

SPARRING • FORMS • BOARD BREAKING • FAMILY FORMS • DEMO TEAM COMPETITION  
YONG-IN UNIVERSITY DEMONSTRATION TEAM PERFORMANCE

JULY • 29-30 • 2011



# THE 5<sup>TH</sup> Yong-In University PRESIDENTIAL CUP

## International Tae Kwon Do Championship

GREENSBORO COLISEUM COMPLEX • GREENSBORO, NORTH CAROLINA



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GREENSBORO COLISEUM COMPLEX  
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336-373-7400



To All Tae Kwon Do Enthusiasts,

Thank you for allowing me this opportunity to invite you to “The 5<sup>th</sup> Yong-In University Presidential Cup, International Tae Kwon Do Championship” in Greensboro, NC USA on Saturday, 30 July 2011 at the Greensboro Coliseum Complex.

In the past ten years, we have travelled from the great halls of learning at Harvard University, to the windy city of Chicago, the nation’s capital, Washington, DC, and the gem of the south, Atlanta, GA, witnessing great competition and hospitality. We are now honored that Greensboro, NC will be our host for what promises to be the most memorable Yong-In Presidential Cup to date, setting the standard for future Yong-In University Presidential Cups. We celebrate those who have led us to where we are today.

Whether young or old, simply enjoy the fellowship of other competitors, or compete at the highest level tae kwon do has to offer, The 5<sup>th</sup> Yong-In University Presidential Cup offers several levels of competition to choose from. With this year’s tournament, you not only have the ability to compete in forms, breaking, and sparring, but also the latest additions of spirit for our tae kwon do beginners, family forms and school demo team competitions. There is certainly something for all who wish to compete in this year’s tournament.

I encourage all grandmasters, masters, instructors, and students of tae kwon do to gather in Greensboro, NC for The 5<sup>th</sup> Yong-In University Presidential Cup. Come and join us as we celebrate one another not in the color of a medal, but in the spirit of participation and sportsmanship. Come and join us as we celebrate the spirit of Tae Kwon Do.

Sincerely,

*Jung Haeng Kim*

President, Yong-In University



# GENERAL INFORMATION



- Dates:** Friday, 29 July and Saturday, 30 July
- Location:** Greensboro, NC USA  
Greensboro Coliseum Complex, Special Events Center Hall C (East Wing)  
1921 West Lee Street, Greensboro, NC 27403  
Website: [www.greensborocoliseum.com](http://www.greensborocoliseum.com)
- Tournament Host:** US Yong-In Alumni
- Tournament Contact:** Master Mark Wright  
Phone: 336.416.4075 or 336.766.6116  
Email: [mastermdwright@yahoo.com](mailto:mastermdwright@yahoo.com)  
Website: [tigerkimstkd.com](http://tigerkimstkd.com)
- Registration:** All registration materials must be postmarked no later than Wednesday, 20 July 2011. Registration the day of the event will NOT be permitted.  
Mail registration(s) and payment to:  
  
Yong-In University Presidential Cup  
C/O Tiger Kim's WCTKD  
1425 River Ridge Drive  
Clemmons, NC 27012 USA
- Payment:** All funds must be payable with certified check or money order to: "Yong-In 11"  
No personal checks or credit cards will be accepted.
- Hotel/Headquarters:** SHERATON GREENSBORO AT FOUR SEASONS  
*Reservation Deadline:* Saturday, 9 July 2011  
\$99 + tax/night, standard room (1 king or 2 doubles)  
Request "The 5<sup>th</sup> Yong-In Presidential Cup Tae Kwon Do Championship" rate  
3121 High Point Road, Greensboro, NC 27407  
Phone: 800.242.6556, Website: [www.sheratongreensboro.com](http://www.sheratongreensboro.com)
- Airports:** Piedmont Triad International Airport (GSO), 11 miles  
Raleigh-Durham International Airport (RDU), 63 miles  
Charlotte Douglas International Airport (CLT), 95 miles
- General Admission:** \$10 per person (Ages 4 and under, free admission).
- Concessions:** Concessions available all day. No food or drink may be brought into the facility.
- Parking:** Parking fees at Greensboro Coliseum Complex will be required.



# EVENTS SCHEDULE



## Friday, 29 July

2:00 PM - 9:00 PM

**Competitor Weigh-In,  
Pick Up Credentials**

Sheraton Greensboro Hotel at Four Seasons

5:00 PM - 7:00 PM

**Open Practice**

Greensboro Coliseum Complex,  
Special Events Center Hall C (East Wing)

## Saturday, 30 July

**Greensboro Coliseum Complex,**

**Special Events Center Hall C (East Wing)**

6:30 AM

Volunteer Meeting.

7:00 AM

Doors Open.

7:00 AM - 2:00 PM

Competitor Weigh-in, Pick Up Credentials.

7:30 AM

Referee & Coach Meeting.

7:45 AM

CALL TO HOLDING AREA, Participants Ages 4-9.

8:00 AM

Competition for Ages 4-9 Begins.

11:00 AM

School Demo Team Competition.

1:00 PM

Opening Ceremonies, Yong-In University Demonstration Team.

2:30 PM

Family Forms Line-Up and Competition.

3:00 PM

CALL TO HOLDING AREA, Participants Ages 10-17.

3:15 PM

Competition for Ages 10-17 Begins.

“Grand Champion” Finals in Forms and Sparring for Black Belts  
Ages 14-17 Will Begin Immediately Following 10-17 Age Group.

5:30 PM

CALL TO HOLDING AREA, Participants Ages 18 and Over.

“Grand Champion” Finals in Forms and Sparring for Black Belts  
Ages 18 and Over Will Begin Immediately Following 18 and Over  
Age Group.

*All times are approximate and subject to change.*



## SPECIAL EVENT NOTES



- ☞ All competitors in individual events will receive a medal and certificate.
- ☞ Individual Events: spirit, forms, board breaking, and sparring.
- ☞ School Demo Team Competition with cash prizes for top three schools.
- ☞ Family Forms Competition with color belt and black belt divisions.
- ☞ The Yong-In University Demonstration Team will perform at the opening ceremonies.
- ☞ All black belts ages 14 to 17 and all black belts ages 18 and up are eligible to compete for the title of “Grand Champion” in forms and sparring, if they place first in their individual forms competition or sparring competition.
  - One male and one female will be crowned “Grand Champion of Forms” in each of the two black belt age divisions and four males and four females will be crowned “Grand Champion of Sparring” in each of the two black belt age categories.
  - The “Grand Champions” of forms and sparring will receive ten days of free training at Yong-In University in Korea (airfare not included) and a new uniform.
- ☞ The top school in each of the following categories will be recognized at the opening ceremonies:  
*Most Participants, Best Spirit/Enthusiasm, and Best Sportsmanship.*
- ☞ Twelve mats for competition with electronic scoring.
- ☞ All competitors must complete a weigh-in on Friday, 29 July (2:00 PM to 9:00 PM at the Sheraton Greensboro Hotel) or Saturday, 30 July (7:00 AM to 2:00 PM at the Greensboro Coliseum Complex).
- ☞ Competitors must wear a standard, white, V-neck uniform in good condition. Black trim around the collar is allowed only for poom/black belts.
- ☞ Those competing in forms and board breaking should review the required form/technique for their belt color.
- ☞ Competitors must provide their own safety/sparring equipment: head gear, mouth guard, forearm guards, chest protector, groin protector, shin and instep protector.
- ☞ Competitors will be grouped according to gender, age, belt, and weight.
- ☞ Masters/coaches/instructors should wear dress commensurate with the international level of this competition.
- ☞ Coaches must be at least 16 years of age and a current tae kwon do student, instructor, or master.
- ☞ Those wishing to be a referee should contact Master Mark Wright. Referees must be 18 years of age and a black belt.
- ☞ Volunteers must be at least 16 years of age and able to work entire event. Previous tournament experience is preferred. Volunteers must wear khaki slacks.





## GENERAL COMPETITION RULES

The World Tae Kwon Do Federation (WTF) rules and regulations will govern these championships for forms, breaking, and sparring competitions. The organizing committee reserves the right to adopt changes as they deem necessary.

- A. Competitors participating in individual events must wear a standard, white, V-neck uniform in good condition. Black trim around the collar is allowed only for poom/black belts.
- B. All competitors must weigh-in on Friday or Saturday during the designated times. This includes ALL who are competing individually in spirit, forms, board breaking, and/or sparring.
- C. Competitors must provide their own safety/sparring equipment.
- D. Competitors will be grouped according to gender, age, belt, and weight.
- E. Individual awards for spirit, forms, breaking, and sparring;
  - 1. One 1<sup>st</sup> Place
  - 2. One 2<sup>nd</sup> Place
  - 3. Multiple 3<sup>rd</sup> Place
- F. All black belts ages 14 to 17 and all black belts ages 18 and up who finish in first place during the individual forms and sparring waves are eligible to compete for the male and female "Grand Champion" title in forms and sparring.

***"Come celebrate the spirit of Tae Kwon Do."***



# SPRIT AND FORMS COMPETITION RULES



## Spirit

- A. Eligibility
  - 1. White belts, ages 4 and 5, who have just begun their taekwondo training.
- B. Directed by a master/instructor on the competition floor, the spirit participants will be judged on:
  - 1. Focus and kihap;
  - 2. Horse riding stance with basic punching;
  - 3. Kicking stance; and,
  - 4. Front snap kick (3 each leg).

## Forms

- A. Eligibility
  - 1. White belts age 6 and up.
  - 2. Yellow/orange belts and higher of any age.
- B. Single elimination format.
- C. Competitors will be judged on ability to perform the form associated with their current rank, balance, rhythm, and manner.
- D. Official forms:

Color Belts
White – Basic
Yellow/Orange – Taeguk & Palgwe 1 or 2
Green – Taeguk & Palgwe 3 or 4
Blue/Purple – Taeguk & Palgwe 5 or 6
Red/Brown – Taeguk & Palgwe 7 or 8

Black Belts
1 <sup>st</sup> Dan – Koryo
2 <sup>nd</sup> Dan – Keumgang
3 <sup>rd</sup> Dan – Taebaek
4 <sup>th</sup> Dan – Pyung Won
5 <sup>th</sup> Dan – Sip Jin

- E. Forms weight divisions (ALL Belts-No weight divisions for ages 4-5):

ALL BELTS	Age	Male (lbs.)	Female (lbs.)	Weight Class
	6 - 7		< 48	
		48 +		Heavy
8 - 9		< 64		Light
		64 +		Heavy
10 - 11		< 75		Light
		75 +		Heavy
12 - 13		< 90	< 77	Light
		90 +	77 +	Heavy

ALL BELTS	Age	Male (lbs.)	Female (lbs.)	Weight Class
	14 - 15		< 132	< 119
		132 +	119 +	Heavy
16 - 17		< 139	< 121	Light
		139 +	121 +	Heavy
18 - 32		< 154	< 134	Light
		154 +	134 +	Heavy
33 and Up*		< 150	< 130	Light
		150 +	130 +	Heavy

\* 33 and Up will be divided into 33-40, 41-50, and 51+.

“Courtesy”



# BOARD BREAKING COMPETITION RULES



- A. Eligibility
  - 1. ALL participants.
- B. Ten point scoring system based on:
  - 1. Required breaking technique based on belt color.

Belt Color	# of Boards	Technique
White	1	Any 1 Hand Technique
Yellow/Orange	1	Any 1 Kicking Technique
Green		
Blue/Purple		
Red/Brown	2	Any 2 Hand and/or Kicking Techniques
Black Belts	3	Any 3 Hand and/or Kicking Techniques

- 2. Presentation – balance, rhythm, manner, and kihap from entrance to completion.
- C. Board sizes (boards provided by tournament committee)
  - 1. Ages 13 and less – ½ inch board
  - 2. Ages 14 plus – 1 inch board
- D. No props allowed. Only the competitor and board holders are allowed on the mat.
- E. Weight Divisions (ALL Belts-No weight divisions for ages 4-5):

ALL BELTS	Age	Male (lbs.)	Female (lbs.)	Weight Class
	6 - 7		< 48	
		48 +		Heavy
8 - 9		< 64		Light
		64 +		Heavy
10 - 11		< 75		Light
		75 +		Heavy
12 - 13		< 90	< 77	Light
		90 +	77 +	Heavy

ALL BELTS	Age	Male (lbs.)	Female (lbs.)	Weight Class
	14 - 15		< 132	< 119
		132 +	119 +	Heavy
16 - 17		< 139	< 121	Light
		139 +	121 +	Heavy
18 - 32		< 154	< 134	Light
		154 +	134 +	Heavy
33 and Up*		< 150	< 130	Light
		150 +	130 +	Heavy

\* 33 and Up will be divided into 33-40, 41-50, and 51+.

*"Integrity"*



# SPARRING COMPETITION RULES



- A. Eligibility
  - 1. Yellow/orange belts and higher of any age.
- B. Format
  - 1. Random seeding.
  - 2. Single elimination.
- C. Points
  - 1. 1 point – valid punch or kick on chest protector.
  - 2. 2 points – valid turning kick on chest protector.
  - 3. 3 points – valid kick to the head.
  - 4. 4 points – valid turning kick to the head.
  - 5. At end of second round, 12 point difference rule will be in effect for black belts only.
- D. Application of head contact safety rules.
  - 1. NO HEAD CONTACT –
    - i. ALL color belts of any age.
    - ii. Black belts ages 7 and under.
  - 2. LIGHT HEAD CONTACT - Black belts ages 8-13.
  - 3. HEAD CONTACT - Black belts ages 14 and up.
- E. Rounds and duration

Belt	# of Rounds	Round Duration	Rest Time
ALL Color Belts	2	1 min.	30 sec.
ALL Black Belts	3	1 min.	30 sec.

- F. Weight divisions: See next page, please.

*“Perseverance”*



## Tournament Sparring Weight Divisions

(No weight divisions for ages 4-5, excludes Grand Champions Sparring Divisions)

Age	Belt	Male (lbs.)	Female (lbs.)	Weight Class	
6 - 7	ALL BELTS	< 42		FIN	
		42-51		LIGHT	
		51.1-59		MIDDLE	
		> 59		HEAVY	
8 - 9		< 46		FIN	
		46.1-55		LIGHT	
		55.1-66		MIDDLE	
		> 66		HEAVY	
10 - 11		< 66		FIN	
		66.1-77		LIGHT	
		77.1-88		MIDDLE	
		> 88		HEAVY	
12 - 13	< 75		< 73	FIN	
	75-88		73-81	BANTAM	
	88.1-99		81.1-95	LIGHT	
	99.1-110		95.1-106	MIDDLE	
	> 110		> 106	HEAVY	
14 - 15, 16 - 17	COLOR BELTS	< 106	< 97	FIN/FLY	
		106-121	97-108	BANTAM/FEATHER	
		121.1-139	108.1-121	LIGHT/WELTER	
		139.1-161	121.1-139	L.MIDDLE/MIDDLE	
		> 161	> 139	L. HEAVY/HEAVY	
14 - 17	BLACK BELTS	< 99		< 93	FIN
		99 - 106		93 - 97	FLY
		106.1 - 112		97 - 101	BANTAM
		112.1 - 121		101.1 - 108	FEATHER
		121.1 - 130		108.1 - 115	LIGHT
		130.1 - 139		115.1 - 121	WELTER
		139.1 - 150		121.1 - 130	L. MIDDLE
		150.1 - 161		130.1 - 139	MIDDLE
		161.1 - 172		139.1 - 150	L. HEAVY
>172		> 150	HEAVY		
18 - 32	COLOR BELTS	< 128		< 108	FLY
		128-150		108-126	FEATHER
		150.1-176		126.1-148	WELTER
		> 176		> 148	HEAVY
18 - 32	BLACK BELTS	< 112		< 101	FIN
		112-128		101-108	FLY
		128.1-139		108.1-117	BANTAM
		139.1-150		117.1-126	FEATHER
		150.1-163		126.1-137	LIGHT
		163.1-176		137.1-148	WELTER
		176.1-192		148.1-161	MIDDLE
> 192		> 161	HEAVY		
33 - 40, 41 - 50, 51+	ALL BELTS	< 128		< 108	FLY
		128-150		108-126	FEATHER
		150.1-176		126.1-148	WELTER
		> 176		> 148	HEAVY



# FAMILY FORMS COMPETITION RULES



## A. Eligibility:

1. At least one member of the family forms group must be a parent.
2. Must have at least three family members, but no more than five.

## B. Divisions

### 1. Color belt division

- i. All members of the performing family must be color belts (do not have to be the same color belts).
- ii. Family may perform any one form from the following list:

Color Belts
White – Basic
Yellow/Orange – Taeguk & Palgwe 1 or 2
Green – Taeguk & Palgwe 3 or 4
Blue/Purple – Taeguk & Palgwe 5 or 6
Red/Brown – Taeguk & Palgwe 7 or 8

### 2. Black belt division

- i. All members of the performing family must be black belts (do not have to be the same Dan level).
- ii. Family may perform any one form from the following list:

Black Belts
1 <sup>st</sup> Dan – Koryo
2 <sup>nd</sup> Dan – Keumgang
3 <sup>rd</sup> Dan – Taebaek
4 <sup>th</sup> Dan – Pyung Won
5 <sup>th</sup> Dan – Sip Jin

## C. Scoring based on:

- a. Kihap/spirit/enthusiasm, originality in performing the form, synchronization, balance/rhythm, and performance of form.

## D. The top three family forms teams from each division will be competing for a family trophy.

*“Self-Control”*



# SCHOOL DEMO TEAM COMPETITION RULES



- A. No coaching or instruction from coaches allowed during the demonstration. Masters/coaches/instructors can assist with music.
- B. All demo team participants must be less than 18 years of age as of 30 July 2011.
- C. Number of team participants
  - 1. Minimum number of team competitors is 10.
  - 2. Maximum number of team competitors is 18.
- D. Time permitted
  - 1. One minute for set up.
  - 2. Six minutes for demonstration.
- E. Technical requirements:
  - 1. Forms
  - 2. Board breaking
  - 3. Self defense
- F. Miscellaneous:
  - 1. Equipment and costumes can be chosen by school demo team.
  - 2. Any weapons used must be imitations.
- G. Scoring based on:
  - 1. Team spirit.
  - 2. Originality.
  - 3. Organization of set-up and performance.
  - 4. Technical requirements.
  - 5. Deductions for exceeding 6 minute time limit will be assessed.
- H. The top three school demo teams will be competing for a trophy, individual medals, and the following prizes for their sponsoring schools:
  - 1. 1<sup>st</sup> Place - \$2,000
  - 2. 2<sup>nd</sup> Place - \$1,000
  - 3. 3<sup>rd</sup> Place - \$500

*"Indomitable Spirit"*



# GRAND CHAMPIONS COMPETITION RULES



## Forms

- A. Those black belts in the 14-17 age division and black belts in the 18 and up divisions who place first in their individual forms competition will be eligible to compete for the title of Grand Champion of Forms.
- B. Random seeding, double elimination format, no weight divisions.
- C. The Grand Champion of Forms will be awarded to one male and one female in the 14-17 age division and the 18 and up age division (black belts only).

## Sparring

- A. Those black belts in the 14-17 age division and black belts in the age 18 and up divisions who place first in their respective sparring weight class will be eligible to compete for the title of Grand Champion of Sparring.
- B. Single elimination format.
  - 1. 3 – 2 minute rounds with one minute rest periods.
  - 2. Twelve point difference rule will be in effect from end of second round.
  - 3. Competitors will be randomly seeded in their respective weight class.
- C. The weight classes for the Grand Champions of Sparring are:
  - 1. 14 – 17 age division

Male (lbs.)	Female (lbs.)	Weight Class
< 109	< 100	FLY
109–130	100–115	FEATHER
130.1–156	115.1–135	WELTER
> 156	> 135	HEAVY

- 2. 18 and up age division

Male (lbs.)	Female (lbs.)	Weight Class
< 128	< 108	FLY
128–150	108–126	FEATHER
150.1–176	126.1–148	WELTER
> 176	> 148	HEAVY

*Courtesy | Integrity | Perseverance | Self-Control | Indomitable Spirit*



# REFEREE, COACH, AND VOLUNTEER REQUIREMENTS



## Referees

### ☞ Eligibility

- Contact Master Mark Wright if interested.
- Must be 18 years of age AND a black Belt (any Dan level).
- Must be able to control your assigned mat and work efficiently.
- Able to judge forms, board breaking, and sparring.
- Must commit to working the entire tournament on Saturday, 30 July 2011.

### ☞ Dress requirements

- Dark slacks
- Soft sole shoes
- All referees will be provided a tournament shirt.

## Coaching

### ☞ Eligibility

- Must be 16 years of age or older AND a current taekwondo student, instructor, or master.
- Completed Coaching Registration Form AND \$40 coaching fee.
- Must attend the Saturday morning coaches meeting at the tournament location.

☞ Coaches will not be permitted on the competition floor without proper credentials.

## Volunteers

### ☞ Eligibility

- Contact Master Mark Wright if interested.
- Must be 16 years of age or older.
- Must be able to work the entire event.
- Must attend the volunteer meeting on Saturday morning at the tournament location.
- Previous tournament experience preferred.

### ☞ Dress requirements

- Khaki slacks.
- Soft sole shoes.
- All volunteers will be provided a tournament shirt, credentials, and meal ticket.

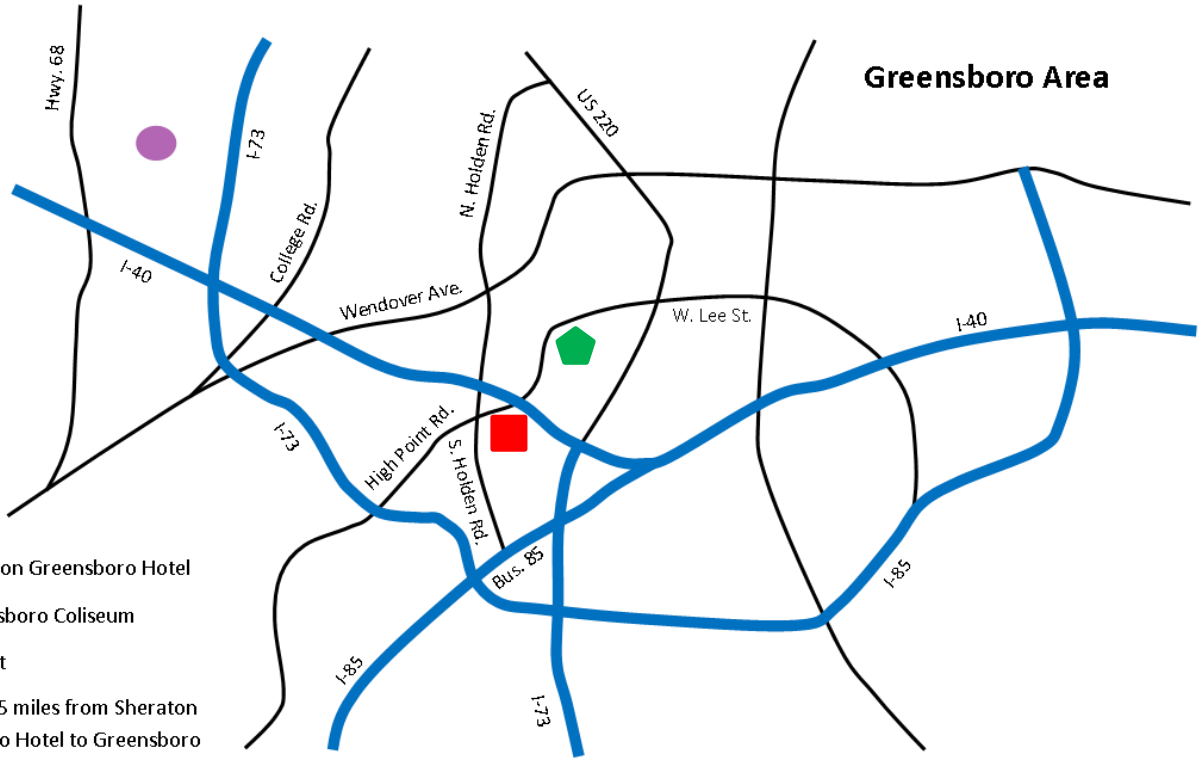
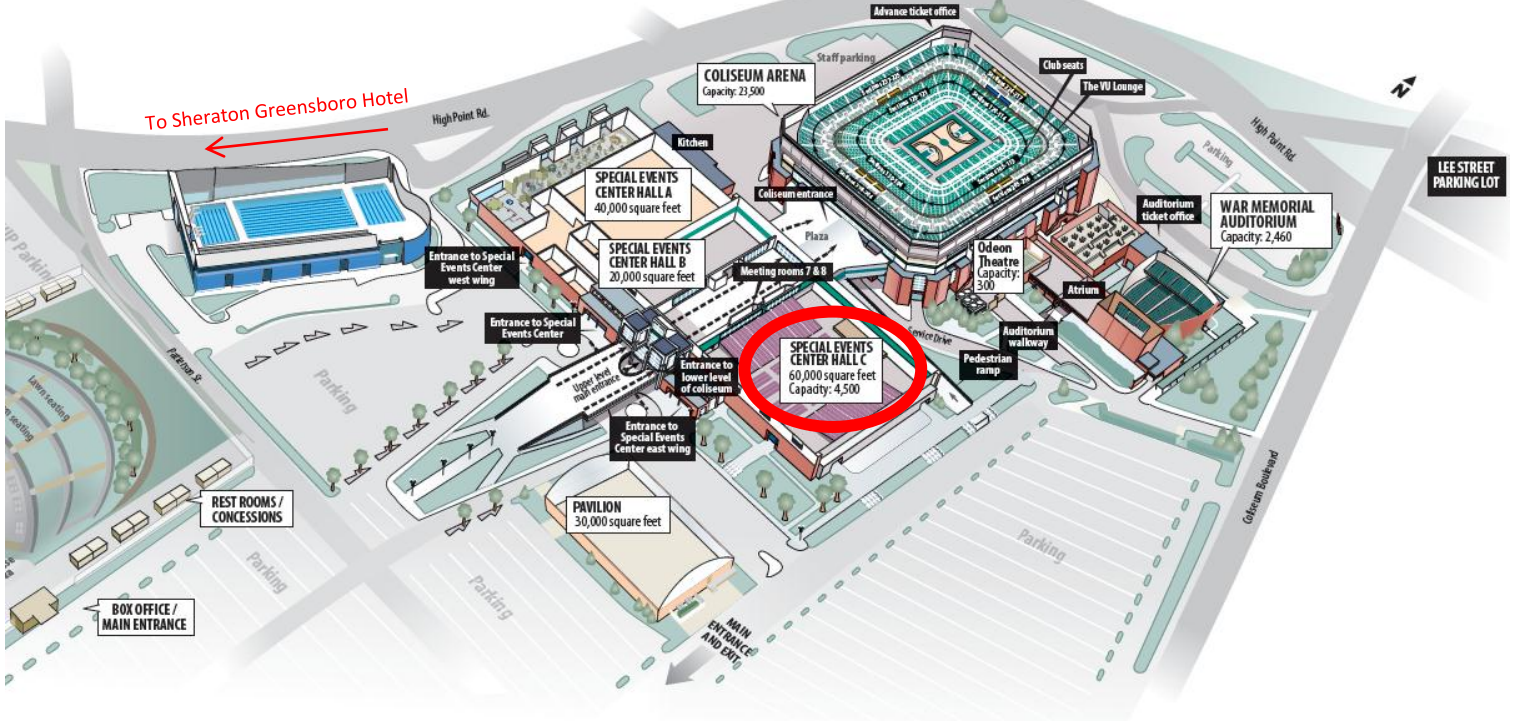
☞ Volunteers not assigned to work within the competition area are NOT allowed to enter this area without permission from the tournament director/coordinator.





# Greensboro Coliseum Complex

Tim Rickard/News & Record



- Sheraton Greensboro Hotel
  - ▮ Greensboro Coliseum
  - Airport
- Approx. 1.5 miles from Sheraton Greensboro Hotel to Greensboro Coliseum.



# THE OFFICIAL HOST HOTEL



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For more information, please visit: [www.sheratongreensboro.com](http://www.sheratongreensboro.com)