



2022 Oklahoma AAU State Taekwondo Championship



PRESENTED BY:
Oklahoma State Taekwondo Association

SPONSORED BY:
US CENTRAL TAEKWONDO ASSOCIATION

TOURNAMENT DIRECTOR
Great Grand Master In Hui Won

ASSISTANT DIRECTOR
Grand Master John Carpenter

Tournament Coordinators
LaRisa Walton, Heather Bergseth, Amy Bergseth

Medical Personnel
Lindy Salas

LOCATION
U.S Central Taekwondo Association
Central Gym
10801 S Sunnyslane Rd
Oklahoma City OK 73160

DATE
May 7, 2022

SCHEDULE:
6:30am Registration Begins
9:00am Weigh-Ins only for kyorugi competitors
12:00pm 5-9 yrs All Events Lunch
1:00pm 10 & up All Events

**Times are subjected to change by plus or minus one hour.

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 May 1, 2022
\$75.00 any one event
\$20.00 for each additional event
\$20.00 Late Fee

FREE SPECTATOR ADMISSION

Olympic Style Sparring Divisions

Youth Divisions: 5, 6-7, 8-9, 10-11
All Belts

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

ALL SPARRING DIVISIONS FURTHER DIVIDED BY WEIGHT
SEE THE AAU TKD HANDBOOK FOR WEIGHT GROUPS

Forms Divisions

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

- Notes**
- All participants must be current members of the AAU.
 - All Taekwondo forms are acceptable in form competition.
 - Forms and Fighting division may be combined with one rank/age higher or lower if there are less than four competitors in a division.
 - Fighting divisions will be divided by weight.
 - Breaking competition competitors must purchase boards at the door.

Special Events

- Breaking**
 - Power**
 - Technical**

Scoring Criteria

 - 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.
 - Difficulty of breaking will also be based on the number of boards
 - Technique will be based on Accuracy, Speed, and Power
 - The maximum time to complete the performance is 1 min
 - The maximum number of tries is 2 times

***No breaking glass or concrete, BOARDS ONLY.**
All boards may be purchased at the door. Please bring volunteer board holders

- Team Poomse (Forms)**
 - Team Forms (3 Members)
 - An individual may compete on only one team.
- Demo Team**
- Weapons**
- Special Needs: Forms and Breaking Only**

AWARDS:

Kyorugi, Poomse & Special Events:
1st, 2nd, and two 3rd places will receive a medal and certificate.

COMPETITION RULES:

All participants must be current members of the AAU
Competitions will follow the rules set out in the AAU 2022 Handbook.

ELIMINATIONS:

All color belts, 2 rounds (1 min. each)
11yrs. & under black belts, 2 rounds (1 min. each)
Black belts 12yrs.& up, 2 rounds (1.5 min. each)

SPECIAL NOTICES:

- Referees will receive a t-shirt and \$50 stipend.
- Coach fees will be waived for Head Masters/Instructors. \$35 dollar fee for additional coaches.
- Lunch & dinner will be provided to all Officials and Volunteers.
- All coaches must be AAU members.

EQUIPMENT REQUIREMENTS:

- Fist, forearm, shin & instep.
 - Protective cup (males)
 - Mouthpiece (all fighting competitors)
 - Chest protector and head gear
- *equipment and boards may be purchased at the door*

FOR INFORMATION

OKLAHOMA STATE TAEKWONDO ASSOCIATION
10801 S. Sunnyslane Rd
Oklahoma City, OK 73160
Tel: (405) 793-0752 Fax: (405) 794-0768
<https://www.okstk.org> okstk@gmail.com

HOTEL ACCOMODATIONS:

La Quinta Inn & Suites
2140 Riverwalk Dr.
Moore OK 73160
(405) 759 7700

Double - \$95 + tax • Double w/ pull out: \$109 + tax
King w/ pull out: \$95 + tax
Pool & Hot Tub • Workout Room
Free Breakfast • Free WiFi