



Registration OPEN

Saturday - November 2, 2024

Lake Mary High School
655 Longwood Lake Mary Road, Lake Mary, FL 32746

AAU Florida Sport Poomsae Qualifier & AAU Florida Hanmadang Championship



TOURNAMENT INFO:

Peter Vargas | Linda Vargas – Tournament Director(s)
(407) 687-0886 | (407) 230-3243 petevargastaekwondo@gmail.com

Tournament is hosted by Vargas Taekwondo & Licensed by Amateur Athletic Union

COMPETITION AGE: All athletes will compete at their age as of **December 31, 2024**

AAU MEMBERSHIP: This event is licensed by the Amateur Athletic Union of the U.S., Inc. All participants must have a current AAU membership. AAU membership will not be included as part of the entry fee to the event. AAU membership must be obtained before the competition begins, there will be NO onsite Athlete Membership registration. For more membership info visit www.aautaekwondo.org.

BE PREPARED: Non-Athlete memberships for Coaches are not instant and cannot be applied for at the event. Please allow up to 10 days for memberships to be processed.

REGISTRATION & ENTRY FEES: Register online at www.TOURNEYREG.net

Athletes:

Early Registration before Sept 15th One Event \$109.00 \$20 Each Additional Event
Regular Registration before Oct 11th One Event \$119.00 \$25 Each Additional Event
LATE Registration before Oct 25th One Event \$129 \$30 Each Additional Event

ALL Breaking Boards can only be Purchased at the Event / \$40 per Stack of 10

Athletes that register for Sport Poomsae Qualifier will NOT be able to compete in any of the following Hanmadang Divisions (ITF Forms, Open Forms, Team Forms Traditional Forms, TSD/MDK Forms and WT Forms)

**Athletes will NOT be able to compete in both. **

All Coach's Pass: Early Reg \$25 - Normal Reg \$30 - Late Reg \$40

Spectator Admission: \$10 (Cash Paid at Door)

*Children ages 4 & under are free **There will be no refunds issued for any reason***

No smoking, food or drinks are permitted inside the facility



Saturday - November 2, 2024



AAU Florida Sport Poomsae Qualifier & AAU Florida Hanmadang Championship



Location:

Lake Mary High School, 655 Longwood Lake Mary Rd, Lake Mary, FL 32746

Doors Open:

8:00am

Tournament Area Hotel(s):

Hilton Garden Inn Orlando North/Lake Mary
705 Currency Cir, Lake Mary, FL 32746•(407) 531-9900

Hyatt Place Lake Mary/Orlando-North
1255 S International Pkwy, Lake Mary, FL 32746•(407) 995-5555

Hampton Inn & Suites Lake Mary At Colonial Townpark
850 Village Oak Ln, Lake Mary, FL 32746•(407) 995-9000



Saturday - November 2, 2024



AAU Florida Sport Poomsae Qualifier & Hanmadang Championship

Held at Lake Mary High School, 655 Longwood Lake Mary Rd, Lake Mary, FL 32746

Dear Masters, Instructors and School Owners,

We are pleased to invite you and your students to the 1st Annual Florida Sport Poomsae Qualifier and Hanmadang Championship! Now that Sport Poomsae is a qualifying event for nationals, Florida will be offering this separate event to qualify any athletes in our district and neighboring districts within our region to qualify for the 2024 Nationals being held this year in Fort Lauderdale, Florida! The Sport Poomsae Divisions will run according to the Sport Poomsae rules and regulations as listed in our current handbook. The top 8 athletes in each division will qualify for Nationals. Our event offers your students a chance to test their skills while gaining valuable experience.

We're also excited to be adding more events to our Hanmadang to include Traditional Forms (WT, ITF, TSD/MDK, and Open), Creative Forms, Musical Forms, Traditional Weapons Forms, Musical Weapons Forms, Creative Weapon Forms, Team Forms and more...! There will also be 7 board breaking events and Padded Weapon Event! Competition details can be found in the following pages of this packet. You may also visit www.aautaekwondo.org for a complete listing of our current competition rules and regulations. Padded Weapons Athletes must have their own weapon(s) and protective gear to participate.

We are excited to host this special event so our athletes have the opportunity to qualify for sport poomsae for nationals and showcase the Hanmadang experience! Athletes are required to register and compete at their highest rank achieved. **Remember, due to time and space constraints, athletes that register for Sport Poomsae Qualifier will NOT be able to compete in any of the following Hanmadang Divisions (ITF Forms, Open Forms, Team Forms, Traditional Forms, TSD/MDK Forms and WT Forms). Athletes still can register for Hanmadang (Creative Forms, Creative Weapons Forms, Musical Forms, Musical Weapons Forms, ALL Breaking Divisions and Padded Weapons).**

Registration is open at www.tourneyreg.net. Please feel free to contact us directly if you have any questions at either (407) 687-0886 | (407) 230-3243 or via email petevargastaekwondo@gmail.com

Thank you, and we look forward to seeing you and your students at our event.

Sincerely,

Grandmaster Peter Vargas & Master Linda Vargas



2024 AAU Florida Sport Poomsae Qualifier & Hanmadang Championship

LOCATION: Lake Mary High School, 655 Longwood Lake Mary Rd, Lake Mary, FL 32746

DATES: Saturday - November 2, 2024 | Doors Open 8:00am

AGE DETERMINING DATE: Athletes will compete at their age as of December 31, 2024

AGE DIVISIONS: The following divisions listed below will be offered for the 2024 event:

ENTRY FEE: Visa, MasterCard, Discover and American Express are accepted. Entry fees are non-refundable.

To register, visit www.tourneyreg.net

	Early Registration Until Feb 25	General Registration Until March 1
One (1) Individual Event	\$100	\$125
Each Additional Event	\$20	\$25
Team Forms - per three (3) member black belt team	\$165 per team	\$190 per team
Demo Team - minimum of (3) and a maximum of (20)	\$165 per team	\$190 per team

Participants are either signing up for Sports Poomsae OR Hanmadang competition ONLY. Athletes will NOT be able to compete in both!

SPORT POOMSAE DIVISIONS:

Sport Poomsae Color Belt Individual Recognized:

AGE	GENDER	BELT DIVISIONS
7 and Below	MALE & FEMALE	INTERMEDIATE & ADVANCE
8-9	MALE & FEMALE	INTERMEDIATE & ADVANCE
10-11	MALE & FEMALE	INTERMEDIATE & ADVANCE
12-14	MALE & FEMALE	INTERMEDIATE & ADVANCE
15-17	MALE & FEMALE	INTERMEDIATE & ADVANCE
18-30	MALE & FEMALE	INTERMEDIATE & ADVANCE
31-40	MALE & FEMALE	INTERMEDIATE & ADVANCE
41-50	MALE & FEMALE	INTERMEDIATE & ADVANCE
51 & Up	MALE & FEMALE	INTERMEDIATE & ADVANCE

AGE	GENDER	BELT DIVISIONS
9 and Below	MALE & FEMALE	BLACK BELTS
10-11	MALE & FEMALE	BLACK BELTS
12-14	MALE & FEMALE	BLACK BELTS
15-17	MALE & FEMALE	BLACK BELTS
18-30	MALE & FEMALE	BLACK BELTS
31-40	MALE & FEMALE	BLACK BELTS
41-50	MALE & FEMALE	BLACK BELTS
61-65	MALE & FEMALE	BLACK BELTS
66 yrs & Up	MALE & FEMALE	BLACK BELTS

Sport Poomsae Black Belt Individual Recognized

AGE	GENDER	BELT DIVISIONS	EVENTS
8-11	MALE & FEMALE	BLACK BELTS	PAIRED (1 Male, 1 Female) TEAM (3 Male OR 3 Female)
12-14	MALE & FEMALE	BLACK BELTS	
15-17	MALE & FEMALE	BLACK BELTS	
18-30	MALE & FEMALE	BLACK BELTS	
31-Up	MALE & FEMALE	BLACK BELTS	

Rules and Regulations for Sports Poomsae can be found at www.aautaekwondo.org at:

<https://image.aausports.org/dnn/tw/2023/SportPoomsae/22AAUTKDRulesRegulations.pdf>

HANMADANG EVENTS AND DIVISIONS:

Individual Traditional Forms: (ITF, WTF, TSD & Open will all be separate divisions)

WT Sport Poomsae Standards are NOT utilized for scoring for these events.

AGE	GENDER	BELT DIVISIONS
6-7	MALE & FEMALE	NOV, INT & ADV
8-9	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
10-11	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
12-13	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
14-15	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
16-17	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
18-32	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
32-45	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
45-Up	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
N/A	MALE & FEMALE	PARA DIVISION

Individual Non-Traditional Forms & Self Defense & Weapons

AGE	GENDER	BELT DIVISIONS	EVENTS
6-7	MALE & FEMALE	NOV, INT & ADV	CREATIVE FORMS CREATIVE MUSICAL FORMS TRADITIONAL WEAPONS FORMS CREATIVE WEAPONS FORMS MUSICAL WEAPONS FORMS SELF DEFENSE PADDED WEAPONS
8-9	MALE & FEMALE	NOV, INT & ADV	
10-11	MALE & FEMALE	NOV, INT, ADV & BLACK	
12-13	MALE & FEMALE	NOV, INT, ADV & BLACK	
14-15	MALE & FEMALE	NOV, INT, ADV & BLACK	
16-17	MALE & FEMALE	NOV, INT, ADV & BLACK	
18-32	MALE & FEMALE	NOV, INT, ADV & BLACK	
32-45	MALE & FEMALE	NOV, INT, ADV & BLACK	
45-Up	MALE & FEMALE	SPECIAL NEEDS	
N/A	MALE & FEMALE	SPECIAL NEEDS	

Individual Breaking

AGE	GENDER	BELT DIVISIONS	BREAKING EVENTS
6-7	MALE & FEMALE	NOV, INT & ADV	OPEN BREAKING POWER FOOT POWER HAND REPETITIVE SPIN HOOK (10 Board) REPETITIVE SIDE KICK (10 Board) REPETITIVE HAND (10 Board) REPETITIVE HAND with FEEDER (10 Boards) JUMPING/FLYING
8-9	MALE & FEMALE	NOV, INT & ADV	
10-11	MALE & FEMALE	NOV, INT, ADV & BLACK	
12-13	MALE & FEMALE	NOV, INT, ADV & BLACK	
14-15	MALE & FEMALE	NOV, INT, ADV & BLACK	
16-17	MALE & FEMALE	NOV, INT, ADV & BLACK	
18-32	MALE & FEMALE	NOV, INT, ADV & BLACK	
32-45	MALE & FEMALE	NOV, INT, ADV & BLACK	
45-Up	MALE & FEMALE	NOV, INT, ADV & BLACK	
N/A	MALE & FEMALE	SPECIAL NEEDS	

Traditional Team Forms

AGE	GENDER	BELT DIVISIONS	TEAM EVENTS
6-17	MALE, FEMALE OR COMBINED	BLACK OR COMBINED	TEAM FORMS
18-24	MALE, FEMALE OR COMBINED	BLACK OR COMBINED	TEAM FORMS

**The tournament committee reserves the right to further divide or combine divisions depending on the number of competitors registered to compete in each.*

EVENT DESCRIPTIONS: FORMS & PADDED WEAPONS

Individual Traditional Forms (WT, ITF, TSD/MDK, Open)

- Brazilian Repechage Format
- Potential to perform a pattern multiple times
- Recognized and approved forms are specified in the 2023-2024 AAU Taekwondo Handbook
- Judging criteria includes Technique, Power, Focus, Rhythm, Grace & Beauty

Creative Forms

- Brazilian Repechage Format
- Creative division shall allow forms to include contemporary martial arts techniques
- These may be added to a traditional form, or the form may be devised in its entirety by the competitor
- A form in the Creative Forms Event must include the majority of techniques which originate from martial arts (gymnastic type motions allowed, but form must remain primarily martial arts based)
- Spinning kicks, jump spinning kicks, flying kicks, multiple kicks, splits are allowed
- Judging criteria includes Creativity, Technique, Power, Focus, Rhythm, Grace & Beauty
- 90 second time limit

Creative Musical Forms

- Brazilian Repechage Format
- The Creative Musical Event utilizes the above criteria for Creative Forms and additionally will include music
- Each competitor must provide a music player of reasonable and non-intrusive size at ringside to play his or her music, and an attendant at the player who must be present at all times during the performance
- Judging criteria includes Creativity, Technique, Power, Focus, Rhythm, Grace & Beauty
- 90 second time limit

Traditional Weapons Forms

- Brazilian Repechage Format
- No live blades will be allowed
- 90 seconds time limit
- Minimum one hand must be in contact with the weapon at all times –no releases
- Inverted aerial maneuvers are not allowed; rolls on the ground are allowed; cartwheels are not allowed
- Competitor may not switch weapons during traditional weapons form
- Weapons are subject to inspection by Chief Referee and may be prohibited if deemed unsafe
- Judging criteria includes Technique, Power, Focus, Rhythm, Grace & Beauty

Creative Weapons Forms

- Brazilian Repechage Format
- No live blades will be allowed
- 90 seconds time limit
- Weapon releases are allowed
- Inverted aerial maneuvers are allowed
- Competitor may switch weapons during creative weapons form
- Weapons are subject to inspection by Chief Referee and may be prohibited if deemed unsafe
- Judging criteria includes Technique, Power, Focus, Rhythm, Grace & Beauty

Musical Weapons Forms

- Brazilian Repechage Format
- No live blades will be allowed
- Each competitor must provide a music player of reasonable and non-intrusive size at ringside to play his or her music, and an attendant at the player who must be present at all times during the performance
- Weapons are subject to inspection by Chief Referee and may be prohibited if deemed unsafe
- Judging criteria includes Creativity, Technique, Power, Focus, Rhythm, Grace & Beauty
- 90 second time limit

EVENT DESCRIPTIONS: BOARD BREAKING

Board Breaking Rules

Boards must be purchased at the host site. Each event will utilize ten boards or less. The only exception to this would be power breakers who decide to attempt more than 10 boards.

Boards **MUST** be purchased from the Tournament Director beforehand **ONLY** for this event on **tourneyreg!** Boards are sold in stacks of 10. Please choose the proper boards based on the ages below:

- AAU Small Boards = All athletes 5 to 13 years old
- AAU Medium Boards = All athletes 14 years and older

Repetitive Timed Spin Hook Breaking

- Single break format
- One (1) board per strike
- Allowed technique is SPINNING HOOK KICK
- 10 board competition
- Timed competition, fastest competitor to break 10
 1. Fastest competitor to break 10 wins gold
 2. 2nd fastest competitor to break 10 wins silver
 3. 3rd fastest competitor to break 10 wins bronze
 4. 4th fastest competitor to break 10 wins bronze

Repetitive Timed Side Kick Breaking

- Single break format
- One (1) board per strike
- Allowed technique is SIDE KICK
- 10 board competition
- Timed competition, fastest competitor to break 10
 1. Fastest competitor to break 10 wins gold
 2. 2nd fastest competitor to break 10 wins silver
 3. 3rd fastest competitor to break 10 wins bronze
 4. 4th fastest competitor to break 10 wins bronze

Repetitive Timed Hand Breaking (human hold)

- Single break format
- One (1) board per strike
- Allowed technique includes HAMMER, KNIFE, RIDGE, PALM or FIST/PUNCH
- 10 board competition
- Boards held by person
- Timed competition, fastest competitor to break 10
 1. Fastest competitor to break 10 wins gold
 2. 2nd fastest competitor to break 10 wins silver
 3. 3rd fastest competitor to break 10 wins bronze
 4. 4th fastest competitor to break 10 wins bronze

Repetitive Timed Hand Breaking (feeder system)

- Single break format
- One (1) board per strike
- Allowed technique includes HAMMER, KNIFE, RIDGE, PALM or FIST/PUNCH
- 10 board competition
- Boards will be fed through feeder system provided by tournament organizing committee
- Board holders must comply with board holders instructions above
- Timed competition, fastest competitor to break 10
 1. Fastest competitor to break 10 wins gold

- 2nd fastest competitor to break 10 wins silver
- 3rd fastest competitor to break 10 wins bronze
- 4th fastest competitor to break 10 wins bronze

Power Hand Breaking

- Single break format
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- One (1) Station per competitor
- Acceptable techniques include: Fist, hammer fist, palm heel, knife hand, ridge hand
- Spacers MUST be used
- One (1) attempt allowed
- Board holders/volunteers must be current AAU members
- Judging criteria is based on the number of boards broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
 - Tie Example "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner.

Power Foot Breaking

- Single break format
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- One (1) Station per competitor
- Acceptable techniques include any kicking technique executed using a part of the foot below the ankle
- Spacers MUST be used
- One (1) attempt allowed
- Board holders/volunteers must be current AAU members
- Judging criteria is based on the number of boards broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
 - Tie Example "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner.

Speed Board Breaking

- Single Elimination Bracketed Format
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- One (1) Station per competitor
- Boards must be supported by a maximum of 1 side
- Acceptable techniques include: Fist, hammer fist, palm heel, knife hand, ridge hand
- No spacers will be allowed
- A maximum of (3) attempts per station will be allowed
- Athletes technique will be judged on Technique, Focus, Balance, Power, Creativity
- Board holders/volunteers must be current AAU members
- For 2 competitors executing the same technique as part of competition:
 - 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 break completed to a 1 board break; a 3-board break is superior to a 2 –board break.
 - A break supported on 1 end (speed break) is superior to a break supported on both ends.

Jumping & Flying Breaking

- Single Elimination Bracketed Format
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- One (1) Station per competitor
- Techniques must be executed with both feet in the air
- No spacers will be allowed
- A maximum of (3) attempts per station will be allowed
- Athletes technique will be judged on Technique, Focus, Balance, Power, Creativity

- Board holders/volunteers must be current AAU members
- For 2 competitors executing the same technique as part of competition:
 - 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 break completed to a 1 board break; a 3-board break is superior to a 2 –board break.
 - A break supported on 1 end (speed break) is superior to a break supported on both ends.

EVENT DESCRIPTIONS: TEAM EVENTS

Team Forms: 3 Member Black Belt Traditional Forms Teams

- Brazilian Repechage Format
- Junior (5-17) and Adult (18+) Divisions
- ITF, WT, MDK/TSD patterns will be allowed to compete together
- Recognized and approved forms are specified in the 2023-2024 AAU Taekwondo Handbook
- Forms may not be enhanced
- Judging criteria includes Technique, Power, Focus, Rhythm, Grace, Beauty & how well team performs as a unit
- Black Belt teams may complete any black belt pattern.

Team Forms: 3 Member Mixed Belt Traditional Forms Teams

- Brazilian Repechage Format
- Can be a combination of Youth and Seniors, all Colored Belts, a combination of Color Belts and Black Belts, all Black Belts, consisting of both Youth and Seniors
- ITF, WT, MDK/TSD patterns will be allowed to compete together
- Recognized and approved forms are specified in the 2023-2024 AAU Taekwondo Handbook
- Forms may not be enhanced
- Judging criteria includes Technique, Power, Focus, Rhythm, Grace, Beauty & how well team performs as a unit
- Mixed Belt Rank teams may complete any form up to and including the rank of the most senior member of the team.

EVENT DESCRIPTIONS: PADDED WEAPONS SPARRING

Padded Weapons Sparring

- Protective equipment will be the same as point sparring rules with the elimination of articles I.A.2. & A.3 please refer to page 13 of the rule book. Face shields will be required.
- Weapons that are approved for use:
 - Padded Sword (long/short)
 - Padded cane
 - Padded staff

Competitors must provide their own equipment. Padded Weapons must pass a referee's weapon inspection.

Matches:

1. All color belt matches will consist of 2 -90 sec rounds, with a 30 second break between rounds or the first to score 10 points
2. Black Belt matches will consist of 2 – two (2) minute rounds with a 30 second break between round or the first to score 15 points
3. In both cases the winner will be the contestant scoring the most points during the match.
4. In the event of a tie, a round of sudden death will occur; the first contestant scoring a point will win the match.

Point Scoring:

- 3 points will be awarded for a head strike (not to include the neck),

- 2 points for a strike to the body between the collar bone and hip
- 1 point for a strike the limbs (limbs are defined as to include the arms below the shoulder to the wrist and the legs below the hip to the ankle)

Points will be call and awarded in the same manner as point sparring. Please refer to Article VI. Awarding Points page 18 in the rule book.

Warnings/Penalties/Disqualification:

1. Penalties will be worth 1 point to be awarded to the competitor against whom the violation was committed.
2. An accumulation of 4 penalties that caused a deduction of points will result in an automatic disqualification.
3. Penalty violations include:
 - a) Attacking an unarmed opponent
 - b) Attacking after Kal-yeo (break) has been called
 - c) Causing an injury serious enough that opposing competitor cannot continue the match. (may be DQ as well)
 - d) Illegal techniques: striking the groin, striking the neck, sweeping, striking with the butt of the weapon, punching, kicking to head, legs, torso or spine.
 - e) Unsportsmanlike conduct: profanity, disobeying a referee, disrupting the competition either by coaches or support groups.
 - f) Running away to intentionally avoid the fight.

*Penalties points will be called and awarded in the same manner as point sparring. **ALL OTHER MATCH PROCEDURES METHODS WILL FOLLOW POINT SPARRING RULES.***

SPECIAL NOTES: For AAU Taekwondo Competitions: Intermediate Divisions consist of Green, Purple and Blue. Advanced Divisions consist of both Red and Brown Belts. Black Belt Divisions are meant to include Junior Black as well. If your school or club uses any other belt ranking order or system, your athlete should conform to the above–mentioned criteria. ***Also, Poom Belts (half red and half black) should be worn by JUNIOR Black Belts age 15 and younger ONLY!***

Any Junior Black Belt under the age of 8 who wishes to compete is more than welcome to do so, but he/she must compete in the 8–9 Age Division.

All athletes must provide their own holders for board breaking competition, no more than four holders for one competitor. Spacers MUST be used for all power breaking events.