

2024 EMPIRE STATE TAEKWONDO CHAMPIONSHIPS

Dear Masters, Instructors, and Competitors,

It is with extreme gratitude and honor to officially invite everyone to the 2024 Empire State Taekwondo Championships. We'd like to thank all of the Masters, Instructors, Referees and competitors for your support and loyalty throughout the years. We hope everyone will join us again to celebrate the 17th year of the Empire State Taekwondo Championships. This year's championship will be held on Saturday, June 8th 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 and prepare ourselves with more ring time. As always this will be an all DAEDO Electronic Chest Protector competition for all ages and divisions. Please bring your own Daedo socks for safety and hygienic reasons. There will be a limited supply available at the venue. 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 to make new friendships.

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 any 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 8th at Promise International Gymnasium in Flushing, Queens, New York for the 2024 Empire State Taekwondo Championships. Thank you in advance for your continued support and loyalty.

Respectfully,

*Grand Master Suh
Tournament Director
World Championship Team USA Coach
U.S.A. National Team Member*

GENERAL INFORMATION

Hosted & Sponsored by:

Tournament Director:

General Admission:

For more info:

Tournament Venue:

High Performance Martial Arts (www.hp martialarts.com)

Grand Master Suh

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718-357-3915

Facebook@ High Performance Martial Arts

Promise International Gym, 130-30 31st Ave., Flushing, NY 11354

SCHEDULE OF EVENTS

- 8:00AM: Staff/Volunteers Meeting
- 8:30AM: Doors Open for entry into gymnasium
- 9:00AM: REFEREE MEETING
- 9:30AM: Forms-Breaking-Sparring Competition ages 4-7 ALL BELTS
- 10:30AM: Forms-Breaking-Sparring Competition ages 8-9 ALL BELTS
- 12:00PM: Forms-Breaking-Sparring Competition ages 10-11 ALL BELTS
- 1:30PM: Forms-Breaking-Sparring Competition ages 12-14 ALL BELTS
- 2:30PM: Forms-Breaking-Sparring Competition ages 15 & Up ALL BELTS

REGISTRATION INFORMATION

1. Please Register online at hpmartialarts.com
2. Door Registration will incur a late fee.
3. **No one will be allowed on the competition floor without a Coach Pass.**
4. **Please email Team Roster Sheet for schools with 10 or more competitors**
5. **Competitors will be placed in age divisions by their calendar year (ex. Birthdate 10-1-12 must compete in 12-14 yr)**

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

4-14 yr old Color Belts: No Head Contact

8- 11 yr old Black Belts & 15 and up Color Belts & 31 & UP Black Belts: Light/Controlled Head Contact

12-29 yr old Black Belts: Full Contact

All competitors must provide their own Head Gear, Gloves, Shin and Forearm Pads, Mouthpiece, Daedo Socks and Groin Cups. We will be providing the Electronic Chest Protectors.

TOURNAMENT VENUE

PROMISE INTERNATIONAL GYM

130-30 31ST AVE. FLUSHING, NY 11354

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, Promise Ministry, and 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:** _____

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

Amount: _____ **Signature:** _____ **Billing Zip Code:** _____

