

2019 GOLD CUP TAEKWONDO CHAMPIONSHIP

Dear Masters, Instructors, Competitors, and Referees:

It is my honor to officially invite everyone to the 20th Annual Gold Cup National Taekwondo Championships. This year's championship will be held on Sunday, October 6, 2019 at the Fitzgerald Gymnasium at Queens College in Flushing, Queens, New York. We will be using the DAEDO Electronic Body Scoring System (used at the Olympics and World Championships) for all competitors in all sparring divisions. We will be providing foot sensors for all competitors in the 4-11 year old (All Belts) divisions. 12 and older must provide their own Daedo foot sensor socks. We will have a limited supply for sale at the venue.

This year's Gold Cup Championship will be a USAT Sanctioned 4.0 Level Event for Sparring and Poomsae. All Sanctioned Event Competitors must register on the USAT hangastar system to receive points. All Coaches must register online also to coach in the Sanctioned Event. All Non-Sanctioned Event Competitors can Register by Email to hpmartialarts@gmail.com or by mail.

Since 2000, the Gold Cup Championship has been recognized as the premier Taekwondo tournament in the east coast. The Gold Cup has hosted some of the best competitors, teams, coaches, and referees from all around the country and abroad. Olympic Champions, World Champions, National Team Members, National Champions, and Junior National Team Members, Jr. National Champions, and State Champions have all stepped on the mat to compete to become Gold Cup Champion.

I would like to thank in advance all the Taekwondo Masters and Instructors for their outstanding support and contribution to the Gold Cup for the past 20 years and to the growth of sport Taekwondo in our country. It is your leadership, commitment and dedication that will lead the way for tomorrow's champions. I would also like to thank all the Competitors for their support to the Gold Cup and all the hard work, perseverance and preparation to becoming the best that they can be. And of course, I would like to thank all the Referees for their support to the Gold Cup and the endless and dedicated service to giving the athletes and coaches the best experience possible each and every year.

I look forward with much anticipation to seeing and meeting everyone, at the 20th Gold Cup National Taekwondo Championship on Sunday, October 6, 2019. Get ready, train hard and come test your skills as a competitor, coach and referee against the best, at this year's Gold Cup.

“COMPETE WITH THE BEST”

Respectfully,

*Master J. W. Suh
6th Dan Kukkiwon Certified
World Championship Team Coach
U.S. National Team Member
U.S. National Champion
U.S. National Collegiate Champion
USA Taekwondo Coach of the Year*

GENERAL INFORMATION

Hosted & Sponsored by:

High Performance Martial Arts
www.hpmartialarts.com
718-357-3915 / 631-462-0948 / 516-255-4000
Master J. W. Suh
Queens College Fitzgerald Gym, Flushing, NY
65-30 Kissena Blvd., Flushing, NY 11367

Tournament Director:

Location:

SCHEDULE OF EVENTS

- 8:00AM: Volunteer and Referee Meeting
- 9:00AM: Forms & Breaking 4 - 9 Year Olds
- 10:00AM: Forms & Breaking 10 -14 Year Olds
- 11:00AM: Forms & Breaking 15 Years & Up
- **11:30AM: Sparring 4 - 7 Year Olds ALL BELTS**
- 12:30PM: Sparring 8 - 9 Year Olds ALL BELTS
- 1:30PM: Sparring 10 - 11 Year Olds ALL BELTS
- 2:30PM: Sparring 12 Years & Up ALL BELTS

REGISTRATION INFORMATION

1. All USAT Sanctioned Competitors & Coaches Must Register on the USAT Hangastar System
2. All Non-Sanctioned Competitors Must Register By Email to Hpmartialarts@gmail.com
3. ALL EMAIL ENTRIES must have credit card info or they will have to pay door registration fee.

WEIGH-IN INFO

All USAT Sanctioned Sparring Competitors Must Weigh-In on Saturday, October 5th between 1pm to 4pm.

Weigh-Ins will be held at the following locations:

High Performance Martial Arts, 212-85 26th Ave., Bayside, NY 11360
High Performance Martial Arts, 3036 Jericho Tpke., East Northport, NY 11731
Apex Tigers Martial Arts, 79 Hanover Rd., Florham Park, NJ 07932

AWARDS

❖ Medals to all Winners

Forms & Breaking

- 1 – 1st Place
- 1 – 2nd Place
- 2 – 3rd Place

Sparring

- 1 – 1st Place
- 1 – 2nd Place
- 2 – 3rd Place

FORMS (POOMSAE) REGULATIONS

1. Poomsae will be Announced 2 weeks prior for Sanctioned Poomsae Competitors.
2. Poomsae Pro Scoring System will be used for the Sanctioned Poomsae Event.

BREAKING (KYUKPA) REGULATIONS

1. No objects allowed between boards. **No SHOES Allowed.**
2. **1 minute time limit. 3 Breaking Stations Only.**
3. 3 attempts only. Thick Boards will be scored higher than thin boards.
4. **½ Inch Boards allowed in 4 to 11 Year Old Divisions Only. 12 and Up Must use 1 Inch Boards.**

2019 GOLD CUP

COMPETITOR'S APPLICATION

Sunday, October 6, 2019 @ Queens College

PLEASE WRITE SCHOOL CHECKS/MONEY ORDER/PERSONAL CHECKS TO: MR. SUH

**MAILING ADDRESS: High Performance Martial Arts
212-85 26th Ave., Bayside, NY 11360**

MUST BE POSTMARKED BY MONDAY, SEPTEMBER 30, 2019

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

COMPETITORS MUST SIGN WAIVER & RELEASE FORM

Last Name: _____ First Name: _____

Home Address: _____

Email: _____ Cell Phone #: _____

TKD School Name: _____

TKD School Address: _____

TKD Phone Number: _____ Master/Instructor: _____

Application will not be processed without the information below

Circle one: Male Female Birth Date: _____ Age: _____ Weight: _____ Belt: _____

Circle Your Division: White/Yellow/Orange Green/Blue/Purple Brown/Red Black Belts

Circle the events you will be competing in: Forms Breaking Sparring

Entry Fee: 1 event- \$90 2 events: \$100 3 events: \$110

Completed Forms Can Be Emailed to: hpmartialarts@gmail.com

All Email Applications must have credit card info

Credit Card #: _____ Exp.Date: _____ Sec.Code _____

Name on card: _____ Address: _____

Billing Zip Code: _____ Amount to charge: _____

Tournament Site : Queens College Fitzgerald Gymnasium: 65-30 Kissena Blvd. Flushing NY 11367

LIABILITY WAIVER

I hereby submit my application for registration in the Gold Cup 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 High Performance TKD Martial Arts Center 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.

COMPETITORS SIGNATURE: _____ DATE: _____

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

The undersigned, the parents or legal guardian 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 GOLD CUP NATIONAL TKD CHAMPIONSHIP

OCT. 6, 2019 @ QUEENS COLLEGE: 65-30 KISSENA BLVD./ FLUSHING, NY 11367

COACHES APPLICATION FORM

Applications are to be postmarked by Monday, September 30, 2019

- ◆ All Coach Application fee: \$30 if postmarked by September 30, 2019
- ◆ At the door fee: \$40
- ◆ Make Coach's fees by Cashier's Check/Money Order/Check to: MR. SUH
Mail to.: High Performance Martial Arts
212-85 26th Ave., Bayside, NY 11360
Bayside, NY 11360

Please type or print all information:

Last Name: _____ First Name: _____

Birthdate: _____ Age: _____ Circle one: Male Female

Rank: _____ Degree: _____ Black Belt WTF Dan #: _____

Home Address: _____ City: _____

State: _____ Zip Code: _____ Country: _____

Phone #: _____ E-mail: _____

Dojang: _____ Master Instructor: _____

School Address: _____ City _____

State: _____ Zip code: _____ Country: _____

Phone#: _____ E-mail: _____

CREDIT CARD INFO

CreditCard#: _____ Exp.Date: _____ Sec.Code _____

Name on Card: _____ Billing Address: _____

Billing Zip Code: _____ Amount: _____

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 Poomse (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 Gold Cup National Taekwondo 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: _____

2019 GOLD CUP

NATIONAL TAEKWONDO CHAMPIONSHIPS

OCT. 6, 2019 @ QUEENS COLLEGE: 65-30 KISSENA BLVD./ FLUSHING, NY 11367

REFEREE ATTENDANCE FORM

Name: _____

School Name: _____

Mailing address: _____

Telephone: _____

E-mail: _____

Dan Level: _____

Referee
Level: _____

Polo Shirt Size: _____

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 Poomse (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 Gold Cup National Taekwondo 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: _____

DIRECTIONS TO QUEENS COLLEGE

65-30 KISSENA BLVD./ FLUSHING, NY 11367

From Manhattan and Points West – Take the Long Island Expwy. eastbound to exit 24 (Kissena Blvd.). Make a right at the light and the school will be on your right side.

From Long Island and Points East – Take the Long Island Expwy. westbound to exit 24 (Kissena Blvd.). Make a left at the light and the school will be on your right side.

From Southern New Jersey, Staten Island & Brooklyn – Take the Verrazano Bridge into Brooklyn. Continue on I-278 to Exit 35E (I-495/L.I.E.) Stay left, follow signs to Eastern Long Island. Take the Long Island Expwy. eastbound to exit 24 (Kissena Blvd.) Make a right at the light and the school will be on your right side.

From Northern New Jersey – Take the George Washington Bridge and stay straight on I-95N. Merge onto I-678 South via Exit 10 towards Whitestone Bridge (Portion toll). Take the College Pt. Blvd. exit – Exit 12A- toward I-495 East/ L.I.E./ Eastern L.I. Turn right onto College Point Blvd. Turn left onto Horace Harding Expwy. South. Merge onto Long Island Expwy./ I-495 East via the ramp on the left toward Eastern L.I. Take the L.I.E. eastbound to exit 24 (Kissena Blvd.) Make a right at the light and the school will be on your right side.

From Bronx – Merge onto I-678 via Exit 10 toward Whitestone Bridge toll. Take the College Pt. Blvd. exit- Exit 12 A toward I-495 East/ L.I.E./ Eastern L.I. Take the L.I.E. eastbound to exit 24 (Kissena Blvd.) Make a right at the light and the school will be on your right side.
