



2024

# AAU Taekwondo New England District Championship



## DATE

Saturday, March 30, 2024

## LOCATION

Northbridge High School  
427 Linwood Ave, Whitinsville, MA 01588

## WEIGH-IN

Same-day weigh-in @ credential pick-up

## Travel/Hotels

There are many hotel options in the area.  
We suggest Worcester, Auburn, and  
Westborough Massachusetts.

## REGISTRATION

Register online @ [aau.masstk.org](http://aau.masstk.org)

## SPECTATORS

General admission: \$15 (cash only)  
Children 5 and under: Free

## CONTACT INFO

Call/Text: (508) 233-3887  
Email: [aau@masstk.org](mailto:aau@masstk.org)

## REFEREE CHAIRMAN

Grandmaster Seunghwan Kim



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## Schedule

A detailed schedule will be available once registration closes on <https://masstkf.org/>  
A preliminary schedule is available in this packet.

- 8:00AM - Doors Open / Athlete Check-In
- 8:30AM - Demo Team
- 9:00AM - Sport Poomsae - All Ages - Individual, Pairs, Teams, Freestyle
- 9:30AM - 5-7 Years Old - All Events
- 10:30AM - 8-11 Years Old - All Events
- 11:30AM - 12-13 Years Old - All Events
- 12:30PM - Lunch Break
- 1:30PM - 14-15 Years Old - All Events
- 2:30PM - 16-17 Years Old - All Events
- 4:00PM - 18+ Years Old - All Events



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Dear Competitors, Coaches, and Officials,

It is my pleasure to welcome you to the 2024 AAU Taekwondo New England District Championship! As the new director of the region, I am thrilled to be organizing this event, which is open to all styles of Taekwondo.

Our goal is to create an inclusive and supportive environment that fosters growth and development for all participants. Whether you are a seasoned competitor or new to the sport, we hope that you will have an enjoyable and rewarding experience at the tournament.

We have worked hard to ensure that the tournament is organized and executed professionally and safely. We have selected a great venue with ample space for warm-up areas, competition areas, and spectator seating. We have also secured experienced referees and judges who will be fair and consistent in their rulings.

In addition, we have established clear rules and regulations to ensure that the tournament runs smoothly and that everyone has a fair chance to compete. We encourage all competitors and coaches to review the tournament format and rules in advance and to contact us with any questions or concerns.

We hope that you will take advantage of this opportunity to compete, learn, and connect with other Taekwondo practitioners in the region. On behalf of the New England AAU Taekwondo, I wish you the best of luck and look forward to seeing you at the tournament!

Sincerely,

Master Taeyoung Kim & Master Rachael Kim  
Directors of New England AAU Taekwondo



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Competition Events:

**Individual Events**

1. WT Individual Recognized Sport Poomsae
2. WT Individual Freestyle Sport Poomsae
3. WT/ITF/MDK/TSD Tradition Forms
4. Open Board Breaking
5. Power Breaking
6. Olympic Sparring

**Team Events**

1. WT Recognized Pair Sport Poomsae (1 male, 1 female)
2. WT Recognized Team Sport Poomsae (teams may be made up of 3 males or 3 females)
3. WT Freestyle Pair Sport Poomsae (1 male, 1 female)
4. WT Freestyle Team Sport Poomsae (teams may be made up of 5 members and must include at least 2 female members and 2 male members, the 5th member may be a male or female athlete)
5. Demo Team (20 members)
6. Black Belt Youth (5-17) Traditional Team Forms (3 team members)
7. Black Belt Senior (18+) Traditional Team Forms (3 team members)
8. Mixed Belt Rank Traditional Team Forms (all ages and belts, 3 team members)

*To qualify for National Championships or AAU Junior Olympic Games an athlete must qualify at a District or Regional Qualifying tournament by competing in at least one of the events listed above*



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## DIVISIONS

Below are the divisions for the following events.

- Traditional Poomsae
- Creative Forms
- Open Board Breaking
- Power Breaking
- Point Sparring

### Belt Color Divisions

Division	Included in that Division
Novice	White, Yellow and Orange Belts
Intermediate	Green, Blue and Purple Belts
Advanced	Red and Brown Belts only
Black Belt	Poom Belts, 1st Dan and up

### Age Divisions

Division	Included in that Division
Youth	5–17
Senior	18–32
Executive	33–42
Ultra	43–52
Diamond	53 and Up



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## DIVISIONS

Below are the divisions for the following events.

- Sport Poomsae
- Olympic Sparring

### Belt Color Divisions

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Novice	White, Yellow and Orange Belts
Intermediate	Green, Blue and Purple Belts
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Black Belt	Poom Belts, 1st Dan and up

### Age Divisions

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## Awards



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## Medals - Individuals and Pairs Events:

- 1st place: Gold medal
- 2nd place: Silver medal
- 3rd place: Bronze medal
- 4th place (in bracketed divisions): Bronze medal
- All others: certificate of participation

## Trophies:

- 1st place, demo team
- 2nd place, demo team
- 3rd place, demo team
- Power breaking champion, 18+ division
- Power breaking champion, 15-17 division
- Power breaking champion, 12-14 division
- Power breaking champion, 10-11 division
- Power breaking champion, 8-9 division
- Power breaking champion, 6-7 division
- Power breaking champion, 3-5 division
- Best School Award



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## Rules & Regulations

Please refer to the [AAU RULES HANDBOOK](#) for the latest rules & regulations that will be followed.

## Weigh-In

All KYORUGI (sparring) athletes will need to weigh-in on competition day in order to pick-up their credentials and compete.

- A competitor's weight may be measured only twice. If a contestant does not qualify the first time, one more official weigh-in is granted within the time limit.
  - So as not to be disqualified during official weigh-in, scales identical to the official one shall be provided at the contestants' place of accommodation or at the arena for pre-weigh-in.
- During the weigh-in, the competitor may be required to verify his/her membership in the United States AAU and provide proof of age.
- Weigh-ins may be allowed in dobok, street clothes, or athletic shorts and t-shirt. There is a weigh-in allowance of 0.2 kilograms to compensate for this requirement.
- Any irregular action by the competitor, coach or parent during the weigh-in may result in disqualification from tournament participation.





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## Demo Team

To sign up for the demo team competition:

- The coach or club will add **Demo Team Coach** to their registration.
- Each athlete must add the free **Demo Team - Athlete** event in their registration.

### Demo Team Rules & Regulations

- All boards must be purchased on-site from the tournament committee and are the only type of breaking material allowed in the demonstration. The boards will be: 11" x 8" x 1/4"
- All Demo Team members must also participate in individual event(s).
- **Composition of Team**
  - Three (3) to twenty (20) member teams (any rank)
  - All members & volunteers must be current AAU members and be registered as a Team Member
- **Time**
  - Maximum two (2) minutes set up
  - Maximum six (6) minutes performance
  - Maximum two (2) minutes for cleanup

Please read the entire Demo Team section in the [rulebook](#) (section III.C.) thoroughly!



# 2024 AAU Taekwondo New England District Championship



## AAU Taekwondo Coaches Certification

All Coaches at AAU licensed Events must be certified by completing this On-line Course. This is an **annual requirement** and must be completed in time for a tournament director to be able to confirm your annual certification.

### Steps to Complete

1. Coaches must first obtain a **2024 AAU Non-Athlete Membership** if over 18 years of age. **This is not immediate and should be done well in advance of completing the On-line Course.** You may obtain membership at this link: [AAU Membership](#) If you are under 18 years of age, you will require an Athlete Membership.
2. If you are going to be both a Coach and an Official, you may complete the **COACH AND OFFICIAL ON-LINE COURSE** and upon completion of the modules for Traditional Forms, Point Sparring and Olympic Sparring, you will be certified as a coach for each of those events. To complete the Officials Certification, you will need to attend an Officials Clinic conducted by a Clinic Administrator. See the **OFFICIATING** tab for additional information.
3. Once you sign into the On-line Course, you will need to provide profile information. The email will be your user name going forward. In the profile it requests the email you want to use for communications. It is very important that you provide an email that you monitor. This will be the email we use if we need to correspond with you.



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## AAU Taekwondo Coaches Certification

**Before going to the course, review the below steps. They are critical in order to ensure you are ready to be fully certified.**

4. The Coaches On-line Course allows you to select which courses you wish to be certified in for 2024. There are four course modules:
  - a. **Traditional Forms**
  - b. **Point Sparring**
  - c. **Olympic Sparring**
  - d. **Sport Poomsae**
5. You may complete one or all courses. However, at AAU National Events you will not be allowed to coach athletes for events if you have not been certified in those events. For example: If you only complete the course for Olympic Sparring and you have athletes that are competing in Traditional Forms, you will not be allowed in the ring as a coach and you will be unable to file a protest in that event. You will always be able to go back and complete additional modules at no additional cost.

[Click here for the AAU Taekwondo webpage regarding Coaches Certification.](#)



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## **New to AAU Taekwondo?**

[Click here to learn more about getting involved in AAU Taekwondo.](#)

Organized and named as the National AAU Taekwondo Committee in October of 1974. At the 87th National AAU Convention held in Washington, DC Taekwondo was officially admitted as a sport of the AAU of the US in October 1974. Dr. Ken "Kyung Ho" Min of the University of California at Berkeley, who served as the national chairman of the committee 1974-1978 played a major role in its admission to the AAU.

## **Get Involved with AAU Taekwondo!**

Here is your opportunity to become a member of the Amateur Athletic Union's (AAU) National Taekwondo Program--a national network for amateur athletes and sports administrators dedicated to improving and promoting the sport of amateur Taekwondo. The AAU Taekwondo Program has over 15,000 members.

### **Why AAU Sports?**

As a member, you'll have the advantage of participating in exclusive AAU programs and events, networking with fellow practitioners and Taekwondo enthusiasts, improving your overall image and standards, and expanding your Taekwondo group's activities.

**To register on-line for either individual membership or club membership [Click here.](#)**