



Middle Atlantic Poomsae Challenge

September 25, 2010

Plymouth Meeting, PA

July 29, 2010

Dear Instructors and Students:

Five years ago the World Taekwondo Federation launched its World Poomsae Championships. Since then, the US has been trying to catch up to the rest of the world in producing great poomsae competitors and competitions. USA Taekwondo has added competition poomsae to the US Open, State, Regional and National competitions and has fielded a National Poomsae Team for each of the WTF Championships. The only other two poomsae only events that have been held in the US have been Master Turgeon's in CT and Master Burke-Maves' in OR.

This year is our 2nd Mid Atlantic Poomsae Challenge. This event will be based on modified WTF rules. We have added under 14 year old divisions, colored belt divisions and a family division. All black belts will be required to know 8 poomsae in order to compete. Colored belts will have to know 2 and the family team will also have to perform 2 poomsae at this event. I am posting the current WTF Poomsae Rules and the current USAT Poomsae Competition Guidelines on my website at: http://eagletkd.com/mid-atlantic_poomsae_challenge.htm. Please use these as a reference as to how this competition will be run.

I would like to invite all of you to join us on Saturday, September 25 at the Greater Plymouth Community Center in Plymouth Meeting, PA. Please contact me at 610-630-8272 if you have any questions regarding this event or how to become more involved in national and international poomsae competitions.

Due to venue restrictions, we will not be able to provide food for this event. There will be drinks available and there is a dining area if you wish to bring your own food.

Thank you,

A handwritten signature in black ink, appearing to read 'Louis B. Glamo', written over a horizontal line.

Louis B. Glamo
Eagleview Taekwondo Academy

Compulsory Poomsae Age and Rank Divisions

Age/Rank	1 st Compulsory Set	2 nd Compulsory Set
10 years and under old Black Belts	Taegeuk 2, 3, 4, 5	Taegeuk 6, 7, 8, Koryo
11-13 year old Black Belts	Taegeuk 3, 4, 5, 6	Taegeuk 7, 8, Koryo, Keumgang
14-18 year old Black Belts	Taegeuk 4, 5, 6, 7	Taegeuk 8, Koryo, Keumgang, Taebaek
19-30 year old Black Belts	Taegeuk 6, 7, 8, Koryo	Keumgang, Taebaek, Pyongwon, Shipjin
31-40 year old Black Belts		
41-50 year old Black Belts	Taegeuk 8, Koryo, Keumgang, Taebaek	Pyongwon, Shipjin, Jitae, Chonkwon
Over 51 year old Black Belts	Koryo, Keumgang, Taebaek, Pyongwon,	Shipjin, Jitae, Chonkwon, Hansu
13 years and under Pairs Black Belt 13 years and under Team Black Belt	Taegeuk 3, 4, 5, 6	Taegeuk 7, 8, Koryo, Keumgang
14-35 year old Pairs Black Belts 14-35 year old Team Black Belts	Taegeuk 6, 7, 8, Koryo	Keumgang, Taebaek, Pyongwon, Shipjin
Over 36 year old Pairs Black Belts Over 36 year old Team Black Belts	Taegeuk 8, Koryo, Keumgang, Taebaek	Pyongwon, Shipjin, Jitae, Chonkwon
Colored Belt Divisions	Beginners (white to green belt)	Advanced (blue to red belt)
10 years and under old Colored Belts 11-13 year old Colored Belts 14-18 year old Colored Belts 19-30 year old Colored Belts 31-40 year old Colored Belts 41-50 year old Colored Belts Over 51 year old Colored Belts	White and Yellow: Taegeuk 1 & 2 Green: Taegeuk 3 & 4	Blue: Taegeuk 5 & 6 Red: Taegeuk 7 & 8
13 years and under Pairs Colored Belt 14-35 Pairs Colored Belt Over 36 year old Pairs Colored Belt 13 years and under Team Colored Belt 14-35 Team Colored Belt Over 36 year old Team Colored Belt		
Family Poomsae Division	Any family members, regardless of rank may perform two poomsae as a team. The family Team is not limited by numbers, but must be at least two people. The Family Team may perform any poomsae that they know regardless of rank.	

No 1st and 2nd compulsory poomsae for colored belts. Colored belts will perform both poomsae listed under Beginner or Advanced for their rank.

10 years and under colored and black belts will be a coed division.

Teams and pairs could be single gender or coed. You can be on more than one team or pair.

Colored belt pairs and teams will perform the poomsae of the lowest ranking belt in the pair or team.

Trophies will be awarded for 1st, 2nd, and 3rd place.

The competition will start at 9:30 am. Please be on time.



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OFFICIAL COMPETITOR'S ENTRY FORM

- Please complete this form in its entirety. All entries must be POSTMARKED by **September 20, 2010**
- **Faxed applications will be accepted until 5:00 pm September 24, 2010 (fax to: 610-630-8020)**
- Late registration fees will be applied after **September 20, 2010**
- You must fill out the **back** of this form.
- Please **Print** all information legibly.

Last Name: _____ First Name: _____ MI: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

E-Mail: _____

Age (as of date of competition): _____ Birth Date: _____ Sex: _____

Belt Rank (kub/Dan): _____ Belt Color: _____

School/Club: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Instructor's Name: _____ Rank: _____

Club E-mail: _____

College students will receive a 50% Discount with college ID

Pre-Registration: One or Two Events: \$50.00 Three or More Events: \$60.00

There is an additional \$15 late fee for all applications posted marked or faxed after September 20, 2010. Registration at the door will be \$80.00.

Individual Forms Team Forms Pairs Forms Family Team Forms

(Please circle all of the events you will be entering)

Number of Events Entered: _____ Total Amount Enclosed: \$ _____

Visa/Master Card # _____ Date of Expiration: _____

Card Holder Name: _____ Signature: _____

Event Date: September 25, 2010

Make All Checks Payable To: Eagleville Taekwondo Academy
6 N. Park Avenue
Norristown, PA 19403-1317

You MUST fill out the back of this form to be eligible.

This release must be completed by all participants.

INSTRUCTIONS:

1. Applicants aged 18 and over, complete Part "A" only.
2. Applicants UNDER the age of 18 must have a parent or guardian complete PARTS "A" & "B".

PART "A" – WAIVER AND RELEASE FROM LIABILITY

1. HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE THE 2010 Middle Atlantic Poomsae Challenge, EAGLEVILLE TAEKWONDO ACADEMY, the Greater Plymouth Community Center, the promoters, other participants, operators, officials sponsors, owners and lessees of premises used to conduct the event and each of them, their officers and employees, all for the purposes herein referred to as "releases", from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any and all damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releases or otherwise while the undersigned is in or upon the restricted area, competing, officiating in , observing, or working for, or for any purpose participating in the event or which may arise out of, traveling to, participating in, and returning from this athletic meet.
2. HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releases and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in or observing, or working for, or for any purpose participating in the event and whether caused by the negligence of the release or otherwise.
3. HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE due to the negligence of releases or observing, or working for or for any purpose participating in the event.
4. EACH OF THE UNDERSIGNED expressly acknowledges and agrees that the activities at the event involve the risk of serious injury and /or death and/or property damage. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as any portion thereof is held valid. It is agreed that the balance shall; notwithstanding, continue in full legal force and effect. THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements, or inducements apart from the foregoing written agreement have been made.

This waiver, release and indemnification agreement specially embraces each and every event authorized or promoted by said releases during the entire season to teach and every event or activity herein above mentioned, parties herein intended to be releases and indemnified shall be fully effectively released and indemnified as to each and every event herein above described.

Signed: _____ Date: _____

Witness: _____ Date: _____

PART "B" – PARENT/GUARDIAN WAIVER RELEASE FROM LIABILITY

PARENT/GUARDIAN WAIVER/RELEASE FROM LIABILITY (If applicant is under 18 years of age, the parent(s) or guardian(s) must execute in addition to the above, this following waiver).

The undersigned _____ referred to as the parent(s) and natural
(Print parent(s) or guardian(s) name)
guardian(s) or legal guardian(s) of _____, does thereby
(Print applicant's (child's) name)

represent that he/she (they) is (are), in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above as releases from all liability, loss, cost, claim or damage whatsoever may be imposed upon said releases because of any defect in or lack such capacity to so act and release said releases on behalf of both of the undersigned.

Parent (Guardian) Signature: _____ Relationship to minor: _____

Parent (Guardian) Signature: _____ Relationship to minor: _____

Pairs and Teams Roster

If you are competing in the Pairs, Team or Family Team Divisions, please fill out the following form and return with application.

Pairs:

1) _____

2) _____

Team:

1) _____

2) _____

3) _____

Family Team:

1) _____

2) _____

3) _____

4) _____

5) _____

Directions

The Greater Plymouth Community Center:

<http://www.mapquest.com/maps?city=Plymouth+Meeting&state=PA&address=2910+Jolly+Rd&zipcode=19462-2325&country=US&latitude=40.126&longitude=-75.29114&geocode=ADDRESS>

2910 Jolly Road, Plymouth Meeting, PA 19462

From North Jersey/NY/New England:

Take the NJ Turnpike South to Exit 6. Merge onto the PA Turnpike and go to Exit 333 Norristown/Plymouth Meeting. Take the ramp towards Plymouth Meeting (Germantown Pike West). Take Germantown Pike West and go 1 mile to Jolly Road. Turn right on Jolly Road.

From South Jersey/Eastern PA:

Cross the Ben Franklin Bridge and stay on Vine Street. Take Vine Street to the Schuylkill Expressway West. Go to I-476 (exit 331B Plymouth Meeting). Take I-476 to exit 20, Germantown Pike West. Take Germantown Pike West and go 1 mile to Jolly Road. Turn right on Jolly Road.

From VA/MD/DE:

Take I-95N to PA. Take Exit 7 onto I-476N towards Plymouth Meeting. Take I-476 to exit 20, Germantown Pike West. Take Germantown Pike West and go 1 mile to Jolly Road. Turn right on Jolly Road.

From Western PA:

Take the PA Turnpike east to Exit 333 Norristown/Plymouth Meeting. Take the ramp towards Plymouth Meeting (Germantown Pike West). Take Germantown Pike West and go 1 mile to Jolly Road. Turn right on Jolly Road.