



2023 VIRGINIA STATE OPEN TAEKWONDO CHAMPIONSHIP

Dear Grand Masters, Masters, Instructors, and Competitors,

I am pleased to announce the 2023 Virginia State Open Taekwondo Championship to be held on Saturday, March 11th, 2023. Thank you all for your support in the last championship we had in 2019. Each School and individual's participation made the tournament a huge success! It's been 4 years since our last championship and we hope to see everyone come out and compete and support our championship after the 2020 pandemic shut down. We have kept our venue at Leonard Chick Armstrong Recreation Center; 25 W Reed Avenue. Alexandria VA, 22305. (703-746-5554).

This tournament, being before the National Qualifier Championships, will be an excellent opportunity for the competitors to prepare for the upcoming championship.

The personal information should include Name, Address, Phone number, Gender, Weight Category, and Records of Runner-up. Participants in the exhibition games will be chosen based on each individual qualification and will be announced.

Please note that students who register for DAEDO Sparring (12 years old and Up for World Class) must bring their own DAEDO sparring equipment.

If you have any questions or concerns, please feel free to email us at MasterHanTKD@yahoo.com or feel free to speak with a representative at 703-455-3300.

Thank You,



Grand Master Kwang Soo Han
Event Director



2023 VIRGINIA STATE OPEN TAEKWONDO CHAMPIONSHIP

-GENERAL INFORMATION-

| | |
|----------------------|--|
| DATE: | Saturday, March 11 th , 2023 |
| VENUE: | Leonard “Chick” Armstrong Recreation Center; 25 W Reed Avenue. Alexandria VA, 22305 (703-746-5554) **THERE WILL BE NO FOOD VENDORS ON SITE. COMPETITORS AND SPECTATORS ARE ADVISED TO BRING AND PROVIDE THEIR OWN FOOD/BEVERAGE. NO ALCOHOLIC BEVERAGES ALLOWED.** |
| PARKING: | Parking is LIMITED, ADDITIONAL PARKING at Cora Kelly School; 3600 Commonwealth Avenue, Alexandria, VA 22305 |
| FEE(S): | PRE-Registration: 1 or 2 Events:\$100 All 3 Events:\$120 (DUE 3/04/23) ON SITE/ LATE Registration: 1 or 2 Events:\$120 All 3 Events:\$140 Payment MUST BE in CASH, MONEY ORDER, or CASHIER’S CHECKS made out to G.M. Kwang S. Han. WE DO NOT ACCEPT PERSONAL CHECKS. <u>\$10 Admissions (per spectator) Fee AT DOOR, CASH ONLY.</u> Children Under 5 and Seniors over 65, FREE. |
| MAIL TO: | Master Han Taekwondo 7839-B Rolling Road. Springfield VA, 22153 |
| CONTACT INFO: | 703-455-3300 / MasterHanTKD@yahoo.com / www.MasterHanTKD.com |
| DEADLINE: | Saturday March 4 th , 2023 |
| SCHEDULE: | Doors open 8:30AM Onsite/Late Registration: 8:30am-3:30pm Part 1: Competitors Ages 11 & Under: Start time 9:00am Forms (Poomse): 9:00am-10:00am Breaking: 10:00am-11:00am Sparring: 11:00am-12:00pm Intermission: 12:00pm-1:00pm Part 2: Competitors Ages 12 & Older: Start time: 1:00pm Forms (Poomse): 1:00pm-2:00pm NO BREAKING FOR 12YRS/OLD AND OLDER Sparring/DAE-DO Sparring: 2:30pm *Schedule times may change during the event. |
| RULES: | Modified USAT & WT Rules will govern this championship. Sparring will be best of 3 rounds. |
| EQUIPMENT: | Competitors must wear traditional or v-neck uniforms. Breaking Competitors: You will need to supply your own boards. There will be boards for sale on-site. Competitors also must provide their own Board Holders. Sparring Competitors: You must supply your own sparring gears consisting of: shin/instep protectors, forearm guards, chest protector, head gear, mouth piece, and groin cup. Best of 3 rounds will be used for Sparring. |



2023 VIRGINIA STATE OPEN TAEKWONDO CHAMPIONSHIP

-OFFICIAL ENTRY FORM-

| | | | | | |
|---|--|--------------------|--------------|-------------|----------------|
| FEE(S): | PRE-Registration: 1 or 2 Events:\$100 All 3 Events:\$120 (DUE 3/04/23) ON SITE/ LATE Registration: 1 or 2 Events:\$120 All 3 Events:\$140 Payment MUST BE in CASH, MONEY ORDER, or CASHIER'S CHECKS made out to G.M. Kwang S. Han. WE DO NOT ACCEPT PERSONAL CHECKS. <u>\$10 Admissions (per spectator) Fee AT DOOR, CASH ONLY.</u> Children Under 5 and Seniors over 65, FREE. <small>**THERE WILL BE NO FOOD VENDORS ON SITE. COMPETITORS AND SPECTATORS ARE ADVISED TO BRING AND PROVIDE THEIR OWN FOOD/BEVERAGE. NO ALCOHOLIC BEVERAGES ALLOWED.**</small> | | | | |
| MAIL TO: | Master Han Taekwondo 7839-B Rolling Road. Springfield VA, 22153 | | | | |
| Name: | | | | | |
| Address: | | | | | |
| Contact: | Phone: () | Email: | | | |
| Additional Info: | Birth Month: | Day: | Year: | Age: | Gender: |
| | Weight (lbs): | Height: | | | |
| | Belt Rank: | Belt Color: | | | |
| Taekwondo School | TKD School Name: | | | | |
| | Head Master: | | | | |
| ENTERING: (Please Check) | <input type="checkbox"/> Forms (Poomse) <input type="checkbox"/> Breaking (ONLY FOR COMPETITORS 11YRS OLD/UNDER) <input type="checkbox"/> Sparring (Regular) <input type="checkbox"/> DAEDO Sparring (ONLY BLK BELT, 12YRS OLD/OLDER) | | | | |

LIABILITY WAIVER

I hereby submit this registration and liability waiver form to participate in the Virginia State Open Taekwondo Championship. I certify that the information on this form is true and correct and hereby agree to waive claims against any person, school (academy), or associations connected to Grand Master Kwang S. Han, Master Han Taekwondo (formally known as U.S. Taekwondo College), Leonard Chick Armstrong Recreation center, formally known as Cora Kelly Recreation Center, USAT, WT, Championship directors, referees, instructors, coaches, staff, medical staff, and other competitors for any injuries I may sustain, including death, and for damages to or loss of property which may be suffered from myself arising out of or in any way resulting from or attributing in whole or in part to my traveling to, training for and likewise will assume full responsibility for all my actions in connection with the Championship. I also understand further that I shall strictly obey the Rules and Regulations governing this Championship and understand that I may be disqualified if I do not follow the rules. If I fail to show up for competition, I knowingly forfeit all applicable registration fees. I further agree that any pictures of videos taken of or by me in connection with the Championship can be used by the Championship Director for publicity or promotion without compensation at this time or any other time.

Signature: _____ Date: _____
(Signature of Parent/Guardian if under 18 years old)

I verify that the applicant is a student at my school and that the above information is correct.

Signature: _____ Date: _____
(Signature of Grand Master/Master/Instructor of School)

BARE ESSENTIALS SPORTS MEDICINE CONSENT FOR MEDICAL TREATMENT

I, _____, as an athlete, event staff, coach, referee,
(PRINT NAME CLEARLY)

official, casual observer and/or volunteer, at the 2023 Virginia State Open Taekwondo Championships, **I CONSENT TO THE MEDICAL EVALUATION AND/OR TREATMENT** for injuries/illnesses provided by Bare Essentials Sports Medicine Team Personnel and/or Hospital/Medical Facility Staff (in the event that I have to be transported to a medical facility and/or emergency room/hospital). **I authorize treatment** by Bare Essentials Sports Medicine Staff and/or Medical Facility/Hospital Personnel in the event of injury or illness occurring while I am in attendance at the event.

I understand medical treatment available at an event **may include but is not limited to:** general first aid care for injuries and wounds, evaluation for possible illness or disease, taping, stretching, modalities such as heat or ice, muscle stimulator/TENS/ultrasound, over-the-counter medication/prescription medication (Rx by physician's order only), soft tissue massage, wound closure, splinting, chiropractic adjustment, acupuncture, being fitted for a sling or crutches, as well as basic and/or advance life support as deemed necessary by medical personnel.

As a parent or legal guardian of _____, who is under the
(PRINT NAME OF MINOR CLEARLY)

age of 18, I hereby authorize medical treatment in the event of an injury or illness or as preventative measures as provided by a member of Bare Essentials Sports Medicine Personnel and/or Hospital/Medical Facility Staff. I understand medical treatment available the event **may include but is not limited to:** general first aid care for injuries and wounds, evaluation for possible illness or disease, taping, stretching, modalities such as heat or ice, muscle stimulator/TENS/ultrasound, over-the-counter medication/prescription medication (Rx by physician's order only), soft tissue massage, wound closure, splinting, chiropractic adjustment, acupuncture, being fitted for a sling or crutches, as well as basic and/or advance life support as deemed necessary by medical personnel. **I also attest that I have the legal right to sign as this athlete's parent/legal guardian, and have documentation to prove so.**

All medical evaluations completed by Bare Essentials Sports Medicine Personnel for injuries or illnesses at events are considered CONFIDENTIAL and property of Bare Essentials Sports Medicine. Copies of medical injury forms completed by medical personnel at an event, camp or during team travel can be requested verbally either by the injured person, or parent/legal guardian of a minor who has been injured at the time of injury or requested in writing at a later date from Bare Essentials Sports Medicine. All injury report forms from any event will be put in a confidential and secured injury database. No information about an individual's injury or illness will be released by Bare Essentials Sports Medicine without that athlete's written permission in accordance with HIPAA Privacy Guidelines. Full injury report will only be released to an insurance agency upon the written request of the injured person and/or parent/legal guardian of a minor who has been injured.

(Athlete's Signature)

(Date)

Athlete's Date of Birth _____

City/State/Country of Residence _____

(Parent/Legal Guardian Signature)

(Date)

(Parent/Legal Guardian Name Printed)





2023 VIRGINIA STATE OPEN TAEKWONDO CHAMPIONSHIP

-OFFICIAL COACH/VOLUNTEER FORM-

| Coach | Volunteer |
|--------------|------------------|
| Name: | Name: |
| TKD School: | TKD School: |
| Phone: | Phone: |
| Email: | Email: |

*One coach-pass for every 10 competitors.

*Volunteers must help during the event. (Holding boards, clean up, sparring cpu, etc.)

LIABILITY WAIVER

I understand that participating in the sport of Taekwondo involves an element of danger even when matches are supervised and protective gear is used. Despite this danger, I want to participate in the Virginia State Open Taekwondo Championship, and I knowingly and voluntarily assume all risks involved in participating in the championship as a coach/ volunteer/ referee/ competitor, even those risks occasioned by negligence. I relinquish all rights to claim or recover damages for personal injury and death even if injury or death is caused solely by the negligent of other persons or entities. I hereby agree to waive claims against any person, school (academy), or associations connected to Grand Master Kwang S. Han, Master Han Taekwondo (formally known as U.S. Taekwondo College), Leonard "Chick" Armstrong Recreation Center, formally known as Cora Kelly Recreation Center, USAT, WT, Championship directors, referees, instructors, coaches, staff, medical staff, and other competitors for any injuries I may sustain, including death, and for damages to or loss of property which may be suffered from myself arising out of or in any way resulting from or attributing in whole or in part to my traveling to, training for and likewise will assume full responsibility for all my actions in connection with the Championship.

Coach Signature: _____ Date: _____

Volunteer Signature: _____ Date: _____

TKD School Owner's Signature: _____ Date: _____



2023 VIRGINIA STATE OPEN TAEKWONDO CHAMPIONSHIP

DIVISION

(Division may be modified during Championship day)

Belt Division Male & Female

| | | | | | |
|----------|--------------|--------------|----------------|----------------|-------|
| Form | White-Orange | Green-Purple | Blue-Dark Blue | Red-Semi Black | Black |
| Sparring | White-Orange | Green-Purple | Blue-Dark Blue | Red-Semi Black | Black |
| Breaking | White-Orange | Green-Purple | Blue-Dark Blue | Red-SemiBlack | Black |

Age Division Male & Female

| | | | | | | | | |
|--------------------------------|-----------|-----|-------|-------|-------|-------|---------|---------|
| Form | 7 & Under | 8-9 | 10-11 | 12-14 | 15-17 | 18-29 | 30 & Up | |
| Breaking | 7 & Under | 8-9 | 10-11 | | | | | |
| Sparring | 5& Under | 6-7 | 8-9 | 10-11 | 12-14 | 15-17 | 18-29 | 30 & Up |
| DAEDO Sparring (BLK Belt ONLY) | | | | | 12-14 | 15-17 | 18-29 | 30 & Up |

Weight Division for All Belts/Male&Female

| | | | |
|----------------|--------------------|---------------------|-----------------|
| Division | Light | Middle | Heavy |
| Ages 7 & Under | 0.0 lbs – 50.7 lbs | 50.8 lbs – 59.5 lbs | 59.6 lbs and Up |
| Ages 8-9 | 0.0 lbs – 55.1 lbs | 55.2 lbs – 66.1 lbs | 66.2 lbs and Up |
| Ages 10-11 | 0.0 lbs – 77.1 lbs | 77.2 lbs – 88.2 lbs | 88.3 lbs and Up |

| | | | |
|----------------|----------|-------------------------|------------------------|
| Ages 12-14 | Division | Male's Weight | Female's Weight |
| | Fly | Not exceeding 81.6 lbs | Not exceeding 72.8 lbs |
| | Feather | 81.7 lbs – 99.2 lbs | 72.9 lbs – 90.4 lbs |
| | Welter | 99.3 lbs – 116.8 lbs | 90.5 lbs – 103.6 lbs |
| | Middle | 116.9 lbs – 134.4 lbs | 103.7 lbs – 121.3 lbs |
| | Heavy | 134.5 lbs and over | 121.4 lbs and over |
| Ages 15-17 | Fly | Not exceeding 105.8 lbs | Not exceeding 97.0 lbs |
| | Feather | 105.9 lbs – 121.3 lbs | 97.1 lbs – 108.0 lbs |
| | Welter | 121.4 lbs – 138.9 lbs | 108.1 lbs – 121.3 lbs |
| | Middle | 139.0 lbs – 160.9 lbs | 121.4 lbs – 138.9 lbs |
| | Heavy | 161.0 lbs and over | 139.0 lbs and over |
| Ages 18-32 | Fly | 0.0 lbs – 128.0 lbs | 0.0 lbs – 108.0 lbs |
| | Feather | 128.1 lbs – 150.0 lbs | 126.1 lbs – 148.0 lbs |
| | Welter | 150.1 lbs – 176.0 lbs | 126.1 lbs – 148.0 lbs |
| | Heavy | 176.1 lbs and over | 148.1 lbs and over |
| Ages 33 and Up | Light | 0.0 lbs – 145.0 lbs | 0.0 lbs – 125.0 lbs |
| | Middle | 145.1 lbs – 170.0 lbs | 125.1 lbs – 156.0 lbs |
| | Heavy | 170.1 lbs and over | 156.1 lbs and over |



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COMPETITION BASIC RULES

Forms (Poomsae)

All competitors must perform the Form (Poomsae) designated for their specific belt rank. Scoring for Forms will be graded on timing, technique, power, focus, and ki-hap.

Breaking (11 Years old and Under ONLY)

All competitors will be scored on their breaking technique, focus, and ki-hap. All breaking competitors will need to provide their own boards and board holders. Maximum of 3 stations. Maximum of 2 minutes to set up and perform Breaking techniques.

Sparring

Color Belts/All Ages: No Head Contact

7 & Under/Black Belts: No Head Contact

8-9 Yrs Old/Black Belts: Light Head Contact

10-11 Yrs Old/Black Belts: Light Head Contact

12-14 Yrs Old/Black Belts: Light Head Contact

15 & Up/Black Belts: Please check World Taekwondo (WT) Rules

11 years and under, Color belts and Black Belts: Best of 3 Rounds, 1 minute each round, 30 second break in between.

12 years and older, Color belts: Best of 3 Rounds, 1 minute each round, 30 second break in between.

DAEDO Sparring (Black Belts-12 Years old and Older ONLY)

12 years and older, BLACK BELTS: Best of 3 Rounds, 60 seconds each round, 30 second break in between.