





# 2024 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 Grandmaster In Hui Won</div> <div>ASSISTANT DIRECTORS Master Jean Gamarra Grandmaster John Carpenter</div> <div>Tournament Coordinators Master Cheongwook Park Heather Bergseth, Amy Bergseth</div> <div>Medical Personnel Lyndi Salas</div> <div>*LOCATION: U.S. Central Main Gym 10801 S. Sunnyslane Rd. Oklahoma City, OK 73160</div> <div>DATE: Saturday March 23, 2024</div> <div>**SCHEDULE: 7am.....Registration Begins 8:30am.....Ages 5-9 yrs All Events 12pm.....Lunch 1pm.....Ages 10 &amp; 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</div> <div>*membership must be obtained before the event (online at <a href="https://ausports.org/Join-AAU">ausports.org/Join-AAU</a>)* Pre-Registration due by April 19, 2024 \$85 any one event; \$30 for each additional event \$20 Late Fee at the door</div> <div>SPECTATOR ADMISSION: Adults \$10, Kids &amp; Seniors \$5</div>	<div>Olympic Style &amp; Point Sparring Divisions (Kyorugi)</div> <div>Youth Divisions: 5, 6-7, 8-9, 10-11 All Belts</div> <div><div><div>Mini Cadet (10-11) Black</div><div>Cadet (12-14) Black Colored Belts</div><div>Junior (15-17) Black Colored Belts</div></div><div><div>Senior (18-32) Black Colored Belts</div><div>Executive (33-42) All Belts</div><div>Ultra (43+) All Belts</div></div></div> <div>ALL SPARRING DIVISIONS DIVIDED BY AGE, BELT (NOVICE, INTERM, ADV), WEIGHT AND/OR HEIGHT &amp; GENDER SEE THE CURRENT AAU TKD HANDBOOK FOR WEIGHT GROUPS</div> <div>Forms Divisions</div> <div><div><div>Age Groups</div><div>5 6 &amp; 7 8 &amp; 9 10 &amp; 11  12 &amp; 13 14 &amp; 15 16 &amp; 17 Senior (18-32)  Executive (32-42)  Ultra (43+)</div><div>Belt Divisions Novice, Intermediate, Advanced Novice, Intermediate, Advanced Novice, Intermediate, Advanced, Black Novice, Intermediate, Advanced, Black 1, Black 2 &amp; Up Novice, Intermediate, Advanced, Black 1, Black 2 &amp; Up Novice, Intermediate, Advanced, Black 1, Black 2 &amp; Up Novice, Intermediate, Advanced, Black 1, Black 2 &amp; Up Novice, Intermediate, Advanced, Black 1, Black 2, Black 3, Black 4+ Novice, Intermediate, Advanced, Black 1, Black 2, Black 3, Black 4+ Novice, Intermediate, Advanced, Black 1, Black 2, Black 3, Black 4+</div></div><div>Belt Divisions (both)</div><div><div>Division</div><div>Belts Included in that Division</div><div>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></div></div> <div>Notes: 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>	<div>Special Events*** ***see Handbook for specifics on which qualify for nationals</div> <div>1. Breaking A. Power B. Technical Scoring Criteria 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. b. Difficulty of breaking will also be based on the number of boards c. Technique will be based on Accuracy, Speed, and Power d. The maximum time to complete the performance is 1 min e. The maximum number of tries is 2 times</div> <div>*No breaking glass or concrete, BOARDS ONLY. All boards may be purchased at the door. Please bring volunteer board holders.</div> <div>2. Team Poomsae (Forms) A. Team Forms (3 Members) 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: OKLAHOMA STATE TAEKWONDO ASSOCIATION 10801 S. Sunnyslane Rd Oklahoma City, OK 73160 Tel: (405) 793-0752 Fax: (405) 794-0768 <a href="https://okstkd.org">okstkd.org</a> <a href="mailto:okstkd@gmail.com">okstkd@gmail.com</a> <div><div>Join our facebook/IG for more events!</div><div></div></div></div>	<div>AWARDS:  Kyorugi, Poomsae &amp; Special Events: 1<sup>st</sup>, 2<sup>nd</sup>, and two 3<sup>rd</sup> places will receive a trophy.</div> <div>COMPETITION RULES:  All participants must be current members of AAU. Competitions will follow the rules set out in the current AAU Handbook.</div> <div>ELIMINATIONS:  All color belts, 2 rounds (1 min. each) 11yrs. &amp; under black belts, 2 rounds (1 min. each) Black belts 12yrs.&amp; up, 2 rounds (1.5 min. each)</div> <div>SPECIAL NOTICES:  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 &amp; pants). 2. Coach fees: \$50 dollar fee per coach. All coaches must be AAU members. See Policy book for required attire (ex. AAU coach polo &amp; pants). 3. Lunch &amp; dinner will be provided to all Officials and Volunteers.</div> <div>EQUIPMENT REQUIREMENTS:  1. Fist, forearm, shin &amp; instep. 2. Protective cup (males) 3. Mouthpiece (all fighting competitors—no solid red) 4. Chest protector and head gear *equipment and boards may be purchased at the door* **see AAU Rulebook for further details**</div> <div>HOTEL ACCOMMODATIONS:  Hawthorn Suites 5701 Tinker Diagonal Midwest City, OK 73110 Office (405) 737-7777 Fax (405) 737-7773 <a href="https://hawthorn.com">hawthorn.com</a>  Double or king: \$95 + tax Free Breakfast • Indoor pool • Workout gym  -- AAU Region 8: Missouri Valley, Ozark, Oklahoma, Arkansas --</div>
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