



2009 YONG-IN PRESIDENTIAL CUP INTERNATIONAL TOURNAMENT

General Information

- Hosted By:** U.S Yong-In University Alumni
- Date:** Saturday, August 1st, 2009
- Location:** Atlanta, Cobb Civic Center in GA, USA 770-528-8450
548 S. Marietta Parkway, Marietta, GA 30060-2295
- Hotel Information:** ***ASK FOR YONG-IN TOURNAMENT RATES***
This Group Reservation Cut off Date is July 15th. 2009
- LINKS to hotels can be found @ www.usyongintkd.com
- Marriott Hotel***
Exclusive room rate \$89 + Tax
200 Interstate North Pkwy, Atlanta, GA 30339 770-952-7900
- Hilton Marietta - COACHES & OFFICERS***
Head Quarter Hotel Room Rate \$99 + Tax
500 Power Spring St. Marietta, GA 30064 770-427-2500
- Travel Agent:** Ms. Hellen Jang 770-986-8055 (Miju Tour)
- Pre-Registration:** **One Event \$70 Each Additional Event \$10 Seminar \$30**
No Mailed in Registration will be accepted after July, 25th. 2009
There will be a \$10.00 late fee for all applications post marked after July 25th.
- NOTE:** Registration at the door - \$100.00, one event, additional \$20.00 fee.
- Payment:** **Certified check or Money order** payable to **“U.S. Yong-In Alumni ”**
Mail to: U.S. Yong-In Alumni 3760 Sixes Rd. #118 Canton, GA 30114
No personal checks or Credit cards will be accepted
- General Admission:** \$10.00 per person (Children 5 years and under are Free)
- Lunch:** Concession stands available all day
- Awards:**
- | | |
|-----------------|--|
| Sparring | One First Place, One Second Place, Two Third Place |
| Form | One First Place, One Second Place, Two Third Place |
| Breaking | One First Place, One Second Place, Two Third Place |

Grand Champion Awards:

One male & one female – 18 & older Divisions – in each category

Black Belt Grand Champion in Form
Black Belt Grand Champion in Sparring

Each winner will receive a 10 Day Trip to Korea in 2009 and Train at YONG-IN UNIVERSITY
(Some Restriction may Apply: Non Transferable & Must be 18 Years)



Schedule of Events

(ALL TIMES ARE APPROXIMATE)

Friday, July 31st, 2009

Marriott Hotel

Schedule is subjected to change

5:00pm~

Credential Pick-Up (Hotel)

5:00 pm~ 6:30pm

Sparring & Demonstration Seminar (Hotel)
by Yong-In University Professors RYU & KIM

5:00pm~6:30pm

Referee Seminar (Hotel)
by Master Seo, Ju Hyun & Denis Griffin

Saturday, August 1st, 2009

Cobb Civic Center

8:00am~3:30pm

Credential Pick-Up (Civic Center)

8:00am~8:30am

Referee & Coach Meeting (Civic Center)

8:30am~10:00am

[Wave 1](#)

6~7 year old competitors (All Events)

10:00am~11:30am

[Wave 2](#)

8~9 year old competitors (All Events)

11:30am~1:00pm

Opening Ceremonies & Yong-In Demonstration Team

1:00pm~2:30pm

[Wave 3](#)

10~11 year old competitors (All Events)

2:30pm~4:00pm

[Wave 4](#)

12~13 year old competitors (All Events)

4:00pm~5:30pm

[Wave 5](#)

14~17 year old competitors (All Events)

5:30pm~

[Wave 6](#)

18 years & older-Senior Division (All Events)

******Black Belts (ONLY)** ****

Grand Championship (Form & Sparring) Competition will be held after Senior Division

IMPORTANT Competitor information:

All competitors will be called to the holding area 30 minutes prior to their scheduled competition time
All competitors should report to the holding area (2nd Floor) with all of their sparring gear on.

*****For More Information call: Master Jeong, Yong Jun @ 678-654-8388**



Equipment and Rules

~Competitors~

Equipment: All competitors must bring their own safety gear including chest protector, headgear, shin/instep guards, forearm guards, groin cup-worn inside the pants, mouthpiece, and a standard white V-neck WTF approved uniform in good condition. Black trim around the collar is allowed for black belts only.

MALES: Groin protectors are MANDATORY.

Mouthpieces are MANDATORY for ALL Competitors.

NO equipment will be provided.

Rules: The Rules and Regulations and modified rules of the World Tae Kwon Do Federation (WTF) will govern these Championships for the Sparring.

Board Breaking: Competitors will be allowed a three station break with a Maximum of FIVE (5) Boards
You may bring own boards. Tournament Organization will not provide BOARDS
** Boards are available for sale at the competition pro-shop**

~Coaches~

- Coaches must be Pre-Registered and wear their Coach Pass at all times
- Only One Coach, Per Competitor allowed in the ring during Sparring
- No Coaches on the Competition floor for Form and Board Breaking Competition
- Coaches must leave the competition floor immediately after their Competitor has completed their competition

~Referees~

- Referees must wear dark dress pants; soft bottom shoes (no slippers) and will be given a Referee T-shirt. (Must be at least 16 years of age. Must be a 1st Degree Black of Higher)

COMPETITOR ELIGIBILITY

ALL COMPETITORS MUST BE 6 YEARS AND OLDER.
ALL COMPETITORS MUST AGREE TO ABIDE BY THE RULES
OF THE ORGANIZING COMMITTEE.



**The 4th Yong-In University Presidential Cup
Open International Tae Kwon Do Championship
Saturday, August 1st, 2009**



MEDICAL QUESTIONNAIRE FORM

Please circle either (Y) for yes, or (N) for no.

1. Do you have any allergies to any medications? Y / N If Yes, please indicate which medication(s).
2. Do you take any medication regularly? Y/N If yes, please state which medication(s).
3. Do you wear contact lenses/glasses?
4. Do you have a history of:

Epilepsy (seizures)	Y / N
Lung Disease	Y / N
Heart Disease	Y / N
Diabetes	Y / N
High Blood Pressure	Y / N

IF YOU ANSWERED YES TO ANY PART OF QUESTION NUMBER FOUR, PLEASE COMPLETE QUESTION NUMBER FIVE.

5. I hereby state that I am under the care of a physician for the treatment of _____ and that I have been medically cleared by this physician to participate in this tournament.

COMPETITOR'S SIGNATURE: _____ DATE: _____

If competitor is under age 18, this must be signed by parent or legal guardian.

SIGNATURE: _____

DATE: _____

PLEASE READ CAREFULLY

I hereby certify that the above information is true and accurate to the best of my knowledge and hereby agree that I WILL NOT be permitted to participate in this tournament if this MEDICAL QUESTIONNAIRE FORM is not completed and returned prior to the tournament to 2009 U.S YONG-IN UNIVERSITY PRESIDENTIAL CUP INTERNATIONAL TOURNAMENT.

SIGNATURE: _____ DATE: _____

CERTIFICATION:

Competitor's Name: _____ Age: _____

Parent's Name: _____ Home Phone Number: _____

Home Address: _____

If you are minor (under 18 years old) and will be at the tournament with a parent, the statement below must be read and signed by a parent or legal guardian and returned prior to participating in any competition or event. The undersigned competitor, (parent or legal guardian of the competing minor) represents that he has the authority to consent of the medical care and treatment of such a competitor (or competing minor) by the designees of 2009 U.SYONG-IN UNIVERSITY PRESIDENTIAL CUP CHAMPIONSHIP.

Name of parent or guardian: _____ Date: _____

Signature of parent or guardian: _____ Date: _____



**The 4th Yong-In University Presidential Cup
Open International Tae Kwon Do Championship
*Sparring & Demonstration Seminar***



REGISTRATION FORM

(All Competitors will get Certificate)

Please send this form along with your participation fee (NON-REFUNDABLE)

No Registration will be accepted after July 25, 2009 (No Fax registration)

Seminar Fee: \$30 (includes a T-Shirt)

\$10 Late Fee if Post marked after July 25th, 2009

IMPORTANT: IF ANY INFORMATION IS MISSING APPLICATION WILL NOT BE PROCESSED		
Last Name: _____ First Name: _____ Sex: Male () Female () Age: _____	Please check the appropriate be accordingly	
	Group 1	Yellow & Orange Belt () Green Belt () Blue/Purple Belt ()
	Group 2	Brown/Red () Black Belt ()

Address: _____ City: _____

State: _____ Zip: _____ Daytime Phone #: _____

Evening Phone #: _____ E-mail: _____

TKD School/Club Name: _____

Sparring & Demonstration Seminar by YONG-IN UNIVERSITY PROFESSOR
Professor Ryu, Byung Gwan (Yong-In University Competition Team)
Kim, Joong Heon (Yong-In University Demonstration Team)

LIABILITY WAIVER

In consideration of your acceptance of my registration, I do hereby, for my self, heirs, executors and administrators waive, release and forever discharge any and all rights claims for damages which I may have, or which may accrue to me, against 2009 Yong-In University International Tournament and for its state and district associations, 2009 Yong-In University International Tournament, or their respective officers, agents, representatives, successors, and/or assigns, and against any competitors for any and all damages which may be sustained by me in connection with my association with my participation in or entry in the above athletic meet and competition, and in connection with any medical service I may be provided in connection with any such injury or illness. I understand that Tae Kwon Do is a body contact sport and I further understand all contents of the 2009 rules and regulations and general information which was published by the sponsors and I agree with them in their entirety. I further understand that I may be dismissed from the premises without compensation of refund if my conduct is not courteous and cooperative for the successful operations of the championships.

Competitor's Signature _____ Date ____/____/____

Legal Guardian's Signature (age Under 18) _____ Date ____/____/____

Mail Completed form to: U.S. Yong-In Alumni 3760 Sixes Rd. #118 Canton, GA 30114



The 4th Yong-In University Presidential Cup Open International Tae Kwon Do Championship



Competitor's Registration Form

Please send this form along with your participation fee (NON-REFUNDABLE)
No Registration will be accepted after July 25, 2009 (No Fax registration)
\$10 Late Fee if Post marked after July 25th, 2009

IMPORTANT: IF ANY INFORMATION IS MISSING APPLICATION WILL NOT BE PROCESSED		
Last Name: _____ First Name: _____ Sex: Male () Female () Age: _____ Weight: _____ lbs. Height: _____ inches	Please check the appropriate be accordingly	
	Yellow & Orange Belt ()	Green Belt ()
	Blue/Purple Belt ()	Brown/Red ()
	Black Belt 1 st Dan () 2 nd Dan () 3 rd Dan () 4 th Dan ()	

Address: _____ City: _____

State: _____ Zip: _____ Daytime Phone #: _____

Evening Phone #: _____ E-mail: _____

TKD School/Club Name: _____

Event(s):			
<i>Sparring</i> _____	<i>Form</i> _____	<i>Breaking</i> _____	<i>Seminar (\$30)</i> _____
<i>\$70 One Event (\$10 Each Additional Event)</i>	<i>\$30 (Seminar)</i>	TOTAL \$ _____	

LIABILITY WAIVER

In consideration of your acceptance of my registration, I do hereby, for my self, heirs, executors and administrators waive, release and forever discharge any and all rights claims for damages which I may have, or which may accrue to me, against 2009 Yong-In University International Tournament and for its state and district associations, 2009 Yong-In University International Tournament, or their respective officers, agents, representatives, successors, and/or assigns, and against any competitors for any and all damages which may be sustained by me in connection with my association with my participation in or entry in the above athletic meet and competition, and in connection with any medical service I may be provided in connection with any such injury or illness. I understand that Tae Kwon Do is a body contact sport and I further understand all contents of the 2009 rules and regulations and general information which was published by the sponsors and I agree with them in their entirety. I further understand that I may be dismissed from the premises without compensation of refund if my conduct is not courteous and cooperative for the successful operations of the championships.

Competitor Signature _____ Date ____/____/____

Legal Guardian's Signature (age Under 18) _____ Date ____/____/____

Mail Completed form to: U.S. Yong-In Alumni 3760 Sixes Rd. #118 Canton, GA 30114



**The 4th Yong-In University Presidential Cup Open
International Tae Kwon Do Championship
Saturday, August 1st, 2009
Coaching Pass Fee: \$40.00 (Includes a T-Shirt)**

COACHING REGISTRATION FORM

Note: Each school that participates in the 4th Yong-In University Presidential Cup Open International Tae Kwon Do Championship will be given one free coaches pass (for every 10 competitors)

ELIGIBILITY: Must be 16 years or older. Must be a current Tae Kwon Do Student/Instructor/Master

APPLICANT INFORMATION

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-Mail: _____

Name of School: _____ Phone: _____

LIABILITY WAIVER

In consideration of your acceptance of my registration, I do hereby, for my self, heirs, executors and administrators waive, release and forever discharge any and all rights claims for damages which I may have, or which may accrue to me, against 2009 Yong-In University International Tournament and for its state and district associations, 2009 Yong-In University International Tournament, or their respective officers, agents, representatives, successors, and/or assigns, and against any competitors for any and all damages which may be sustained by me in connection with my association with my participation in or entry in the above athletic meet and competition, and in connection with any medical service I may be provided in connection with any such injury or illness. I understand that Tae Kwon Do is a body contact sport and I further understand all contents of the 2009 rules and regulations and general information which was published by the sponsors and I agree with them in their entirety. I further understand that I may be dismissed from the premises without compensation of refund if my conduct is not courteous and cooperative for the successful operations of the championships.

Please note that all Coaches must leave the competition floor immediately after the completion of his/her competitors match. The organizing committee reserves the right to suspend the coaches' pass for failure to abide by the rules.

Signature of Applicant _____ Date ____/____/____

Legal Guardian's Signature (age Under 18) _____ Date ____/____/____

Mail Completed form to: U.S. Yong-In Alumni 3760 Sixes Rd. #118 Canton, GA 30114



**The 4th Yong-In University Presidential Cup Open
International Tae Kwon Do Championship
Saturday, August 1st, 2009**



OFFICAL REFEREE REGISTRATION FORM

(Seminar will be held at the Marriott Hotel on July 31st at 5:00)
(All Participants will get a Certificate)

ELIGIBILITY: *You MUST be at least 18 years of age. Must be a 3rd Dan Black Belt or higher.*

APPLICANT INFORMATION

Name: _____ Phone: _____

D.O.B: ____/____/____ Age: _____ Male _____ Female _____

Address: _____

Rank: _____ Instructor: _____

Tae Kwon Do School: _____

Dan #: _____ Rank/Dan: _____

LIABILITY WAIVER

In consideration of your acceptance of my registration, I do hereby, for myself, heirs, executors and administrators waive, release and forever discharge any and all rights and claims for damages which I may have, or which may occur to me, against 2009 Yong-In University International Tournament and for its state and district associations, 2009 Yong-In University International Tournament, or their respective officers, agents, representatives, successors, and/or assigns, and against any competitors for any and all damages which may be sustained by me in connection with my association with my participation in or entry in the above athletic meet and competition, and in connection with any medical service I may be provided in connection with any such injury or illness. I understand that Tae Kwon Do is a body contact sport and I further understand all contents of the 2009 rules and regulations and general information which were published by the sponsors and I agree with them in their entirety. I further understand that I may be dismissed from the premises without compensation of refund if my conduct is not courteous and cooperative for the successful operations of the championships.

Signature of applicant: _____ Date: ____/____/____

Mail Completed form to: U.S. Yong-In Alumni 3760 Sixes Rd. #118 Canton, GA 30114



Junior Competition (Safety) Rules



General Rules

No Head Contact

*** AGES 7 & UNDER (ALL BELTS) 11 & UNDER (COLOR BELTS)

In National Qualifier and National Championships sparring competition, the rules concerning a kick to the face shall be as follows:

- Any technique contacted to the head area which does not make any injury, will be given a warning by the referee (Kyong-go).
- Any technique, which makes injury with the head area, will result in a One-point deduction by the referee (Gam-jeom)
- If the competitor cannot continue because of the injury to the head area, the attacker will be disqualified.

NOTE: Inability to continue because of fright, crying or loss of will following a kick to the head which did not cause injury does not constitute grounds for disqualification of the attacker.

Junior Safety Rules –LIGHT CONTACT

*** AGES 8-13 (BLACK BELTS) 12 & UP (All COLOR BELTS)

In National Qualifier and National Championships sparring competition, the rules concerning a kick to the face shall be as follows:

- The competitor is allowed to kick to the facial area; however, the kick must be light contact with absolute control without causing any injury or excessive contact, or the appropriate penalty shall be invoked.
- The competitor who executes a successful technique (light contact without causing any injury) shall be awarded 1 point.
- The competitor who executes a kick to the face which results in a minor injury shall receive a one-point (Gam-jeom) deduction. A minor injury is defined as abrasion or bleeding caused by non-excessive contact. The referee, with or without consultation with the tournament physician, shall determine if the abrasion or bleeding is a minor injury, and if the attack is a non-excessive one.
- The competitor who executes a kick to the face which results in the inability of the opponent to continue sparring because of injury shall be disqualified. The referee, with or without consultation with the tournament physician, shall determine if the attack is an excessive contact, and if it's a major injury.

NOTE: Inability to continue because of fright, crying or loss of will following a legal kick to the head which did not cause injury does not constitute grounds for disqualification of the attacker.

Competition (Safety) Rules (Continued)

HEAD CONTACT

*** AGES 14-17 (BLACK BELTS) and **SENIOR BLACK BELT DIVISION**

In National Qualifier, Junior Olympic Championships, and Senior National Championship sparring competition, the Senior Black Belt adult rules shall apply for these divisions.

NOTE: Excessive contact to the facial or head area:

Even in the absence of visible injury, such as slight bleeding or abrasion, the referee may deem the contact to be excessive, and declare the appropriate penalty.

Where Junior Competition Rules are in effect per Article 1.B above, the competitor who executes a successful technique to the face (light contact without causing any injury) shall be awarded 1 point,

Two point scores for head contact shall not be awarded under Junior Competition Rules, nor are extra points awarded in the event the referee begins an 8-count, it should be considered excessive, and the appropriate penalty should be declared. However, the referee can and should begin an 8-count for a legal kick to the trunk area that results in a knockdown condition; in this case, no Bonus Point is awarded.

Notice

- * *11 & under Color Belts and 7 & under Black Belts: No Head Contact!*
- * *8 ~ 13 year old (Black Belts) and 12 & older All Color Belts: Light Contact! (1 Point)*
- * *14 & older Black Belts: Head Contact! (2 Points)*

**All rules and regulations are subject to change, as deemed necessary,
by the Tournament Director or Tournament Committee.**

*** No one is allowed on the Main Floor without Permission
(Staff, Volunteers & Coaches ONLY)
*** Coaches allowed only during sparring competition



Competition Rules



The World Tae Kwon Do Federation (WTF) rules and Regulations will govern these Championships for Sparring & Forms competition.

Poomse (Form) ~ Forms Competition will be Open Forms for all.

- Competitor balance, rhythm, good manner will be Judged

Kyukpa (Board Breaking) ~ Breaking will be judged on:

- **Accuracy** – breaking at the first attempt is superior to breaking at the second attempt.
- **Presentation** – competitor balance, rhythm, good manner and kihap from entrance to the completion of the performance are superior to the competitor.
 - Competitors will be allowed a Three Station break with a maximum of **FIVE (5) Boards.**
 - No more than 1 minute to set up and break
 - Only competition designated holders are allowed to hold for breaking.
 - No Speed breaks will be allowed
 - Jumping over people will not be allowed.
 - Breaking with the head will not be allowed.

Gyorooigi (Sparring) ~ Rounds & Duration

Age	Belt Color	# of Rounds	Time	Rest Period
6~13	ALL	2	1 minute	30 seconds
14~17	Color Belts	2	1 minute	30 seconds
14~17	Black Belts	2	1 ½ minutes	1 minute
18 & Older	Color Belts	2	1 minute	30 seconds
18 & Older	Black Belts	2	2 minutes	1 minute



WEIGHT DIVISIONS



AGE 6~13 All Belt & 14~17 Color Belt

GYOROOGI (Sparring)

Age	Belt	Male	Female	Age	Belt	Male	Female
6~7	Yellow/Orange Green Purple/Blue Brown/Red Black	Under 40 lbs. 40.1~52 lbs. 52.1~65 lbs. 65.1~78 lbs. 78.1~90 lbs. Over 90.1 lbs.	Under 40 lbs. 40.1~52 lbs. 52.1~65 lbs. 65.1~78 lbs. 78.1~90 lbs. Over 90.1 lbs.	8~9	Yellow/Orange Green Purple/Blue Brown/Red Black	Under 55lbs. 55.1~67 lbs. 67.1~80 lbs. 80.1~92 lbs. 92.1~105 lbs. Over 105.1 lbs.	Under 55lbs. 55.1~67 lbs. 67.1~80 lbs. 80.1~92 lbs. 92.1~105 lbs. Over 105.1 lbs.
10~11	Yellow/Orange Green Purple/Blue Brown/Red Black	Under 65 lbs. 65.1~78 lbs. 78.1~90 lbs. 90.1~102 lbs. 102.1~115 lbs. Over 115.1 lbs.	Under 65 lbs. 65.1~78 lbs. 78.1~90 lbs. 90.1~102 lbs. 102.1~115 lbs. Over 115.1 lbs.	12~13	Yellow/Orange Green Purple/Blue Brown/Red Black	Under 75 lbs. 75.1~87 lbs. 87.1~100 lbs. 100.1~112 lbs. 112.1~125 lbs. Over 125.1 lbs.	Under 70 lbs. 70.1~82 lbs. 82.1~94 lbs. 94.1~106 lbs. 106.1~120 lbs. Over 120.1 lbs.
14~15	Yellow/Orange Green Purple/Blue Brown/Red Black	Under 92 lbs. 92.1~107 lbs. 107.1~120 lbs. 120.1~132 lbs. 132.1~142 lbs. 142.1~158 lbs. Over 158.1 lbs.	Under 92 lbs. 92.1~104 lbs. 104.1~116 lbs. 116.1~128 lbs. 128.1~140 lbs. 141.1~152 lbs. Over 152 lbs.	16~17	Yellow/Orange Green Purple/Blue Brown/Red Black	Under 105 lbs. 105.1~117 lbs. 117.1~130 lbs. 130.1~142 lbs. 142.1~154 lbs. 154.1~167 lbs. Over 167.1 lbs.	Under 100 lbs. 100.1~112 lbs. 112.1~124 lbs. 124.1~138 lbs. 138.1~150 lbs. 150.1~162 lbs. Over 162.1 lbs.

POOMSE (Form) / KYUKPA (Breaking)

Age	Belt	Male	Female	Age	Belt	Male	Female
6~7	All Belts	Under 52 lbs. 52.1~78 lbs. Over 78.1 lbs.	Under 52 lbs. 52.1~78 lbs. Over 78.1 lbs.	8~9	All Belts	Under 67 lbs. 67.1~92 lbs. Over 92.1 lbs.	Under 67 lbs. 67.1~92 lbs. Over 92.1 lbs.
10~11	All Belts	Under 78 lbs. 78.1~102 lbs. Over 102.1 lbs.	Under 78 lbs. 78.1~102 lbs. Over 102.1 lbs.	12~13	All Belts	Under 87 lbs. 87.1~112 lbs. Over 112.1 lbs.	Under 82 lbs. 82.1~106 lbs. Over 106.1 lbs.
14~15	Color Belts	Under 107 lbs. 107.1~132 lbs. Over 132.1 lbs.	Under 104 lbs. 104.1~128 lbs. Over 128.1 lbs.	16~17	Color Belts	Under 117 lbs. 117.1~142 lbs. Over 142.1 lbs.	Under 112 lbs. 112.1~138 lbs. Over 138.1 lbs.

AGE 14~17 Black Belt

GYOROOGI (Sparring)

	Male Division (lbs. & kgs)	Female Division (lbs. & kgs)
FIN	Under 99.0 lbs.(45kg)	Under 92.5 lbs.(42kg)
FLY	99.1~105.8 lbs. (45-48kg)	92.6~97.0 lbs. (45-48kg)
BANTAM	105.9~112.4 lbs. (48-51kg)	97.1~101.4 lbs. (48-51kg)
FEATHER	112.5~121.2 lbs. (51-55kg)	101.5~108.0 lbs. (51-55kg)
LIGHT	121.3~130 lbs. (55-59kg)	108.1~114.6 lbs. (55-59kg)
WELTER	131.1~138.9 lbs. (59-63kg)	114.7~121.2 lbs. (59-63kg)
LIGHT MIDDLE	139.0~149.9 lbs. (63-68kg)	121.3~130 lbs. (63-68kg)
MIDDLE	150.0~160.9 lbs. (68-73kg)	130.1~138.9 lbs. (68-73kg)
LIGHT HEAVY	161.0~172 lbs. (73-78kg)	139.0~149.9 lbs. (73-78kg)
HEAVY	Over 172.1 lbs. (78kg)	Over 150 lbs. (78kg)

POOMSE (Form) / KYUKPA (Breaking)

Dan	Division	Men	Women
1 st Dan~4 th Dan	LIGHT	Under 105.8 lbs.	Under 97 lbs.
	L.MIDDLE	105.9~121.2 lbs.	97.1~108 lbs.
	MIDDLE	121.3~138.9 lbs.	108.1~121.2 lbs.
	L.HEAVY	139.0~160.9 lbs.	121.3~138.9 lbs.
	HEAVY	Over 161 lbs.	Over 139 lbs.

ADULT Black Belt (18~32)

GYOROOGI (Sparring)

Divisions	Male Division (lbs. & kgs)	Female Division (lbs. & kgs)
FIN	Under 118.8 lbs.(54kg)	Under 103.4 lbs.(47kg)
FLY	118.9~127.6 lbs. (54-58kg)	103.5~112.2 lbs. (47-51kg)
BANTAM	127.7~136.4 lbs. (58-62kg)	112.3~121.0 lbs. (51-55kg)
FEATHER	136.5~147.4 lbs. (62-67kg)	121.1~129.8 lbs. (55-59kg)
LIGHT	147.5~158.4 lbs. (67-72kg)	129.9~138.6 lbs. (59-63kg)
WELTER	158.5~171.6 lbs. (72-78kg)	138.7~147.4 lbs. (63-67kg)
MIDDLE	171.7~184.8 lbs. (78-84kg)	147.5~158.4 lbs. (67-72kg)
HEAVY	Over 184.9 lbs.(84kg)	Over 158.5 lbs. (72kg)

POOMSE (Form) / KYUKPA (Breaking)

Dan	Divisions	Male Division (lbs.)	Female Division(lbs.)
1 st Dan~4 th Dan	LIGHT	Under 127.6 lbs.	Under 103.3 lbs.
	MIDDLE	127.7~147.4 lbs.	103.4~121.0 lbs.
	LIGHT HEAVY	147.5~171.6 lbs.	121.1~143.0 lbs.
	HEAVY	Over 171.7 lbs.	Over 143.1 lbs.

ADULT Color Belt Ages: 18-32

GYOROOGI (Sparring)

Belt	Male Division (lbs.)	Female Division (lbs. & kgs)
Yellow/Orange	Under 127.9lbs.	Under 112.4 lbs.
Green	127.9~147.7 lbs.	112.4~130.1 lbs.
Purple/Blue	147.7~172.0 lbs.	130.1~147.7 lbs.
Brown/Red	Over 172.1 lbs.	Over 147.8lbs.

POOMSE (Form) / KYUKPA (Breaking)

Belt	Division	Male	Female
Yellow/Orange	LIGHT HEAVY	Under 147.4lbs. Over 147.5 lbs.	Under 129.8 lbs. Over 129.9 lbs.
Green			
Purple/Blue			
Brown/Red			

ULTRA Divisions Ages: 33-40, 41-50, Over 50

GYOROOGI (Sparring)

Rank	Age	Male Division (lbs)	Female Division (lbs)
Yellow/Orange	33-40 41-50 Over 50	Under 127.6 lbs.	Under 112.2 lbs.
Green		127.7~~147.4 lbs.	112.3~~129.8 lbs.
Purple/Blue		147.5~171.6 lbs.	129.9~147.4 lbs.
Brown/Red		Over 171.7	Over 147.5
Black			

POOMSE (Form) / KYUKPA (Breaking)

Rank/Belt	Age	Divisions	Male (lbs)	Female (lbs)
Yellow/Orange	33-40 41-50 Over 50	LIGHT HEAVY	Under 158.4 lbs. Over 158.5 lbs.	Under 138.6 lbs. Over 138.7 lbs.
Green				
Purple/Blue				
Brown/Red				
1 st Dan				
2 nd Dan				
3 rd Dan				
4 th Dan & Up				