

2022 AAU TKD Nationals – Schedule of Events

Monday, July 4th *Black Belt team selection based on 1st place winners*

ALL Point Sparring

- Single Elimination Format
- All age & belt divisions will compete point sparring
- National Team (black belt cadet, junior & senior) selection shall be decided by gold medal winners

Continuous Point Sparring

- Same divisions as Traditional Point
- 6 x 6 ring
- Face shields will be required for all participants
- The face shield will be considered an extension of the headgear and a legal target area.
- Same infractions as Traditional Point (the face shield is a legal target area)
- Excessive contact - Gam Jeom deduction with Automatic DQ as an option (with judges meeting) just like in regular point sparring
- TL will manually (on paper) record infractions
- Accumulating infractions totaling 4 "points" will end the match for that player, and the other contestant will win
- First contestant to win 2 rounds wins the match - each round is 1 minute with a 15 second timeout between all rounds
- A match could be just two rounds, but there will be a third round if there is a tie after 2
- At the end of each round contestants come back to center where Referee says "Judges Call"
- Each Judge and the Center "vote" for the winner of the round based on Superiority (see below)
- The scoring screen (GUSS point) will be updated at the end of each round, with the winner of the round receiving 1 point manually added by computer operator
- Superiority
 - 1 - Offensive = Number of Legal Techniques landed
 - 2 - Defensive = Ability to evade techniques thrown
 - 3 - Aggressive Ring Management = offensive dominance

Special Needs Point Sparring Divisions

- All special needs sparring divisions

Demo Team Competition

- Three (3) to twenty (20) member teams (any rank)
- All members & volunteers must be current AAU members
- Six (6) minute demonstration time limit
- All technical Taekwondo skills are graded for execution, presentation and difficulty
- Teams are granted freedom to add creativity to their demonstration, however synchronization may or may not be part of the team demonstration
- All props are subject to inspection of Chief Referee, and may be prohibited if deemed unsafe

Tuesday, July 5th

WT Sport Poomsae Competition Advanced (Blue & Red) and Black Belt Competition

- Recognized Individual
- Sport Poomsae Pairs
- Sport Poomsae 3 Person Team

Board Breaking Sizing & Purchase Overview

Boards must be purchased at the host site

Each event will utilize ten (10) boards or less. The only exception to this would be power breaking athletes who decide to attempt more than ten (10) boards.

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

Repetitive Speed 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

Tuesday, July 5th (Event Schedule Continued)

Repetitive Speed Side Kick Breaking

- Single break format; One (1) board per strike; 10 board competition
- Allowed technique is SIDE KICK
- 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 Speed 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 or Boards repeatedly placed on bricks by person – *Must have current AAU Membership*
- 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 Speed Hand Breaking (*feeder system*)

- Single break format; One (1) board per strike; 10 board competition
- Allowed technique includes HAMMER, KNIFE, RIDGE, PALM or FIST/PUNCH
- Boards will be fed through feeder system provided by tournament organizing committee. Person feeding boards – *Must have current AAU Membership*
- 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

Tuesday, July 5th (Events Continued)

Power Hand Breaking

- Single Break Format; One (1) attempt allowed
- Athletes compete in an individual manor
- One (1) Station per competitor; Spacers allowed
- Acceptable techniques include: Fist, hammer fist, palm heel, knife hand, ridge hand
- 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; One (1) attempt allowed; No spacers will be allowed
- Athletes compete in an individual manor
- Acceptable techniques include any kicking technique executed using a part of the foot below the ankle
- 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

Special Needs Board Breaking Divisions

- All special needs board breaking divisions

Wednesday, July 6th - **Black Belt team selection based on 1st place winners (via point system)**

Traditional Forms: ITF

- Brazilian Repechage Format
- Allowed patterns are defined within pg. 39 of the AAU Taekwondo Handbook under ITF forms
- This event will be offered for all ages
- This event will be offered for all belt levels
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, & Technique

Traditional Forms: WT SPORT POOMSAE STANDARDS DO NOT APPLY

- Brazilian Repechage Format
- Allowed patterns are defined within pg. 39 of the AAU Taekwondo Handbook under WT forms
- This event will be offered for all ages
- This event will be offered for all belt levels
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, & Technique

Traditional Forms: TSD

- Brazilian Repechage Format
- Allowed patterns are defined within pg. 39 of the AAU Taekwondo Handbook under TSD forms
- This event will be offered for all ages
- This event will be offered for all belt levels
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, & Technique

Traditional Forms: Open Traditional

- Brazilian Repechage Format
- ITF, WT & TSD patterns will be allowed to compete together
- Allowed patterns are defined within pg. 39 of the AAU Taekwondo Handbook
- This event will be offered for all ages
- This event will be offered for all belt levels
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, & Technique

Wednesday, July 6th - Events Continued

Special Needs Forms

- Numeric scoring method used

Black Belt Team Forms

- Brazilian Repechage Format
- All traditional forms accepted (ITF, WT, TSD)

Mixed Belt & Age Team Forms

- Brazilian Repechage Format
- Team **MUST** be comprised of both Junior and Adult members **and/or** include under black belt members.
 - (i.e. Team membership would NOT meet the requirements to compete in the existing Junior Team Forms nor Adult Team Forms divisions.)
- All traditional forms accepted (ITF, WT, TSD)

Weapons Forms: Traditional

- Brazilian Repechage Format; No live blades will be allowed
- Minimum one hand must remain in contact with the weapon at all times
- Inverted aerial maneuvers are not allowed
- Weapons are subject to inspection by Chief Referee and may be prohibited if deemed unsafe
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, & Technique

Weapons Forms: Creative

- Brazilian Repechage Format; No live blades will be allowed
- Weapon releases are allowed in creative division
- Inverted aerial maneuvers are allowed in creative division
- Weapons are subject to inspection by Chief Referee and may be prohibited if deemed unsafe
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, Technique & Creativity

Thursday, July 7th

Olympic Sparring Competition

- 5 – 9 Novice & Intermediate competition (**No** KPnP)
- 10 & 11, 12-14, 15-17, 18-32 and 33 & Older Novice competition (**No** KPnP)
- 10 & 11, 12-14, 15-17, 18-32 and 33 & Older Intermediate competition (KPnP)

Friday, July 8th

Olympic Sparring Competition

- 5-9 Advanced competition (**No** KPnP)
- 10 & 11 Advanced competition (KPnP)
- 12 – 14 Black Belt competition (KPnP)
- 15 – 17 Black Belt competition (KPnP)
- 18 – 32 Advanced competition (KPnP)
- 33 – 42 Advanced competition (KPnP)
- 43 & Up Advanced competition (KPnP)

Saturday, July 9th

Para Divisions

Olympic Sparring Competition

- 5-11 Black Belt competition (KPnP)
 - 10-11yr old Black Belt team selection based on 1st place winners
- 12 – 14 Advanced competition (KPnP)
- 15 – 17 Advanced competition (KPnP)
- 18 & older Black Belt competition (KPnP)