

2023 AAU TKD Nationals – Schedule of Events

Monday, July 3rd

Point Sparring and/or Continuous Point Sparring competitors **ONLY**, athletes may wear a standard taekwondo uniform or a NASKA style "Sport Point Fighting" uniform. Rank belts must be worn with these uniforms. (Examples Available: [Click Here](#))

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

Continuous Point Sparring (*Not* Eligible for Black Belt Team Selection)

- 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

Para (Special Needs) Taekwondo Point Sparring Divisions

- All Para Taekwondo point sparring divisions

Demo Team Competition

- Three (3) to twenty (20) member teams (any rank); more than 75% of team must compete in individual event(s)
- All members & volunteers must be current AAU members and registered as a Demo Team Member.
- Six (6) minute demonstration time limit
- Maximum two (2) minute set up time, maximum six (6) minute performance and maximum two (2) minutes for cleanup.
- 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.
- Scoring will be a maximum of ten (10) points for originality; a maximum of ten (10) points for technique and a maximum of ten (10) points for difficulty.
- All props are subject to inspection of Chief Referee, and may be prohibited if deemed unsafe
- No jumping over humans will be allowed.

WT Sport Poomsae Competition Intermediate (Green, Purple, Blue) & Advanced (Brown & Red) and Black Belt Competition

- Recognized Individual
- Sport Poomsae Pairs (Black Belts Only)
- Sport Poomsae 3 Person Team (Black Belts Only)

Para (Special Needs) Sport Poomsae

All Para (Special Needs) Sports Poomsae competitors using AAU Taekwondo Sport Poomsae format.

Board Breaking – Board Holders

All board holders must be either a coach or athlete that is registered for Nationals and has appropriate credentials. Attire for board holders is coach's attire or athlete's uniform/dobok. No shorts, t-shirts or other attire will be allowed on the floor. For any break that requires board holders, the number of board holders/feeders will be limited to four (4).

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 Timed Spin Hook Breaking

- Single break format; One (1) board per strike; ten (10) board competition
- One (1) board per strike
- Allowed technique is SPINNING HOOK 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 Timed Side Kick Breaking

- Single break format; One (1) board per strike; ten (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 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 or Boards repeatedly placed on bricks by person (see board holder instructions above)
- 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 4th (Events Continued)

Repetitive Timed Hand Breaking (feeder system)

- Single break format; One (1) board per strike; ten (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.
- Board holders must comply with board holder instructions above.
- 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

Power Hand Breaking

- Single Break Format; One (1) attempt allowed
- Athletes compete in an individual manor
- Ninety (90) second time limit for break set up
- One (1) Station per competitor; Spacers REQUIRED – will be provided by tournament
- Acceptable techniques include: Fist, hammer fist, palm heel, knife hand, ridge hand
- Board holders must comply with board holder instructions above.
- 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;
- Athletes compete in an individual manor
- 90 second time limit for break set up
- One (1) Station per competitor; Spacers REQUIRED – will be provided by tournament
- Acceptable techniques include any kicking technique executed using a part of the foot below the ankle
- Board holders must comply with board holder instructions above.
- 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

Weapons Forms: Traditional

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

Weapons Forms: Creative

- Brazilian Repechage Format; No live blades will be allowed; Ninety (90) Second Time Limit
- Weapons are subject to inspection by Chief Referee and may be prohibited if deemed unsafe
- Weapon releases are allowed in creative division
- Inverted aerial maneuvers are allowed in creative division
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, Technique & Creativity
- Competitor may not switch weapons during the creative weapons form

Para (Special Needs) Taekwondo Board Breaking Divisions

- All Para Taekwondo board breaking divisions

Traditional Forms: ITF

- All white uniform required (Sport Poomsae uniforms are not allowed)
- Brazilian Repechage Format
- Allowed patterns are defined within pg. 30 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: Technique, Power, Focus, Rhythm, Grace and Beauty, in this order of importance.

Traditional Forms: WT **SPORT POOMSAE STANDARDS DO NOT APPLY**

- All white uniform required (Sport Poomsae uniforms are not allowed)
- Brazilian Repechage Format
- Allowed patterns are defined within pg. 30 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: Technique, Power, Focus, Rhythm, Grace and Beauty, in this order of importance.

Traditional Forms: MDK/TSD

- All white uniform required (Sport Poomsae uniforms are not allowed)
- Brazilian Repechage Format
- Allowed patterns are defined within pg. 30 of the AAU Taekwondo Handbook under MDK/TSD forms
- This event will be offered for all ages
- This event will be offered for all belt levels
- Judging criteria: Technique, Power, Focus, Rhythm, Grace and Beauty, in this order of importance.

Traditional Forms: Open Traditional

- All white uniform required (Sport Poomsae uniforms are not allowed)
- Brazilian Repechage Format
- ITF, WT & MDK/TSD patterns will be allowed to compete together
- Allowed patterns are defined within pg. 30 of the AAU Taekwondo Handbook
- This event will be offered for all ages
- This event will be offered for all belt levels
- Judging criteria: Technique, Power, Focus, Rhythm, Grace and Beauty, in this order of importance.

Para (Special Needs) Traditional Forms

- Numeric scoring method used

Black Belt Team Traditional Forms

- Brazilian Repechage Format
- Junior (5-17) and Adult (18+) Divisions
- All traditional forms accepted (ITF, WT, TSD)

Mixed Belt & Age Team Traditional 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)

Thursday, July 6th

*****All sparring rounds will consist of three rounds which will be 60 seconds for colored belts and 90 seconds for Black Belts.**

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 7th

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 8th

Olympic Sparring 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)