

# WINTER

## Dragon Taekwondo Tournament



**Ladue High School**

**1201 South Warson Rd, St. Louis, MO 63124**

**Date: Saturday March 2nd 2024**

**Starts 10am**

**\$40 for one event**

**\$60 for two events**

**Coaches & Spectators get in for free**

**All black belts divisions get Statues!**

**Questions-Hardin.jessica@rocketmail.com**

**Registration Deadline February 17th  
2024**

**Pre Registration Required**

**NO REGISTRATION AT THE DOOR**



# Dragon Taekwondo

## Tournament

Participant's Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

Belt Color: (Circle One) White Yellow Orange Green Blue Purple Red Brown  
Black: 1st 2nd 3rd 4th 5th 6th 7th 8th 9th

Age: \_\_\_\_\_ Weight: \_\_\_\_\_ Sex: M/F

FORMS \_\_\_\_\_ SPARRING \_\_\_\_\_

Email: \_\_\_\_\_

Instructor: \_\_\_\_\_

Martial Arts School: \_\_\_\_\_

School Address: \_\_\_\_\_

Cost: \$60 Make checks payable to: Twin Dragons Taekwondo

### COMPETITION RELEASE

I the undersigned acknowledge that I am aware and fully appreciate the nature of the Premises, of the Winter Dragon Taekwondo Tournament, of the physical activity in which I have requested to be allowed to participate, and of the danger of death or injury of my participation therein. and I knowingly and voluntarily choose to expose myself thereto and I assume all risks therein and I solemnly covenant, contract and agree that, If I am injured thereby, I have released, or I will, without the tender of payment of any other or further consideration whatsoever, release, indemnify, save and hold harmless from liability, whatsoever any Official Association, Corporation, Sponsor, Promoter or anyone involved in said Tournament, and thereby assume full and sole responsibility for death and injury to my person. I have read the foregoing or it has been read to me, understand the same, and agree to abide all the rules promulgated by Twin Dragons Taekwondo, LLC.

### PUBLICITY CONSENT

I authorize Twin Dragons Taekwondo, LLC to use or publish my likeness in any form. I waive any right to inspection or for any compensation

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

### PARENT OR GUARDIAN RELEASE

For the consideration stated above. I/WE parents) or legal guardians) of the minor stated above consent to and approve his/her Participation in the above named Tournament, and agree to indemnify, save and hold said Tournament from any loss, cost, liability, expense or responsibility, whatsoever arising directly or indirectly, out of any injury or death that said minor might sustain as a result of participation in said Tournament.

### PUBLICITY CONSENT

I authorize Twin Dragons Taekwondo, LLC to use or publish my likeness in any form. I waive any right to inspection or for any compensation.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

\*A RELEASE FORM MUST BE COMPLETED FOR EACH PARTICIPANT.\*

# WINTER Dragon Taekwondo

Saturday, March 2nd 2024      **Tournament**

Events: Olympic Sparring & Forms

All competitors age 11 and under will receive an award

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Matted Rings	Electronic Scoring	Awesome Statues
Great Competition for all Levels	Low Fees	Very Organized Event
Fair Judging	Great Location	Beautiful Medals

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Saturday March 2nd 2024

8:00 am ————— Doors Open

8:30 am ————— Officials Meeting

9:00 am ————— 7 & Younger Forms & Sparring

10:00 am ————— 8-9 Forms & Sparring

Noon ————— 10-11 Forms & Sparring

2:00pm - 3:00pm ————— Lunch Break

3:00pm ————— 12-14 Forms & Sparring

5:00pm ————— 15 & Older Forms & Sparring

We will be doing our best to stay on schedule. Please arrive 1 Hour before your start time, so if we run ahead of schedule we can start early. All competitors please show up with your full uniform, belt and equipment (if sparring). Competitors are not allowed to wear any visible jewelry and must have nails trimmed.

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Please mail registrations and checks to  
609 west 3rd Street Washington MO. 63090



# Dragon Taekwondo Tournament

## Competition Rules

### Forms

Forms will be divided by age, rank, male and female as follows:

Age Divisions: (4-5) (6-7) (8-9) (10-11) (12-14) (15-17) (18-32) (33+)

Belt Divisions: (White, Yellow, Orange) (Green, Blue, Purple) (Red & Brown) (Black)

Competitors will compete 2 at a time for forms competition. 5 judges will pick a winner by a show of hands, with the majority win. Two 3rd places will be awarded for forms. Selected based on beauty, grace, rhythm, focus, and technique.

Intention: All 5 judges will be from 5 different martial arts schools.

All black belt forms divisions will be double elimination, along with receiving statues for both forms & sparring

### Sparring

Sparring will be divided by age, rank, male and female as follows:

Age Divisions: (4-5) (6-7) (8-9) (10-11) (12-14) (15-17) (18-32) (33+)

Belt Divisions: (White, Yellow, Orange) (Green, Blue, Purple) (Red & Brown) (Black)

Male and Female competitors will be separated.

Demonstration matches allowed with parent & coach/instructor permission

All color belts will spar 2 one-minute rounds with a 30 second rest period.

Black belts will spar 2 90-second rounds with a 30 second rest period.

#### EQUIPMENT:

Safety equipment for sparring is mandatory! Participants must provide their own headgear, chest protector, shin/instep pads, fist/forearm pads, mouthpieces, and support cup for males. No jewelry allowed, and finger and toe nails must be trimmed.

#### AREAS FOR SCORING:

**HEAD:** Controlled foot contact only, NO hand techniques to the head are permitted.

11 & Younger No head contact

12 & Older Light head contact

**BODY:** This includes the area covered by the chest protector. Points will be awarded for effective punch or foot strikes.

#### VALID SCORES:

One point shall be awarded for a legal foot technique or punch executed with proper balance to the body.

Two points shall be awarded for a legal foot technique to the head, or a spin kick to the body.

Three points shall be awarded for spin kicks to the head

Corner judges will determine sufficient force for awarding of the point, i.e. techniques must be delivered with enough power to satisfy the corner judges that a point should be scored.

#### WARNINGS:

- Any competitor that executes a kick to the head area that results in a minor injury shall receive a 1 point deduction
- Any competitor that executes a kick to head that results in bleeding or inability to finish the match shall be disqualified
- No Grabbing
- No Holding
- No escaping contact by turning the back
- No stepping out of bounds with both feet to avoid contact
- No attacking with an unauthorized part of the body (elbow, knee, head etc.)
- No attacking unauthorized areas (groin, leg, etc.)
- No intentional falling to avoid contact
- No attacking the head, neck or face with hands
- No uttering undesirable remarks or unsportsman like conduct by coaches, athletes or any individual associated with the athlete
- No gesturing to celebrate a score
- Pushing is allowed if followed by a kick
- No pushing opponent to the ground or out of bounds