15-17 Black Belt, Female	up to 97lbs	97.1-108	108.1-121.3	121.4-138.9	139+
18-32 Black Belt, Male	up to 127.6	127.7-149.6	149.7-176	176+	
18-32 Black Belt, Female	up to 107.8	107.9-125.4	125.5-147.7	147.8+	

All divisions ages 7 and older may be further combined or divided at the tournament committee's discretion.