

412 Lenape Lane
Yardley, PA 19067

Newtown Athletic Club
4th Winter Invitational Tournament
January 30, 2010 – Newtown, PA

Forms Breaking Weapons Olympic-Style Sparring

Place mailing label here

Certified Referees



Co-Sponsored by Master Robert H. Smith
Bensalem Tae Kwon Do

Hotel Information:

There are many Hotels near the Newtown Athletic Club – for your convenience we have provided information for three hotels within 10 minutes drive time:

Hampton Inn
1000 Stony Hill Road
Yardley, PA 19067
215-860-1700
2 Miles from Tournament

Holiday Inn Express
3101 W. Cabot Blvd.
Langhorne, PA 19047
215-757-4500
6 Miles from Tournament

Sheraton Bucks County Hotel
400 Oxford Valley Road
Langhorne, PA 19047
215-547-4100
6.5 Miles from Tournament

Hosted by:
 Master Robert H. Smith
 Bensalem Tae Kwon Do
mrtkd716@yahoo.com
 267-980-1181

Newtown Athletic Club 4th Winter Invitational Tournament

Sanctioned by PA TKD, Inc.
 A not-for-profit organization

For More Information:
 Please visit
www.bensalemtkd.com
 Or send E-mail to
info@bensalemtkd.com

Saturday - January 30, 2010

Newtown Athletic Club
 209 Penns Trail
 Newtown, PA 18940

	Pre-Registration Price (Must be postmarked by January 22, 2010)	Onsite Price
1 event	\$60	\$70
2 events	\$65	\$75
3 or more events	\$70	\$80

Schedule of Events

	Time
Weigh-in & Registration	8:30am-9:45am
Weapons, Breaking, Forms	10:00am
Lunch (refreshments can be purchased onsite)	Approx. 12:00pm
Sparring	Approx. 12:45pm

Age Divisions for all events (weapons, breaking, forms, sparring) – 5 years and under, 6-7 years, 8-9 years, 10-11 years, 12-13 years, 14-15 years, 16-17 years, 18-29 years, 30-39 years, 40-49 years, 50+

Olympic-Style Sparring

- Competitors will be paired-up according to rank, age, weight and gender
- Weight breakouts will occur at ringside based on reasonable competitor safety standards
- Scoring – WTF modified rules are in effect

MANDATORY Sparring Gear - Helmet, Shin Instep pad, Forearm pad, Chest protector, Groin Cup (for male competitors) and Mouthpiece

Age and Rank	Rules	Rounds
11 years and under (color and black belts)	No head contact at all	Two 60-second rounds
12-17 year old color belts	Junior Safety Rules (Controlled head contact with kicks – no hands to head)	Two 90-second rounds
Black belts 12-13 years		
All Belts 18 years and older	Senior Rules (Full head contact with kicks – no hands to head)	Color belts - Two 90-second rounds
Black belts 14-17 years		Black belts – Three 120-second rounds

There will be no weight divisions for Forms, Breaking or Weapons

Forms

- WTF competitors must do the form appropriate for their rank
- Non-WTF competitors must do a comparable form also appropriate to their levels
- WTF-sanctioned (Taeguk and Palgwe) forms will be rated higher than non-WTF rated forms

WTF-Sanctioned Forms by Rank

Black Belt		Red Belt	1 st Gup - Taeguk 8 or Palgwe 8
4 th Dan	Pyung Won		2 nd Gup - Taeguk 7 or Palgwe 7
3 rd Dan	Taebek	Blue Belt	3 rd Gup - Taeguk 6 or Palgwe 6
2 nd Dan	Keumgang		4 th Gup - Taeguk 5 or Palgwe 5
1 st Dan	Koryo	Green Belt	5 th Gup - Taeguk 4 or Palgwe 4
			6 th Gup - Taeguk 3 or Palgwe 3
		Yellow Belt	7 th Gup - Taeguk 2 or Palgwe 2
			8 th Gup - Taeguk 1 or Palgwe 1
			White Belts may do Basic Forms 1, 2, 3 or Taeguk 1

Forms will be judged on degree of difficulty, power and accuracy of strikes, balance, and focus. Competitors should do the form associated with their rank for the highest possible score. Competitors will be allowed to perform one style up/down of their target form. This may impact scoring.

Breaking

Only wood may be broken. Competitors will be allowed three stations. Color belts will have three attempts to break. Black belts will have two attempts. Larger boards will be rated higher. Kicking techniques will be rated higher than hand techniques. Jumping and/or spinning techniques will be rated higher than standing techniques. Multiple boards will be rated higher than single boards. Non-spaced boards will be rated higher than spaced boards.

Boards must be purchased at the tournament. 12"x12"x1" \$3.00 each, 6"X12"X1 \$2.00 each

Weapons

Weapons forms will be judged on degree of difficulty, power and accuracy of strikes, balance, and focus.

Equipment and Supplies

Martial Arts equipment and supplies may be purchased onsite.

Newtown Athletic Club
209 Penns Trail
Newtown, PA 18940
January 30th, 2010 - Saturday

Registration: 8:30 a.m.
Eliminations: 10:00 a.m.

Send Registration to: Bensalem Taekwondo
412 Lenape Lane
Yardley, PA 19067
Phone: 267-980-1181

Pre-register and Save! Deadline: postmarked by January 22, 2010

Pre-register Price:	\$60.00 for one event	On-site Price:	\$70.00 for one event
	\$65.00 for two events		\$75.00 for two events
	\$70.00 for three or more events		\$80.00 for three or more events

To Pre-register: Send check or money order payable to Bensalem Tae Kwon Do

********Must be postmarked no later than January 22nd********

NO REFUNDS, NO PERSONAL CHECKS AT THE DOOR, PLEASE!!

Events: [] Breaking [] Forms [] Olympic Sparring [] Weapons

Male _____ Female _____

Name: _____ Age: _____ Weight: _____ lbs (Please put approx. weight!!!)

Email Address: _____ (Preferred but not required)

Rank: White (9-10 Gup) Yellow (7-8 Gup) Green (5-6 Gup) Blue (3-4 Gup) Red (1-2 Gup) Black _____ Dan

Address: _____ Home Phone: _____

City: _____ State: _____ Zip: _____

TKD School: _____ Master Instructor: _____

School Address: _____ Phone: _____

Liability Waiver

- In consideration of your acceptance of my entry or that of the minor child, I do hereby, for myself or the minor child, my heirs, executors, and administrators waive, release discharge, covenant not to sue, and agree to indemnify and save and hold harmless any and all rights and claims for damages which I may have or may accrue to me against Newtown Athletic Club, PA TKD, Inc., and/or Bensalem Tae Kwon Do, this athletic meet, its organizing committee, and all members of this athletic meet, or their respective officers, committees, medical committee, agents, representative successors, sponsors, advertisers, volunteers, owners and lesser of premises on which the athletic meet takes place, assignees and against any competitor for any and all damages which may be sustained by me or the minor child, in connection with my association with or entry in the above athletic meet, or which may arise out of traveling to, participating in, and returning from this athletic meet. I understand that all entry fees are non-refundable.
- I understand the nature of Taekwondo/martial arts activities and believe that my experience and capabilities, or that of the minor child, to be qualified to participate in this athletic meet. I understand that Taekwondo/martial arts activities involve risks and dangers of serious bodily injury, including permanent disability, disability and death. These risks and dangers may be caused by myself or the minor child's own actions, or inactions, and/or the actions or inactions of others participating in the athletic meet.
- I have read this agreement, fully understand its terms, understand that I or the minor child have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by the law and agree that if any portion of this agreement is held to be invalid that the balance, notwithstanding, shall continue in full force and effect.

Participant's Printed Name _____ Participant's Signature _____ Date _____

Parent/Guardian's Printed Name _____ Parent/Guardian's Signature _____ Date _____

Please be sure to fill in all bold print sections or you cannot be registered!