



2023 Oklahoma State AAU Taekwondo Championship National Qualifier



<div>PRESENTED BY: Oklahoma State Taekwondo Association</div> <div>SPONSORED BY: US CENTRAL TAEKWONDO ASSOCIATION</div> <div>TOURNAMENT DIRECTOR Great Grand Master In Hui Won</div> <div>ASSISTANT DIRECTOR Master Jean Gamarra Grand Master John Carpenter</div> <div>Tournament Coordinators Heather Bergseth, Amy Bergseth</div> <div>Medical Personnel Lindy Salas</div> <div>*LOCATION: Del City Middle School Gym 2300 Linda Lane Del City, OK 73115</div> <div>DATE: Saturday April 29, 2023</div> <div>**SCHEDULE: 7am.....Registration Begins 8:30am.....Ages 5-9 yrs All Events 12pm.....Lunch 1pm.....Ages 10 & up All Events</div> <div>*Subject to change **Times are subjected to change by plus or minus one hour.</div> <div>ENTRY FEES: ALL COMPETITORS MUST BE A CURRENT AAU MEMBER *membership must be obtained before the event (online at ausports.org/Join-AAU)* Pre-Registration due by April 26, 2023 \$80.00 any one event; \$95.00 any two events \$25.00 for each additional event \$20.00 Late Fee</div> <div>SPECTATOR ADMISSION: Adults \$10, Kids & Seniors \$5</div>	<div>Olympic Style Sparring Divisions (Kyorugi)</div> <div>Youth Divisions: 5, 6-7, 8-9, 10-11 All Belts</div> <table><tr><td>Mini Cadet (10-11) Black</td><td>Cadet (12-14) Black Colored Belts</td><td>Junior (15-17) Black Colored Belts</td></tr><tr><td>Senior (18-32) Black Colored Belts</td><td>Executive (33-42) All Belts</td><td>Ultra (43+) All Belts</td></tr></table> <div>ALL SPARRING DIVISIONS DIVIDED BY AGE, BELT (NOVICE, INTERM, ADV), WEIGHT AND/OR HEIGHT & GENDER SEE THE 2023 AAU TKD HANDBOOK FOR WEIGHT GROUPS</div> <div>Forms Divisions</div> <table><tr><td>Age Groups</td><td>Belt Divisions</td></tr><tr><td>5</td><td>Novice, Intermediate, Advanced</td></tr><tr><td>6 & 7</td><td>Novice, Intermediate, Advanced</td></tr><tr><td>8 & 9</td><td>Novice, Intermediate, Advanced, Black</td></tr><tr><td>10 & 11</td><td>Novice, Intermediate, Advanced, Black 1, Black 2 & Up</td></tr><tr><td>12 & 13</td><td>Novice, Intermediate, Advanced, Black 1, Black 2 & Up</td></tr><tr><td>14 & 15</td><td>Novice, Intermediate, Advanced, Black 1, Black 2 & Up</td></tr><tr><td>16 & 17</td><td>Novice, Intermediate, Advanced, Black 1, Black 2 & Up</td></tr><tr><td>Senior (18-32)</td><td>Novice, Intermediate, Advanced, Black 1, Black 2, Black 3, Black 4+</td></tr><tr><td>Executive (32-42)</td><td>Novice, Intermediate, Advanced, Black 1, Black 2, Black 3, Black 4+</td></tr><tr><td>Ultra (43+)</td><td>Novice, Intermediate, Advanced, Black 1, Black 2, Black 3, Black 4+</td></tr></table> <div>Belt Divisions (both)</div> <table><tr><td>Division</td><td>Belts Included in that Division</td></tr><tr><td>Novice.....</td><td>White, Yellow and Orange Belts</td></tr><tr><td>Intermediate.....</td><td>Green, Blue and Purple Belts</td></tr><tr><td>Advanced.....</td><td>Red and Brown Belts only</td></tr><tr><td>Black Belt.....</td><td>Poom Belts, 1st Dan and up</td></tr></table> <div>Notes:</div> <div>1.All participants must be current members of the AAU. 2. All Taekwondo forms are acceptable in form competition (for National Qualifiers see rulebook specifics). 3. Forms and Fighting division may be combined with one rank/age higher or lower if there are less than four competitors in a division. 4. Fighting divisions will be divided by weight. 5. Breaking competitors must purchase boards at the door.</div>	Mini Cadet (10-11) Black	Cadet (12-14) Black Colored Belts	Junior (15-17) Black Colored Belts	Senior (18-32) Black Colored Belts	Executive (33-42) All Belts	Ultra (43+) All Belts	Age Groups	Belt Divisions	5	Novice, Intermediate, Advanced	6 & 7	Novice, Intermediate, Advanced	8 & 9	Novice, Intermediate, Advanced, Black	10 & 11	Novice, Intermediate, Advanced, Black 1, Black 2 & Up	12 & 13	Novice, Intermediate, Advanced, Black 1, Black 2 & Up	14 & 15	Novice, Intermediate, Advanced, Black 1, Black 2 & Up	16 & 17	Novice, Intermediate, Advanced, Black 1, Black 2 & Up	Senior (18-32)	Novice, Intermediate, Advanced, Black 1, Black 2, Black 3, Black 4+	Executive (32-42)	Novice, Intermediate, Advanced, Black 1, Black 2, Black 3, Black 4+	Ultra (43+)	Novice, Intermediate, Advanced, Black 1, Black 2, Black 3, Black 4+	Division	Belts Included in that Division	Novice.....	White, Yellow and Orange Belts	Intermediate.....	Green, Blue and Purple Belts	Advanced.....	Red and Brown Belts only	Black Belt.....	Poom Belts, 1st Dan and up	<div>Special Events***</div> <div>***see Handbook for specifics on which qualify for nationals</div> <div>1. Breaking</div> <div>A. Power</div> <div>B. Technical</div> <div>Scoring Criteria</div> <div>a. Difficulty of Technique will be based on the following order of superiority: hand technique standing kick technique, jump kick technique, kicking technique with spinning motion, jump kick with spinning motion, multiple breaking jump kick, multiple spinning jump kick.</div> <div>b. Difficulty of breaking will also be based on the number of boards</div> <div>c. Technique will be based on Accuracy, Speed, and Power</div> <div>d. The maximum time to complete the performance is 1 min</div> <div>e. The maximum number of tries is 2 times</div> <div>*No breaking glass or concrete, BOARDS ONLY.</div> <div>All boards may be purchased at the door. Please bring volunteer board holders.</div> <div>2. Team Poomsae (Forms)</div> <div>A. Team Forms (3 Members)</div> <div>B. An individual may compete on only one team.</div> <div>3. Pair Poomsae</div> <div>4. Demo Team</div> <div>5. Weapons</div> <div>6. Double Roundhouse kicks</div> <div>7. Special Needs: Forms and Breaking Only</div> <div>FOR MORE INFORMATION:</div> <div>OKLAHOMA STATE TAEKWONDO ASSOCIATION</div> <div>10801 S. Sunnyslane Rd</div> <div>Oklahoma City, OK 73160</div> <div>Tel: (405) 793-0752 Fax: (405) 794-0768</div> <div>okstktd@gmail.com</div> <div>okstktd</div> <div>Join our facebook/IG for more events!</div>	<div>AWARDS:</div> <div>Kyorugi, Poomsae & Special Events:</div> <div>1st, 2nd, and two 3rd places will receive a medal and certificate.</div> <div>COMPETITION RULES:</div> <div>All participants must be current members of AAU.</div> <div>Competitions will follow the rules set out in the AAU 2023 Handbook.</div> <div>ELIMINATIONS:</div> <div>All color belts, 2 rounds (1 min. each)</div> <div>11yrs. & under black belts, 2 rounds (1 min. each)</div> <div>Black belts 12yrs.& up, 2 rounds (1.5 min. each)</div> <div>SPECIAL NOTICES:</div> <div>1. All official referees must wear AAU referee polo shirt, black slacks. See Policy book for details on required attire (ex. AAU ref polo, black shoes, socks & pants).</div> <div>2. Coach fees will be waived for Head Masters/ Instructors. \$35 dollar fee for additional coaches. All coaches must be AAU members. See Policy book for required attire (ex. AAU coach polo & pants).</div> <div>3. Lunch & dinner will be provided to all Officials and Volunteers.</div> <div>EQUIPMENT REQUIREMENTS:</div> <div>1. Fist, forearm, shin & instep.</div> <div>2. Protective cup (males)</div> <div>3. Mouthpiece (all fighting competitors—no solid red)</div> <div>4. Chest protector and head gear</div> <div>*equipment and boards may be purchased at the door*</div> <div>**see AAU Rulebook for further details**</div> <div>HOTEL ACCOMMODATIONS:</div> <div>La Quinta Inn & Suites</div> <div>2140 Riverwalk Dr.</div> <div>Moore OK 73160</div> <div>(405) 759 7700</div> <div>Double - \$95 + tax • Double w/ pull out: \$109 + tax</div> <div>King w/ pull out: \$95 + tax</div> <div>Pool & Hot Tub • Workout Room</div> <div>Free Breakfast • Free WiFi</div> <div>-- AAU Region 8: Missouri Valley, Ozark, Oklahoma, Arkansas --</div>
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