

# Info Packet

Saturday, Jan 20	Event Info
Date/Time	Saturday, January 20, 2024 @ 0800am
Location	Legion Collegiate Academy - 3090 Long Meadow Rd - Rock Hill, SC 29730
Entry Fee	<ul style="list-style-type: none"> <li>✓ \$100 for one or two events (\$120 after 12/31/23)</li> <li>✓ \$20 for each additional event,</li> <li>✓ \$20 for coaches,</li> <li>✓ Admission fee: \$10 - age 3 &amp; under Free</li> <li>✓ Registration closes Jan 7, 2024</li> </ul>
Schedule	<p>Approximate time, the events will depend on participants &amp; subject to change</p> <p>08:00am - 8:45am Check-in</p> <p>08:00am - Officials Meeting</p> <p>08:30am - Coaches Meeting</p> <p>09:00am - Open Ceremony National Anthem</p> <p>09:30am - Demo Team, Black Belts</p> <p>11:30am - Color Belts</p>
Events	<ul style="list-style-type: none"> <li><input type="checkbox"/> Demo Team (7 mins setup-to-cleanup)</li> <li><input type="checkbox"/> Sparring: Olympic and Point</li> <li><input type="checkbox"/> Poomsae: Traditional, Pairs, Team, Sport</li> <li><input type="checkbox"/> Padded Weapons, Board Breaking</li> </ul>
Awards	Medals will be Awarded for 1st, 2nd, 3 <sup>rd</sup> and 4 <sup>th</sup> place
Coach's/Instructors Information	<p><b>NO EXCEPTIONS:</b> <a href="#">AAU Online Coaches Training</a></p> <ul style="list-style-type: none"> <li>✓ Mandatory: Official AAU Blue Coaches Shirt and Dobok/warm-up pants</li> </ul>
Officials	<ul style="list-style-type: none"> <li>✓ Mandatory 2024 Officials Certification (online)</li> <li>✓ <a href="https://application.aausports.org/stw/defaultoc.asp">https://application.aausports.org/stw/defaultoc.asp</a></li> <li>✓ Official AAU attire (Grey AAU Referee Polo &amp; black pants)</li> </ul>
Attractions	<a href="#">Charlotte Premium Outlets</a>

Event	Guidance
Demo Team	<ul style="list-style-type: none"> <li>✓ 7 minutes total from the start of setup to completion of cleanup</li> <li>✓ Provide your own boards</li> </ul>
Poomsae / Forms	<ul style="list-style-type: none"> <li>✓ ITF --- TSD/MDK --- Taegeuk/Pal Gwe</li> </ul>
Sport Poomsae	<ul style="list-style-type: none"> <li>✓ WT Rules</li> </ul>
Point Sparring	<ul style="list-style-type: none"> <li>✓ 7-point gap rule</li> </ul>
Olympic Sparring	<ul style="list-style-type: none"> <li>✓ REQUIRED: Blue / Red Headgear</li> <li>✓ Best of Three (3) Rounds - 90 Sec Rounds – 30 Sec Rest</li> </ul>

Allowed Traditional Forms per Rank:

## Article IV. Recognized Forms/Patterns

**IV.A.** The official Forms/Patterns accepted for competition shall be forms that originated in the International Taekwondo Federation, the World Taekwondo Federation or current World Taekwondo, and Moo Duk Kwan/Tang Soo Do, as listed below:

<b>AAU Division</b>	<b>Forms Originated In</b>	<b>Forms Originated In</b>	<b>Forms Originated In</b>
<b>Belt Rank</b>	<b>ITF</b>	<b>WT or WTF</b>	<b>MDK/TSD</b>
<b><u>Novice</u></b> White, Yellow Orange	Chon-Ji Dan-Gun Do-San	Pal Gwe 1–2 Taegeuk 1–2	Ki-Cho (KiBon) 1–3 Pyung-An/Pinan 1
<b><u>Intermediate</u></b> Green, Purple Blue	Won-Hyo Yul Gok Joong-Gun Toi-Gye	Pal Gwe 2–6 Taegeuk 2–6	Ki-Cho (Ki Bon) 3–5 Pyung-An/Pinan 3
<b><u>Advanced</u></b> Red, Brown	Hwa-Rang Choong-Moo	Pal Gwe 6–8 Taegeuk 6–8	Pyung-An/Pinan 4–5 Passaai (Bassai) Dai Passaai (Bassai) So
<b><u>1<sup>st</sup> Dan</u></b>	Kwang-Gae Po-Eun Ge-Baek	Koryo	Passaai (Bassai) Dai Passaai (Bassai) So Jin Do
<b><u>2<sup>nd</sup> Dan</u></b>	Eui-Am Choon-Jang Ko-Dang Juche	Keumgang	Ro-Hai
<b><u>3<sup>rd</sup> Dan</u></b>	Sam-Il Yoo-Sin Choi-Yong	Taebaek	Kong San Kun Dai Kong San Kun So
<b><u>4<sup>th</sup> Dan</u></b>	Yon-Gae Ul-Ji Moon-Moo	Pyongwon	Wan Shu
<b><u>5<sup>th</sup> Dan</u></b>	So-San Se-Jong	Sip Jin	Ji-On
<b><u>6<sup>th</sup> Dan</u></b>	Tong-Il	Jitae	O Sip Sa Bo
<b><u>7<sup>th</sup> Dan</u></b>		Chonkwon	Sei-Shan
<b><u>8<sup>th</sup> Dan</u></b>		Hansu	Sip Soo (Jit Te)
<b><u>9<sup>th</sup> Dan</u></b>		Ilyeo	

**IV.B.** Forms/Patterns Can Not Be Enhanced. When a change to a recognizable form/pattern compromises the integrity of the form for competitive purposes to impact the score of the form due to the change, it has been enhanced. This might be 1) adding or changing techniques that enhance the visual aesthetics of the form/pattern or 2) removing kicks or difficult techniques when they are an integral part of the recognized form/pattern.

## Black Belt Division Compulsory Poomsaes

Division	Compulsory Poomsae
<b>Individual</b>	
(8-9) Youth I*	Taegeuk 3,4,5,6,7,8, Koryo
(10-11) Youth II*	Taegeuk 4,5,6,7,8, Koryo, Keumgang
Cadet (12-14)	Taegeuk 4,5,6,7,8 Koryo, Keumgang
Junior (15-17)	Taegeuk 4,5,6,7,8, Koryo, Keumgang, Taebaek
Under 30 Under 40	Taegeuk 6,7,8, Koryo, Keumgang, Taebaek, Pyeong-Won, Shipjin
Under 50	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyeong-Won, Shipjin, Jitae, Cheonkwon
Under 60 Under 65 Over 65	Koryo, Keumgang, Taebaek, Pyeong-Won, Shipjin, Jitae, Cheonkwon, Hansu
<b>Pair</b>	
Cadet (12-14)	Taegeuk 4,5,6,7,8 Koryo, Keumgang
Junior (15-17)	Taegeuk 4,5,6,7,8, Koryo, Keumgang, Taebaek
Under 30	Taegeuk 6,7,8, Koryo, Keumgang, Taebaek, Pyeong-Won, Shipjin
Over 30	Taegeuk 6,7,8, Koryo, Keumgang, Taebaek, Pyeong-Won, Shipjin, Jitae, Cheonkwon
<b>Team</b>	
Cadet (21-14)	Taegeuk 4,5,6,7,8 Koryo, KeumGang
Junior (15-17)	Taegeuk 4,5,6,7,8, Koryo, KeumGang, Taebaek
Under 30	Taegeuk 6,7,8, Koryo, KeumGang, Taebaek, Pyong-Won, Shipjin
Over 30	Taegeuk 6,7,8, Koryo, KeumGang, Taebaek, Pyong-Won, Shipjin, Jitae, Cheonkwon

\*The Organizing Committee of the tournament may include the 8 to 11 year old division athletes in their event. The divisions may be combined.