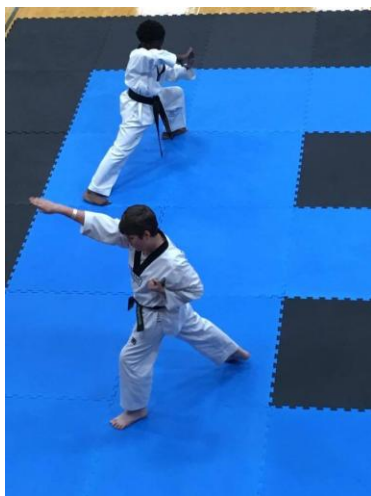




Southeastern AAU Taekwondo District Championship March 24, 2018 Lebanon, Tennessee

On-line Registration
www.seaautkd.org

COMPETITION EVENTS



Qualifying Events

Olympic Sparring
 Point Sparring
 Bracketed Forms

Non-Qualifying Events

Board Breaking
 Padded Weapons Sparring
 Non-PSS Black Belt Olympic Sparring
 Me + 1 Ages 5 & Under

Special Needs Competition



Registration deadline: Monday, March 19, 2018
 Late Registration: Thursday, March 22, 2018

2 Events - \$75.00; Additional Events - \$10 each
 Late Registration Fee - \$20
 Coaches Pass - \$15

Special Non-Qualifying
 Me + 1 Division (ages 5 and under)
 2 Events - \$25; Additional \$10

Contact
debrahooper@achieving successma.com
 to register directly with tournament director.

For more information contact Debra Hooper, Tournament Director
achieving successma@gmail.com or 615-310-0020

This event is licensed by the Amateur Athletic Union of the U.S., Inc. All participants must have a current AAU membership. AAU membership may not be included as part of the entry fee to the event. AAU membership must be obtained before the competition begins, except where the event operator has a laptop available with an internet connection.

BE PREPARED: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for memberships to be processed.

Participants are encouraged to visit the AAU web site www.ausports.org to obtain their membership



Southeastern AAU Taekwondo District Championship March 24, 2018

Wilson Central High School
419 Wildcat Way
Lebanon, TN 37090

Ages 5 & Up Entry Fee:

\$75 for any 2 events
\$85 for any 3 events
\$95 for any 4 events
Team Forms - \$15/Team

Me + 1 Division Fee:

\$25 for any 2 events
\$35 for any 3 events
\$45 for any 4 events

Registration Deadline:

March 19, 2018

Late Registration Closes:

March 22, 2018

Late Registration Fee \$20

Coaches Pass \$15

Coaches who have not completed the AAU Coaches Certification by the day of competition will not receive a coaches pass.

Instructors who bring 20 or more athletes receive 2 coach's passes free and instructor will be provided a complimentary double occupancy hotel room for one night. Contact achievingssuccessma@gmail.com by March 19, 2018 to notify tournament director if you expect to bring these numbers so arrangements can be made.

**This is a qualifying event for the
2018 AAU Nationals, Ft. Lauderdale, FL
July 2- 7 2018**

**2018 Junior Olympics, Des Moines, IA
July 25-Aug 4, 2018
(actual competition dates will be announced
in early 2018)**

Athletes may compete in up to 4 events.

Qualifying Olympic Sparring blackbelt competitors ages 10-32 will use KPnP electronic hogus. KPnP E-socks will be required for competition. Black belts in this age range not wishing to compete for advancement to Nationals may compete in the non-PSS non-qualifying division.

Color restrictions for Olympic Sparring equipment and uniforms for all competition will be waived for this tournament only. National competitions will require adherence to all equipment restrictions outlined in the AAU Taekwondo rule book.

Competitors in Padded Weapons Sparring and Board Breaking must follow rules outlined in the following pages.

No Athletes, Coaches or Officials will be allowed to participate in this event without a current AAU Membership. AAU number is required before registration will be processed.



Southeastern AAU Taekwondo District Championship March 24, 2018

Important Information For Coaches and Competitors

Both Athletes and Coaches MUST be current 2018 AAU members

AAU Membership:

Youth Membership: All competitors, coaches and officials under the age of 18 must have a current 2018 AAU Membership. Youth membership is \$14.00 and is available immediately.

Adult Membership: All competitors, coaches and official 18 years old and older must have a current 2018 AAU Membership. Adult membership is \$24.00. Additionally, as part of AAU's commitment to youth safety, all adults who request membership will have a background check. Please allow for at least 10 working days for the membership to be completed.

Go to www.aautaekwondo.org to join.

Coaches Certification:

The AAU Taekwondo Online Coaches Certification is required annually in order to coach at any sanctioned AAU Taekwondo event, including this District Tournament. This certification is for the current competition year only so the coach must have completed after September 1, 2017. The cost is \$50.

Certification/Recertification is required each year. No one will be allowed to coach without successfully completing this online course. Anyone who will be 14 any time during 2018 may take this course and upon passing will be allowed to coach at any AAU Taekwondo event.

Go to <http://www.aautaekwondo.org/RulesInfo/CoachesCertification.aspx> to complete course. The tournament director will only provide coaches passes to those who are reflected on the AAU website as having completed the coaches certification or that can provide their 2018 Certification card at check-in.

All athletes and coaches must register on line for the tournament prior to the LATE registration deadline of March 22, 2018. Anyone not registered by this deadline will be unable to compete or coach in the tournament.



Southeastern AAU Taekwondo District Championship March 24, 2018

Special Needs Competition

Special Needs Competition follows the rules for Forms/Patterns and Point Sparring with the following modifications. Please refer to the 2018 AAU Taekwondo Handbook for these rules.

Divisions: Besides age, belt and weight, competition shall also be divided by categories.

Level 1: Competitors have limited mobility of arms and/or legs (do not kick above the waist, do not extend arms fully for hand technique) or have a lower level of cognitive skills.

Level 2: Competitors have full mobility of arms and legs (competitor can kick above waist and extend arms fully for hand technique) or have a higher level of cognitive skills.

Level 3: Competitors compete from a wheelchair (Sport Wheel Chair required – No other mobility aid will be allowed, such as crutches or cane)

Point Sparring Scoring Criteria:

Level 1: (No Head Contact Allowed) (limited mobility) One point shall be awarded for any valid hand technique executed to the legal body area within 1 inch or light contact and good technique. Two points shall be awarded for any valid foot technique executed to the legal body area within 1 inch or light contact and good technique. Points may be awarded for intent based on the physical limitations of the competitor to raise foot.

Level 2: (No Head Contact Allowed) (full mobility) One point shall be awarded for any valid hand technique executed to the legal body area with light contact and good technique. Two points shall be awarded for any valid foot technique executed to the legal body area with light contact and good technique.

Level 3: (Head Contact Allowed) (wheelchair) - Additional Mandatory Equipment and modifications Foot protectors are not required for Category Level 3 (wheel chair) Sport Wheel, basketball style with wheelie bar (Category Level 3). One point shall be awarded for any valid hand technique executed to the legal head area with light contact and good technique. Two points shall be awarded for any valid hand technique executed to the legal body area with light contact and good technique.

For all techniques to be awarded a point or points, the contact must be light or within allowable limits as described above. A majority of the Judges and Referee must also concur that a valid point was indeed scored.



Southeastern AAU Taekwondo District Championship March 24, 2018

Board Breaking Guidelines Non-Qualifying Event

Breaking will be bracketed and single elimination. Competitor should have sufficient boards for advancing through as many rounds as necessary to reach finals. Each competitor will be allowed only **TWO** stations per round. A maximum of 3 attempts per station is allowed. A Station includes combinations that are continuous motion.

A maximum of one minute to set up for the station and begin break.

No forehead breaking, open flames, or bladed props may be used

No jumping/flying over people will be allowed

No spacers will be allowed

No elbow strikes will be allowed (Forearm breaks are allowed)

Competitors must use the following minimum board sizes

Me + 1 (Ages 5 and Under) – 12 x 4 x 1 inch pine

6-9 years old – 12 x 6 x 1 inch pine

10-14 years old – 12 x 8 x 1 inch pine

15 years old and up – 12 x 10 x 1 inch pine

Special Needs – Coaches decision

No thinner/shaved boards or specialty boards (like firecracker) may be used for breaking competition (1" pine is the standard thickness you will find in the hardware store for shelving; you may order breaking boards on-line from www.breakingboards.com. Allow time for delivery.

Athletes compete in bracketed competition (superior technique advances to the next round)

Athlete technique will be judged based on the following criteria: Technique, Focus, Balance, Power, Creativity.

A break performed on the 1st try is superior to a break completed on the 2nd try

A 2 board break is superior to a 1 board break, a 3 board break is superior to a 2 board break, etc.

A break supported on 1 end (speed break) is superior to a break supported on both ends

Coaches may hold boards for their athletes. Coaches must have a coaches pass to be on the floor to hold boards.

****Athletes may bring their own wood, but may purchase boards on line at registration or at the tournament.**

**** 4 & 6" boards - \$2/each ** 8" and 10" - \$3/each****



Southeastern AAU Taekwondo District Championship March 24, 2018

Padded Weapons Sparring Non-Qualifying Event

Padded Weapons Sparring Required Protective Equipment:

Mouth guard

Full headgear

Male competitors must wear a groin cup and supporter inside the dobok

Face Shield

Shin/instep pads, Forearm pads and Rib protector are Optional

Optional equipment should be worn under dobok.

Weapons that are approved for use:

Padded Sword (long/short)

Padded cane

Padded staff

Competitors should provide their own equipment. The tournament will have padded swords available. Padded Weapons must pass a referee's weapon inspection.



Southeastern AAU Taekwondo District Championship March 24, 2018 Lebanon, Tennessee

Staging Times

Arrive and Check in 1 hour before Staging Time

| | | |
|--|----------|--|
| | 8:00 am | Doors Open for Athlete Check – In |
| | 9:00 am | Forms & Olympic Sparring – Black Belts Ages 15 & Up |
| 8:30 am Officials Meeting | 9:30 am | Opening Ceremonies Forms & Olympic Sparring – Black Belts Ages 14 & Under |
| 9:00 am Olympic Coaches Meeting | 11:00 am | Olympic Sparring – Novice Ages 5-17 Board Breaking Staging – All Adult Color Belts |
| 12:00 am Special Needs Coaches Meeting | 11:30 am | Olympic Sparring – Intermediate Ages 5-17 Board Breaking Staging - All Black Belts |
| 2:30 pm Point Sparring Coaches Meeting | 12:00 pm | Olympic Sparring – Advanced Belts Ages 5-17 Board Breaking Staging – Novice & Intermediate Belts < age 18 |
| | 12:30 pm | Olympic Sparring – All Color Adult Belts Board Breaking Staging – Advanced Belts < age 18 |
| | 1:15 pm | Special Needs Staging ME + 1 Ages 5 & Under Staging Padded Weapons Staging – All Belts All Ages |
| | 2:15 pm | Forms Staging – Novice & Intermediate Belts |
| | 2:00 pm | Forms Staging – Advanced Belts |
| | 2:45 pm | Point Sparring Staging – All Black Belts |
| | 3:15 pm | Point Sparring Staging – All Novice & Intermediate Belts |
| | 3:30 pm | Point Sparring Staging – All Advanced Belts |

Actual staging times may vary slightly.



Southeastern AAU Taekwondo District Championship March 24, 2018

**WILSON CENTRAL HIGH SCHOOL
419 WILDCAT WAY
LEBANON, TN 37090**

Directions to Venue



Wilson Central High School is located just east of Nashville, TN.

Located off Interstate 840, it is easily accessible from any direction. There will be plenty of visitor parking and seating available all day.

Directions:

From Atlanta/Chattanooga/Southeast: Take I24W to I840E towards Knoxville. Take Exit 72B—Central Pike. At the first red-light, turn right onto Wildcat Way.

From Knoxville/Lebanon/East: Take I40W to I840W towards Chattanooga. Take Exit 72—Central Pike. At the first red-light, turn right onto Wildcat Way.

From Nashville/Mt Juliet/West: Take I40E to Exit 232A—Highway 109S. Go to the first red-light (approximately 3 miles and turn left onto Wildcat Way.



Southeastern AAU Taekwondo District Championship March 18, 2017

Hotel Information

The hotel is just 30 minutes from Downtown Nashville and the Country Music Hall of Fame.

This hotel provides a complimentary breakfast 7 days a week. Complimentary high-speed wireless (WiFi) and wired internet access offers connectivity throughout the hotel. Access fitness center, indoor swimming pool, business center and parking lot are complimentary as well.

The Prime Outlets Mall in Lebanon is just around the corner from the hotel and Wilson Central High School is within 9 miles of the hotel.

From Hotel to WCHS turn left out of hotel onto US 231/South Cumberland Street/Murfreesboro Road and merge left onto I-40W. Take Exit 235 I-840W to Chattanooga for 5.2 miles to Exit 72/Central Pike/TN-265. Turn right off exit and take first right onto Wildcat Way. WCHS will be on the left.



**The Official Tournament Hotel is
Holiday Inn & Suites
826 South Cumberland Street
Lebanon, TN 37087**

Athletes can call **Toll Free at 1-615-994-3225** to make reservations under the **SEAAU Tae Kwon Do Athletes**. The room rate is \$109 per night plus taxes. Cutoff date for individual reservations is **March 1, 2018**. There are a limited number of rooms at this rate.

From Knoxville, I40W, take Exit 238 for US 231. Turn left toward Murfreesboro on US 231/South Cumberland Street/Murfreesboro Road. Hotel is on the right.

From Downtown Nashville/ Nashville International Airport, I-40 East, take Exit 238 US 231, turn right on US 231/South Cumberland Street/Murfreesboro Road. Hotel is on the right.

From Atlanta/Chattanooga, take I-24W to I-840E to I-40 East, take Exit 238 US 231, turn right on US 231/South Cumberland Street/Murfreesboro Road. Hotel is on the right.