



2023 Oklahoma State AAU Taekwondo Championship National Qualifier



PRESENTED BY:
Oklahoma State Taekwondo Association

SPONSORED BY:
US CENTRAL TAEKWONDO ASSOCIATION

TOURNAMENT DIRECTOR
Great Grand Master In Hui Won

ASSISTANT DIRECTOR
Master Jean Gamarra
Grand Master John Carpenter

Tournament Coordinators
Heather Bergseth, Amy Bergseth

Medical Personnel
Lyndi Salas

***LOCATION:**
Del City Middle School Gym
2300 Linda Lane
Del City, OK 73115

DATE:
Saturday
April 29, 2023

****SCHEDULE:**
7am.....Registration Begins
8:30am.....Ages 5-9 yrs All Events
12pm.....Lunch
1pm.....Ages 10 & up All Events

***Subject to change**
****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 April 26, 2023
\$80.00 any one event; \$95.00 any two events
\$25.00 for each additional event
\$20.00 Late Fee

SPECTATOR ADMISSION:
Adults \$10, Kids & Seniors \$5

Olympic Style Sparring Divisions (Kyorugi)

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
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Senior (18-32) Black Colored Belts	Executive (33-42) All Belts	Ultra (43+) All Belts
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ALL SPARRING DIVISIONS DIVIDED BY AGE, BELT (NOVICE, INTERM, ADV), WEIGHT AND/OR HEIGHT & GENDER
SEE THE 2023 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+

Belt Divisions (both)

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 (for National Qualifiers see rulebook specifics).
 - 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 competitors must purchase boards at the door.

Special Events***

***see Handbook for specifics on which qualify for nationals

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

AWARDS:

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

COMPETITION RULES:

All participants must be current members of AAU.
Competitions will follow the rules set out in the AAU 2023 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:

- 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).
- Coach fees: \$35 dollar fee per coach. All coaches must be AAU members. See Policy book for required attire (ex. AAU coach polo & pants).
- Lunch & dinner will be provided to all Officials and Volunteers.

EQUIPMENT REQUIREMENTS:

- Fist, forearm, shin & instep.
 - Protective cup (males)
 - Mouthpiece (all fighting competitors—no solid red)
 - Chest protector and head gear
- *equipment and boards may be purchased at the door*
see AAU Rulebook for further details

HOTEL ACCOMMODATIONS:

Hawthorn Suites by Wyndam Midwest City
5701 Tinker Diagonal
Midwest City, OK 73110
Office (405) 737-7777
Fax (405) 737-7773
hawthorn.com

Double or king: \$95 + tax
Free Breakfast • Indoor pool • Workout gym

-- AAU Region 8: Missouri Valley, Ozark, Oklahoma, Arkansas --

FOR MORE INFORMATION:

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