

# 2019 EMPIRE STATE TAEKWONDO CHAMPIONSHIPS

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Dear Masters, Instructors, and Competitors,

It is with extreme gratitude and honor to officially invite everyone to the 2019 Empire State Taekwondo Championships. Last year's championship was successful due to the support of all the Masters, Instructors, Referees and competitors from the tri-state area and beyond. We hope everyone will join us again to celebrate the 13<sup>th</sup> year of the championship. This year's championship will be held on Saturday, June 1<sup>st</sup> at Promise International Gymnasium in Flushing, Queens, New York.

With the National Championships approaching us, the Empire State TKD Championship will be an important opportunity for competitors and coaches to compete in an all DAEDO Electronic Chest Protector competition and gain final ranking points for the National Championships. The Empire State Championship will have a Sanctioned Event for Ranking Points and a non-sanctioned event for those not interested in gaining points in ALL Sparring Divisions. Please register at the following link to register for the Sanctioned portion of our event at <http://www.usat.hangastar.com/login.aspx>. This championship will be a wonderful experience for Taekwondo students of all ages and belt levels to improve their skills, gain more competition experience, and get more practice competing with the DAEDO electronic chest protectors, and to make new friendships.

Since the National Championships and the future of all competition is heading to the electronic chest protector system, it is very important that we gain as much experience competing with them to feel more comfortable and to adapt to a new style of sparring. The DAEDO Electronic Body Scoring system will be used for ALL AGES, ALL BELTS in ALL Sparring divisions, just as it is for the U.S. National Championships. Please bring your own DAEDO socks for proper hygienic reasons and to have an exact fit for optimal performance. A limited amount will be available for sale. There will be instep pads with sensors available for use, but it is best to have your own socks so that it will fit your feet better.

Since Taekwondo is a martial art, first and foremost, we will be expecting proper conduct, appropriate attire, and sportsmanship from all Masters, coaches, referees, and competitors. Any disrespectful behavior or unsportsmanlike conduct will not be tolerated by all in attendance. Let us remember: Courtesy; Integrity; Perseverance; Indomitable Spirit; and Self-Control; the 5 tenets of Taekwondo.

We look forward to seeing everyone on Saturday, June 1<sup>st</sup> at Promise International Gymnasium in Flushing, Queens, New York for the 2019 Empire State Taekwondo Championships. Thank you in advance for your continued support and loyalty.

Respectfully,

Master J. W. Suh  
Tournament Director  
World Championship Team Coach  
U.S.A. National Team Member  
USA TKD Coach of the Year

## **GENERAL INFORMATION**

**Hosted & Sponsored by:**  
**Tournament Director:**  
**General Admission:**  
**For more info:**

High Performance Martial Arts ([www.hp martialarts.com](http://www.hp martialarts.com))  
Master J. W. Suh  
\$10 / Children under 5 Free  
631-462-0948 / 718-357-3915 / 516-255-4000

**Tournament Venue:**

**Facebook@ High Performance Martial Arts**  
**Promise International Gym, 130-30 31<sup>st</sup> Ave., Flushing, NY 11354**

## SCHEDULE OF EVENTS

- 8:00AM: Volunteer Meeting
- 8:45AM: Credential Pick Up for Athletes ages **4-7 ALL BELTS**
- 9:00AM: Referees Meeting
- 9:15AM: **COACHES MEETING**
- 9:30AM: Forms-Breaking-**SPARRING** Competition ages **4-7 ALL BELTS**
- 10:00AM: Credential Pick Up for Athletes ages **8-9 ALL BELTS**
- 11:00AM: Forms-Breaking-Sparring Competition ages 8-9 ALL BELTS
- 12:00PM: Credential Pick Up for Athletes ages **10-11 ALL BELTS**
- 1:00PM: Forms-Breaking-**SPARRING** Competition ages **10-11 ALL BELTS**
- 1:30PM: Credential Pick Up for Athletes **12 and Up**
- 2:30PM: Forms-Breaking-**SPARRING** Competition ages **12-17**
- 3:30PM: Forms-Breaking-**SPARRING** Competition ages **18 and up**

## REGISTRATION INFORMATION

1. **All Sparring Competitors and Coaches and Referees in the USAT Sanctioned Event must Register online at the USAT website.**
  2. For Non-Sanctioned Event, Please Register by EMAIL to [hpmartialarts@gmail.com](mailto:hpmartialarts@gmail.com)
  3. Door Registration will incur a late fee.
  4. Absolutely NO REFUNDS.
  5. **No one will be allowed on the competition floor without a Coach Pass**
  6. Please send the TEAM ROSTER sheet for the Non-Sanctioned Event.
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## RULES & REGULATIONS

### Forms (Poomse) Regulations

\* WTF approved TKD Form

**Age Divisions:** (4-5yr) (6-7yr) (8-9yr) (10-11yr) (12-14yr) (15-17yr) (18-29yr) (30-39yr) (40 & up)

**Belt Divisions:** White/Yellow/Orange Belts are 1 Division. Green/Blue/Purple Belts are 1 Division. Brown/Red Belts are 1 Division. Black Belts are 1 Division.

### Breaking (Kyukpa) Regulations

1 Minute Time Limit. 3 station max. 2 attempts only.

NO SHOES ALLOWED

### Sparring Regulations and Mandatory Equipment

\*USAT Rules

**4-11 yr old Color Belts: No Head Contact**

**8- 11 yr old Black Belts & 12 and up Color Belts: Light/Controlled Head Contact**

**12-29 yr old Black Belts: Full Contact**

Tie matches will be decided in Golden Point Round

We will be using a 20 point gap after the end of the 1<sup>st</sup> Round

**All competitors must provide their own Head Gear, Gloves, Shin and Forearm Pads, Mouthpiece, and Groin Cups.**

**We will be providing the Electronic Chest Protectors.**

## Tournament venue

**Promise international gym**

**130-30 31<sup>st</sup> Ave. flushing, ny 11354**

# 2019 EMPIRE STATE TAEKWONDO CHAMPIONSHIP COMPETITOR APPLICATION

**SATURDAY, June 1, 2019 @ PROMISE INTERNATIONAL GYM, 130-30 31<sup>st</sup> Ave.  
Flushing, NY 11354**

**PLEASE WRITE SCHOOL CHECKS/MONEY ORDERS/CHECKS TO : MR. SUH  
BOUNCED CHECKS WILL INCUR \$20 FEE**

**MAILING ADDRESS: High Performance Martial Arts, 212-85 26<sup>th</sup> Ave., BAYSIDE, NY 11360**

**NO REFUNDS.** Correct amount MUST be paid or you will be charged at door for any amount due.

**\*\*\*MUST BE POSTMARKED BY Saturday, May 25, 2019 if sending by mail\*\*\***

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_ Your Phone #: \_\_\_\_\_ Your Email: \_\_\_\_\_  
TKD School: \_\_\_\_\_ TKD Instructor: \_\_\_\_\_  
TKD School Address: \_\_\_\_\_  
TKD School Phone Number: \_\_\_\_\_

Application will not be processed without the information below.

Circle one: **Male**    **Female**    Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_ Weight: \_\_\_\_\_

Belt Color: \_\_\_\_\_ Your Division Competing In (Circle): **Wh/Yel/Or**    **Gr/Bl/Pur**    **Br/Red**    **Black**

Circle events you will compete in:    **Forms**    **Breaking**    **Sparring**

**Fees:**            **1 event-\$90**            **2 event-\$100**            **3 event-\$110**

**All Email Applications Must Have Credit Card Info. If Sending by Email: [hpmartialarts@gmail.com](mailto:hpmartialarts@gmail.com).  
Deadline Thursday, May 30<sup>th</sup> by Email.**

Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_  
Name as it appears on card \_\_\_\_\_  
Billing Address \_\_\_\_\_  
Billing Zip Code \_\_\_\_\_ Total Amount \_\_\_\_\_

## **LIABILITY WAIVER (Must be Signed)**

I hereby submit my application in the 2019 Empire State Championship. I understand that this martial art competition is a body contact sport and that my participation in this sport involves some risk of injury. I knowingly and voluntarily assume all risk of injury. I hereby release the Empire State Championship, High Performance Martial Arts, and its Instructors, employees, coaches, organizers, and administrators for any responsibility for injury suffered during the competition. I understand further that I shall strictly obey the rules and regulations governing this tournament in the event of such injury. I hereby give my consent to receive the appropriate medical treatment. I further agree that any pictures taken of or by me in connection with the tournament can be used by the organizers for publicity or promotion without compensation at this time or any other time. I acknowledge that I have read carefully the above and understand it fully, and I voluntarily agree to be bound by the terms specified herein.

COMPETITOR

SIGNATURE: \_\_\_\_\_

Date: \_\_\_\_\_

\*\*IF UNDER 18 YEARS, PARENT OR LEGAL GUARDIAN MUST SIGN BELOW.

The undersigned, the parents or legal guardians of the above mentioned participant has read the foregoing and do hereby agree to the terms, conditions, and provisions of the foregoing agreement and agree to release the said organization and organizers for any responsibility for injury to my child suffered during this competition. In the event of such injury, I hereby give my permission for my child to receive appropriate medical treatment.

PARENT/LEGAL GUARDIAN

SIGNATURE: \_\_\_\_\_

Date: \_\_\_\_\_

# 2019 EMPIRE STATE Taekwondo Championships

June 1, 2019 at PROMISE INTERNATIONAL GYM : 130--30 31<sup>ST</sup> AVE. Flushing, NY 11354

## Coaches Application Form Must Have Coaches Pass to Coach Will Not Be Allowed on the floor without a pass

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Applications are to be postmarked by **SATURDAY, May 25, 2019** if sending by mail or **EMAIL** to [hpmartialarts@gmail.com](mailto:hpmartialarts@gmail.com) by **Thursday, May 30, 2019**

- ◆ All Coach Application fee: \$30
- ◆ Make Coach's fees by Cashier's Check/Money Order/School Check out to: **MR. SUH**

Mail to : High Performance Martial Arts  
212-85 26<sup>th</sup> Ave.  
Bayside, NY 11360

**Please type or print all information:**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Birth date (Month/Day/Year): \_\_\_\_\_ Age: \_\_\_\_\_ Circle one: Male Female

Black Belt WTF Dan #: \_\_\_\_\_ Degree: \_\_\_\_\_

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

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Phone #: \_\_\_\_\_

CREDIT CARD #: \_\_\_\_\_ Exp.Date: \_\_\_\_\_ Amount : \_\_\_\_\_ Signature: \_\_\_\_\_

Dojang/School: \_\_\_\_\_ Master Instructor: \_\_\_\_\_

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

State: \_\_\_\_\_ Zip code: \_\_\_\_\_ Phone#: \_\_\_\_\_

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

### LIABILITY WAIVER

I understand that Taekwondo is a body-contact sport, which involves the risk of injury. I agree that I will be responsible for all case of accident such as any damage, loss and any injury etc. which may occur when coaching my students during physical exercise and competition of Gyroogi (Sparring) Breaking and Poomsae (Form) and by my carelessness until the finish of the tournament. I agree that High Performance Taekwondo Center, Queens College and all organizing Committees for the 2019 Empire State Championship including organizers, officials, staff and volunteers, as well as referees, competitors, staff of sports arena and others, except coach herself/himself, will be indemnified from all accidents as above and release and forever discharge from any claims for damages. I, also agree that the medical treatment provided by the Organizing Committee, if necessary will be a first aid type only.

Printed Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(If under 18 must be signed by Parent or Legal Guardian)

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## **TEAM REGISTRATION FORM: For schools with 10 or more students**

**YOU MUST SIGN WAIVER: WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND PARENTAL CONSENT AND INDEMNITY AGREEMENT**

In consideration of your acceptance of my entry or that of the minor child, I do hereby, for myself or the minor child, my heirs, executors, and administrators waive, release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless any and all rights and claims for damages which I may have or many accrue to me against High Performance Martial Arts, this athletic meet, it's organizing committee, Queens College, and 2019 Empire State Taekwondo Championship and all members of this athletic meet, or their respective officers, committees, medical committee, agents, representatives, successors, sponsors, advertisers, volunteers, owners, and lessor on premises on which the athletic meet takes place, assignees and against any competitor for any and all damages which may be sustained by me or out of traveling to, participating in, and returning from this athletic meet.

I understand the nature of the Empire State Taekwondo Championship Activities and believe that my experience and capabilities, or that of the minor child, to be qualified to participate in this athletic meet. I understand that the Empire State Taekwondo Championship Activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death. These risks and dangers may be caused by myself or the minor child's own actions, or inactions, and/or the actions or inactions of others participating in the athletic meet.

I have read this agreement, fully understand it's terms, understand that I or the minor child have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by the law and agree that if any portion of this agreement is held to be invalid that the balance, notwithstanding, shall continue in full force and effect.

NAME	M or F	AGE	BELT DIV.	LBS.	EVENTS: F-Forms B-Breaking S-Sparring D-Demo	LIABILITY WAIVER SIGNATURE Under 18 yr needs Parent or Legal Guardian Signature
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**School Name:** \_\_\_\_\_  
**Master/ Instructor/Coach Name:** \_\_\_\_\_  
**Telephone:** \_\_\_\_\_ **Email:** \_\_\_\_\_