

The 2016 S.E.T. Championship

January 16, 2016 - Columbia, SC

**Scholarships for Cadet/Jr/Sr
Sport Poomsae Winners**



Events:

**Forms. Breaking. Sparring.
Weapons. Tricking. Demo Team.
World-Class Daedo Sparring.
World-Class Poomsae.**

For more information:

**Facebook.com/setchampionship
(803) 407-4422
setchampionships@gmail.com**





The 2016 S.E.T. Championship

To All Competitors, Masters, Coaches, Parents and Fans:

We are proud to announce that the 2016 S.E.T. Championship (The Southeast Taekwondo Championship) will be held in Columbia, SC on January 16, 2016. This tournament is open to all students, and it will be a great opportunity for everyone to showcase their taekwondo skills and compete in a high-quality tournament.

The purpose of this tournament is to offer valuable ring experience and develop TKD at the grassroots level while also providing opportunities for elite athletes in the current pipeline to achieve their dreams. This experience will always stay with the students, and their taekwondo skills and confidence will improve because of it. Win or lose, we are all here to promote the spirit of this wonderful martial art of taekwondo.

So what makes our tournament different?

--We will have a "world-class" sparring division for all 8-32 aged black belts (and red belts can elect to spar in the black belt division). This division will use Daedo and fight in a double-elimination format to ensure students get valuable ring time.

--We will have a "world-class" sport poomsae division for all 10+ aged black belts. We will be using PoomsaePro— the official poomsae scoring system from the 2015 USAT National Championships.

-- Winners of the following world-class sport poomsae divisions will receive a \$200 scholarship to cover expenses for competing at the 2016 U.S. Open or the 2016 USAT National Championship.

Poomsae – 1) Cadet Female/Male. 2) Junior Female/Male; 3) Senior/Female/Male

--We will only have USAT-certified and WTF-IR referees.

--Optional 3rd place matches to gain more experience (both competitors will still receive bronze medal)

--Bracketed poomsae divisions.

--Head Shots for all divisions.

-- We are also offering exciting events such as tricking, weapons and demo team.

We are very excited about this tournament, and we hope to make it the best one yet! For more information, please read through the tournament packet. And we hope to see you in Columbia, SC!

Sincerely,

Master Daniel Kim





The 2016 S.E.T. Championship

SCHEDULE OF EVENTS:

Friday, January 15th –

6:30pm – 8:30pm:

Weigh-Ins (World-Class Sparring Athletes Only) and
Registration/ID pick-up (Any Students)

Saturday, January 16th –

8:00am – 3:00pm:

Registration for All (& Weigh-Ins for World-Class Sparring
Athletes Only)

8:45am – 9:00am

Referee and Volunteer Meeting

9:00am – 9:15am

Coach Meeting

9:30am – 11:30am

Wave I

- World-Class Sport Poomsae (Cadet 12-14)
- World-Class Sparring (Junior 15-17)
- All Athletes Ages 15 years & Older
(Traditional - Forms/Breaking/Sparring)

11:30am – 12:30pm

Lunch, Opening Ceremony & Festival Events

- Demo Team Competition
- Weapons Competition
- Tricking Competition

12:30pm – 3:30pm

Wave II

- World-Class Poomsae (Senior/Master 17+)
- World-Class Sparring (Cadet 12-14)
- All Athletes Ages 9 & Under
(Traditional - Forms/Breaking/Sparring)

3:30pm-6:00pm

Wave III

- World-Class Poomsae (Junior 15-17)
- World-Class Sparring (Senior 17-32)
- All Athletes Ages 10-14 years old
(Traditional - Forms/Breaking/Sparring)

Everyone must check in 1-HOUR before start time.

ALL TIMES ARE APPROXIMATE! THERE ARE NO GUARANTEES!!!



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IMPORTANT INFORMATION

1. **Open to:** All students of any age and any rank may participate.
2. **Rules/Divisions:** Age, weight and rank categories will be separated as the tournament committee deems appropriate and fair.

For WORLD-CLASS divisions, age will be based as of Dec.31, 2016. It may or may not correspond with your current age. (If an athlete has a birthday on 6/1/04, then they would compete as a 12-year old even though they are only 11 at the tournament.

Please read event rules/divisions in the packet for more detailed information.

3. **Registration:** Registration forms are available at your school or online at [facebook.com/setchampionship](https://www.facebook.com/setchampionship). You can also register online or find the tournament packet at www.register4tkd.com.

* Cost will be \$65 for 1 or 2 events for competitors and \$10 for each event thereafter. (if registered before 1/1/16).

**After 1/1/16, cost will be \$80 for 1 or 2 events, and \$10 for each event thereafter.

The registration deadline is January 9th (postmark date or online registration date). Any registration received after this date (including at-the-door registration) will be \$125. Cash will only be accepted for at-the-door registration.

Participants may pick up their ID cards on Friday evening or Saturday morning.

4. **Location:** Irmo High School, 6671 St. Andrews Rd., Columbia, SC 29212 (Please see map for directions).
5. **Awards:** Awards will be given to all winners throughout the day. All competitors will receive an award!!
6. **Coaching** – One free coach's pass will be given per school. An additional free coach's pass will be given for every 5 registered athletes. Any other coach will have to pay a \$15 fee. ALL coaches must fill out an application.
7. **Spectator Tickets** – There will be a \$10 admission for everyone ages 6 and up. Children 5 years and under are FREE. Spectators will NOT be allowed on the competition floor. Failure to adhere to this rule will result in being asked to leave the facility.
8. **Daedo PSS** – ONLY world-class divisions will use the Daedo PSS, and therefore you will need to bring or purchase the PSS e-foot protectors. These can be pre-purchased at www.daedosouth.com for \$59 (and picked up at the tournament to save shipping) or on site for \$70 (cash, Visa, MC, Discover).

** If you're not in the world-class division, then Daedo PSS will NOT be used.

9. **Concessions** – Food and drinks will be available for sale right outside of the gymnasium throughout the day.
10. **Medical Staff** – Medical services will be provided by Bare Essentials Sports Medicine – the official sports medical staff for USA Taekwondo.





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BELT DIVISIONS – White, Yellow, Green, Blue, Red & Black

AGE DIVISIONS –

Color Belt: Lil' Tigers/Champs (5 & Under), Dragon (6-7), Ninja (8-9), Youth (10-11), Cadet (12-14), Junior (15-17), Senior (17-32), & Ultra (33+)

Black Belt: Dragon (6-7), Ninja (8-9), Youth (10-11), Cadet (12-14), Junior (15-17), Senior (18-32) & Ultra (33+)

World-Class Black Belt (Sport Poomsae): Youth (10-11), Cadet (12-14), Junior (15-17), 1st Senior (18-29), 2nd Senior (30-39), & Masters (40+)

World-Class Black Belt Sparring (Daedo & Double Elimination): Ninja (8-9) & Youth (10-11), Cadet (12-14), Junior (15-17), Senior (17-32)

WEIGHT DIVISIONS –

Dragon (6-7), Ninja (8-9), Youth (10-11) – Fin/Light, Middle/Heavy

Cadet (12-14), Junior (15-17) – Fin/Fly/Bantam, Feather/Light/Welter,
Lt. Middle/Middle/Lt. Heavy/Heavy

Senior (17-32) – Fin/Fly, Bantam/Feather, Light/Welter, Middle/Heavy

Age, weight and rank categories will be separated as the tournament committee deems appropriate and fair. This may mean that some divisions will be combined to ensure competition at each level.



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POOMSAE (FORMS) RULES

<u>Belt Rank – Kup/Dan</u>	<u>Taegeuk OR Open Poomsae</u>
Lil' Kids/White – 9 th	Spirit or Basic OR Open
Yellow – 8 th or 7 th	1 or 2 OR Open
Green – 6 th or 5 th	3 or 4 OR Open
Blue – 4 th or 3 rd	5 or 6 OR Open
Red – 2 nd or 1 st	7 or 8 OR Open
Black – 1 st Dan	Koryo
– 2 nd Dan	Keum-Gang
– 3 rd Dan	Tae-Baek
– 4 th Dan	Pyung-Won
– 5 th Dan	Sip-Jin

Forms competition will be judged on correct and accurate movements, as well as balance, speed, power and fluidity of technique. It will be an open competition, so if your school practices a different poomsae than those listed above, then you are free to do a poomsae that's appropriate for your level.

All **color belts** will perform the same poomsae (forms) as above. All **black belts** competing in the regular poomsae division will perform the same poomsae (forms) as above.

Forms competition will be bracketed.

Little Tigers/Lil' Champs – Spirit contest:

Those students who are in the special Little Tigers type of program for younger kids (age 5 and under) will not be required to perform a poomsae. Instead, those students will have a "spirit competition" based on the following:

- A. Horse riding stance with Basic Punches (4 total)
- B. Kicking Stance with Front Snap Kicks (4 each leg)
- C. Ki-Hap

World-Class Black Belts (Sport Poomsae)

Black belts will have to know all of the compulsory poomsae that's required by them under the WTF and USAT rules. This will vary depending on age group. Please see the most updated rules on the USAT website.

Compulsory poomsae will be declared by January 12th and can be found online on our Facebook page at www.facebook.com/setchampionship.

Black belt sport poomsae will use the cut-off format. If the division has 20 or more competitors, then the division will start from the preliminary round. Competitors will perform 1 poomsae (form) and the top 50% of the scores will advance to the semi-final round. During the semi-final round, competitors will perform 1 poomsae (form). If there are 9-19 competitors, then all competitors will start in the semi-final round. The top 8 scores will then advance to the final round, where the competitors will each perform 2 poomsae (forms). If there are 8 or fewer, then the competition will start in the "finals" round. The top 4 will medal.



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BREAKING RULES

<u>Belt Rank</u>	<u>Hand Technique?</u>	<u>Kicking Technique?</u>	<u>Number of Boards</u>
Little Tigers/White – 9 th	Yes	Yes	2 (1 of each)
Yellow – 8 th or 7 th	Yes	Yes	2 (1 of each)
Green – 6 th or 5 th	Yes	Yes	2 (1 of each)
Blue – 4 th or 3 rd	Yes	Yes	2 (1 of each)
Red – 2 nd or 1 st	Choice	Choice	3
Black	Choice	Choice	4

Boards will not be provided, so boards must be purchased and brought separately. Boards will be sold at the event as well. Cost of the boards will be \$2 each. Presentation of the technique, the number of attempts to break the board and difficulty of the technique will be used by the judges to score for breaking.

WEAPONS RULES

Weapons competition will be judged on correct and accurate movements, as well as balance, speed, power and fluidity of technique. Only traditional martial arts weapons will be allowed. There will be a time limit of 1 minute. Some age groups may be combined.

TRICKING RULES

Battle Format

- Battles will be held bracket style with the winner of each 1 vs 1 battle advancing to the next round.
- At the beginning of each battle, the two players will play rock-paper-scissors, and the winner will choose who goes first.
- Players will take turns doing skills or combos and will have 3-4 passes each (depending on age).

Judging

- Judges will pick a winner based on difficulty level, technique/cleanliness, and style/creativity.
- Player with at least 2 out of 3 votes from judges will advance.

Divisions (7 & Under, 8-11, 12-14, 15-17, 18 & Up – Some age divisions may be combined)

- 14 & Under
 - 3 passes each
 - no more than 7 skills per combo/pass
- 15 & Over
 - 4 passes each
 - no skill limits



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SPARRING RULES

<u>Divisions</u>	<u>Time</u>	<u>Rest Period</u>
9 & Under	2 rounds - 1 minute	30 seconds
10 & Up	2 rounds - 1 ½ minutes	30 seconds
All Black Belts	3 rounds - 1 ½ minutes	30 seconds

** There will be a 3rd place match available for ALL color-belt and non-world-class black belt sparring divisions to help gain more experience. This will be optional upon both of the competitors. **
Double-elimination for all black belt world-class divisions.

Age	Belt Color	Applicable Rules
Dragon 6 - 7	Yellow	Junior Safety Rules
	Green	
	Blue	
	Red	
	Black	
Ninja 8 - 9	Yellow	Junior Safety Rules
	Green	
	Blue	
	Red	
	Black	
Youth 10 - 11	Yellow	Junior Safety Rules
	Green	
	Blue	
	Red	
	Black	
Cadet (12 - 14)	Yellow	Junior Safety Rules
	Green	
	Blue	
	Red	
	Black (Grass Roots)	
	Black (World Class)	
Junior (15 - 17)	Yellow	Junior Safety Rules
	Green	
	Blue	
	Red	
	Black	Adult Rules
Senior	Yellow	Adult Rules
	Green	
	Blue	
	Red	
	Black	

No Head Contact: NO EXCEPTIONS! Can't kick to the head.

Junior Safety Rules:

- Allowed to kick to the facial area; however, the kick must be light contact with appropriate control without causing any injury or excessive contact, or the appropriate penalty shall be invoked.
- The competitor who executes a successful kick (light contact without causing any injury) (even with a turn kick) shall be awarded 3 points at most.
- The competitor who executes a kick to the face which results in a minor injury shall receive a 1-point (Gam-jeom) penalty. A minor injury is defined as abrasion or bleeding caused by non-excessive contact. The referee, with or without consultation with the tournament physician, shall determine if the abrasion or bleeding is a minor injury, and if the attack is a non-excessive one.
- The competitor who executes a kick to the face which results in the inability of the opponent to continue sparring because of injury shall be disqualified. The referee, with or without consultation with the tournament physician, shall determine if the attack is an excessive contact, and if the injury is a major one.

Adult Rules: Full head contact will be allowed.

Valid Points are divided as follows:

- One (1) point will be awarded for a valid attack on trunk protector (punch or kick)
- Two (3) points will be awarded for a valid turning kick to the trunk protector.
- Three (3) points will be awarded for a valid kick to the head (if allowed).
- Four (4) points will be awarded for a valid turning kick to the head (adult rules only) (if allowed).

* For 11 and Under color belt competitors, "no head contact" rules can be applied, but only with the agreement of both coaches and players. Otherwise, default rule is Junior Safety Rules.*

Exhibition matches will have NO head shots, unless agreed to by both coaches and players.



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DEMONSTRATION TEAM RULES

- A team must consist of a minimum of 8 people. There is no maximum number.
- No master instructors will be allowed to be a demo team member
- Demo team members do NOT have to compete in an individual event
- All demo team members will receive individual medals. Further, each team will receive a team trophy.

- Performance cannot be longer than 7 minutes.
(At 6 minutes, there will be a 1-minute warning. If the team exceeds 7 minutes, then the team will receive a deduction of 5 points).
- There will be a 1-minute set-up time and a 1-minute clean-up time.
(If the team exceeds this time limit, then it will receive a deduction of 2 points.)
- Equipment and costumes can be chosen by the team.
- Any weapons to be used for performance must be imitations.
- Music and sound effects can be used.

- Teams will be judged on the following:
 - presentation
 - teamwork and synchronization
 - rhythm and flow
 - good manner and attitude
 - difficulty in the elements
 - energy
 - and entertainment.
- The following elements must be performed:
 - poomsae/forms (creative or traditional)
 - breaking
 - self-defense

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Competitor Registration Form

Please send this form along with your participation fee (non-refundable) **& medial consent form.**
No personal checks will be accepted. Please make certified check or money order payable to: "S.E.T. Championship."

Mail to: S.E.T. Championship, 105 Ministry Dr., Irmo, SC 29063

No early registration will be accepted after Jan. 1, 2016.

No late registration will be accepted after Jan. 9, 2016.

Name: _____ Age: _____	Rank: Color Belt: _____ or _____ Gup
Birthday: _____ Gender: M () F ()	Form: _____ (which number?)
Weight: _____ lbs Height: _____ ft. _____ in.	Black Belt: _____ Dan

Address: _____ City: _____ State: _____ Zip: _____

Phone #: _____ Cell #: _____ E-Mail: _____

T.K.D. School, Address, Instructor: _____

<u>EVENTS</u> Check all that applies:	Forms ()	OR	Sport Poomsae-black belt ()
	Sparring ()	OR	World-Class (Daedo) Sparring-black belt ()
Please attach the medical consent form	Breaking ()	[Boards must be purchased separately]	
	Weapons ()	Demo ()	Tricking ()
One or Two Events = \$65, \$10 for each additional event <i>[\$80 if registered after 1/1/16]</i>			
Total Events: _____		Total Amount Enclosed: _____	

LIABILITY WAIVER:

In consideration of your acceptance of my registration for myself or my minor child, I do hereby for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights, liabilities and claims for damages which I may have or which may occur to me against the Southeast Taekwondo Championship, LLC, U.S. Tae Kwon Do Academy, LLC, and all members of the tournament or their respective officers, agents, representatives, successors, volunteers, sponsors, advertisers, medical staff and competitors for any and all damages which I or my minor child may have or which may occur with my association with or entry in the above athletic meet and competition, and in connection with any medical service I may be provided in connection with any such injury or illness. I understand that Tae Kwon Do is a contact sport and believe that my experience and capabilities, or that of the minor child, to be qualified to participate in this athletic meet. I further understand that tae kwon do involves 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 understand that any pictures of my participation in the said event may be used for publicity without permission or compensation, and I further understand that I may be dismissed from the premises without compensation of refund if my conduct is not courteous and cooperative for the successful operations of the championships. By signing below, I hereby state that I am under the care of a physician for the treatment of any health needs/issues, if applicable, and that I have been medically cleared by that physician to participate in this athletic meet, or that I understand the risks associated with participating in this athletic meet with the respective health needs/issues. I have read this agreement, fully understand its 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.

Contestant's Signature (Parent's/Guardian's Signature if competitor is under 18 years of age)

Date

BARE ESSENTIALS SPORTS MEDICINE CONSENT FOR MEDICAL TREATMENT

I, _____, as an athlete, event staff, coach, referee, official, casual observer and/or volunteer, at a Bare Essentials Sports Medicine Covered Event, **I CONSENT TO THE MEDICAL EVALUATION AND/OR TREATMENT** for injuries/illnesses provided by Bare Essentials Sports Medicine Team Personnel and/or Hospital/Medical Facility Staff (in the event that I have to be transported to a medical facility and/or emergency room/hospital). **I authorize treatment** by Bare Essentials Sports Medicine Personnel and/or Medical Facility/Hospital Personnel in the event of injury or illness occurring while I am in attendance at the event.

I understand medical treatment available at an event **may include but is not limited to:** general first aid care for injuries and wounds, evaluation for possible illness or disease, taping, stretching, modalities such as heat or ice, muscle stimulator/TENS/ultrasound, over-the-counter medication/prescription medication (Rx by physician's order only), soft tissue massage, wound closure, splinting, chiropractic adjustment, acupuncture, being fitted for a sling or crutches, as well as basic and/or advance life support as deemed necessary by medical personnel.

As a parent or legal guardian of _____, who is under
(PRINT NAME OF MINOR CLEARLY)

the age of 18, I hereby authorize medical treatment in the event of an injury or illness or as preventative measures as provided by a member of Bare Essentials Sports Medicine Personnel, and/or Hospital/Medical Facility Staff. I understand medical treatment available the event **may include but is not limited to:** general first aid care for injuries and wounds, evaluation for possible illness or disease, taping, stretching, modalities such as heat or ice, muscle stimulator/TENS/ultrasound, over-the-counter medication/prescription medication (Rx by physician's order only), soft tissue massage, wound closure, splinting, chiropractic adjustment, acupuncture, being fitted for a sling or crutches, as well as basic and/or advance life support as deemed necessary by medical personnel. I also attest that I have the legal right to sign as this athlete's parent or legal guardian, and have documentation to prove so.

All medical evaluations completed by Bare Essentials Sports Medicine Personnel for injuries or illnesses at events are considered CONFIDENTIAL and property of Bare Essentials Sports Medicine. Copies of medical injury forms completed by medical personnel at event, camp or during team travel can be requested verbally either by the injured person, or parent/legal guardian of a minor who has been injured at the time of injury or requested in writing at a later date from Bare Essentials Sports Medicine. All injury report forms from any event will be put in a confidential and secured injury database. No information about an individual's injury or illness will be released by Bare Essentials Sports Medicine without that athlete's written permission in accordance with HIPAA Privacy Guidelines. Full injury report will only be released to an insurance agency upon the written request of the injured person and/or parent/legal guardian of a minor who has been injured. If athlete suffers a concussion and is given a WTF 30-day-out, information about athlete will be given to USA Taekwondo CEO, Event Director & High Performance Director, and their assistants in order to enforce the 30-day-out rule. No details beyond the athlete's name, date of birth, weight division, belt color, age division, gender, when/where the concussion was sustained and/or what date he/she may return will be shared in accordance with HIPAA Privacy Rights of the athlete.

Known Medical Conditions: _____

Known Allergies: _____

Is an epi-pen needed? YES NO

Will you have the epi-pen with you? YES NO

Do you use a rescue inhaler? YES NO

Will you have the rescue inhaler with you? YES NO

Medications presently taking _____

(Athlete's Signature)

(Date)

Athlete's Date of Birth _____ City/State/Country of Residence _____

(Parent/Legal Guardian Signature)

(Date)

(Parent/Legal Guardian Name Printed)

The 2016 S.E.T. Championship **Coach Registration Form**

Please send this form along with your participation fee (non-refundable). No personal checks will be accepted.

Please make certified check or money order payable to: "S.E.T. Championship."

Mail to: S.E.T. Championship, 105 Ministry Dr., Irmo, SC 29063

No early registration will be accepted after January 10, 2016.

Each school will receive 1 free coach's pass. An additional coach's pass will be given for every 5 athletes registered. Otherwise, coach's pass will be \$15.

All coaches (regardless of cost) will have to fill out this registration form.

Name: _____ Gender: M () F ()

Address: _____ City: _____ State: _____ Zip: _____

Phone #: _____ Cell #: _____ E-Mail: _____

T.K.D. School, Address, Instructor: _____

Health Issues/Allergies (including past issues): _____

By signing below, I hereby state that I am under the care of a physician for the treatment of the above health needs/issues and that I have been medically cleared by that physician to participate in this athletic meet, or that I understand the risks associated with participating in this athletic meet with the above health needs/issues.

LIABILITY WAIVER:

In consideration of your acceptance of my registration for myself or my minor child, I do hereby for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights, liabilities and claims for damages which I may have or which may occur to me against the Southeast Taekwondo Championship, LLC, U.S. Tae Kwon Do Academy, LLC, and all members of the tournament or their respective officers, agents, representatives, successors, volunteers, sponsors, advertisers, medical staff and competitors for any and all damages which I or my minor child may have or which may occur with my association with or entry in the above athletic meet and competition, and in connection with any medical service I may be provided in connection with any such injury or illness. I understand that Tae Kwon Do is a contact sport and believe that my experience and capabilities, or that of the minor child, to be qualified to participate in this athletic meet. I further understand that tae kwon do involves 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 understand that any pictures of my participation in the said event may be used for publicity without permission or compensation, and I further understand that I may be dismissed from the premises without compensation of refund if my conduct is not courteous and cooperative for the successful operations of the championships. I have read this agreement, fully understand its 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.

Contestant's Signature (Parent's/Guardian's Signature if competitor is under 18 years of age)

Date

The 2016 S.E.T. Championship **Referee Registration Form**

Please send this form.

Mail to: S.E.T. Championship, 105 Ministry Dr., Irmo, SC 29063

No early registration will be accepted after January 5, 2015.

You will be notified (at the latest) by January 9, 2016 if you have been selected to be an official referee at this tournament. Please contact us at (803) 407-4422 if you have not heard back from us.

You must be at least 16 years of age and a black belt to officiate.

All USAT-certified referees that officiates for the entire tournament will receive a \$50 stipend at the end of the tournament. All A-level and IRs will receive \$100. Lunch will be provided.

Dress is black pants. Polos will also be provided.

Please contact us for lodging information.

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone #: _____ Cell #: _____ E-Mail: _____

T.K.D. School, Address, Instructor: _____

Health Issues/Allergies (including past issues): _____

By signing below, I hereby state that I am under the care of a physician for the treatment of the above health needs/issues and that I have been medically cleared by that physician to participate in this athletic meet, or that I understand the risks associated with participating in this athletic meet with the above health needs/issues.

Referee Certification:

Check all that applies: _____ USAT _____ AAU _____ Other (Explain: _____)

Level of certification: _____ Shirt Size _____

Food Choice (vegetarian/vegan/allergies): _____

LIABILITY WAIVER:

In consideration of your acceptance of my registration for myself or my minor child, I do hereby for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights, liabilities and claims for damages which I may have or which may occur to me against the Southeast Taekwondo Championship, LLC, U.S. Tae Kwon Do Academy, LLC, and all members of the tournament or their respective officers, agents, representatives, successors, volunteers, sponsors, advertisers, medical staff and competitors for any and all damages which I or my minor child may have or which may occur with my association with or entry in the above athletic meet and competition, and in connection with any medical service I may be provided in connection with any such injury or illness. I understand that Tae Kwon Do is a contact sport and believe that my experience and capabilities, or that of the minor child, to be qualified to participate in this athletic meet. I further understand that tae kwon do involves 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 understand that any pictures of my participation in the said event may be used for publicity without permission or compensation, and I further understand that I may be dismissed from the premises without compensation of refund if my conduct is not courteous and cooperative for the successful operations of the championships. I have read this agreement, fully understand its 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.

Applicant's Signature (Parent's/Guardian's Signature if competitor is under 18 years of age)

Date

Date:
Sunday,
January 17, 2016

Venue:
U.S. Taekwondo Academy
105 Ministry Dr.
Irmo, SC 29063

TENTATIVE SCHEDULE:
(subject to change)

Session 1 (10am-12pm)
Sport Poomsae Techniques
for Competition:

- Fundamentals & Accuracy
- Blue Belts & Higher
- Age 8 +

Lunch Break (12pm-1:30pm)

Session 2 (1:30pm-4:30pm)
Advanced Sport Poomsae
Techniques:

- Performance & Advanced Training
- Black Belts & Higher
- Age 8 +

Paper applications only for
the seminar.

 **The 2016 S.E.T. Championship**

Sport Poomsae Seminar

Seminar Instructor: Master Ron Southwick



- U.S. National Poomsae Team Coach - USAT
- 4-Time U.S. National Poomsae Team Member
- Adjunct Professor of Kinesiology -Michigan State Univ.
- Michigan State Univ. Head TKD Coach
- USAT Board of Directors – Athlete Advisory Committee

Students will learn skills to help them achieve success in sport poomsae competition. Both presentation as well as specifics of poomsae will be taught.

Cost: \$40 for 1 session
\$75 for 2 sessions

*\$10 discount
for all competitors*

****All proceeds from the camp will go to support the
U.S. National Poomsae Team****

The 2016 S.E.T. Championship – Sport Poomsae Seminar

Please send this form along with your participation fee (non-refundable). No personal checks will be accepted.

Please make certified check or money order payable to: "S.E.T. Championship."

THERE IS NO ONLINE REGISTRATION FOR THIS SEMINAR. PLEASE TURN IN THE PAPER APPLICATION!

Mail to: S.E.T. Championship, 105 Ministry Dr., Irmo, SC 29063

No early registration will be accepted after January 9, 2016.

Name: _____ Age: _____	Rank: Color Belt: _____ or _____ Gup Black Belt: _____ Dan
Birthday: _____ Gender: M () F ()	
Weight: _____ lbs Height: _____ ft. _____ in.	

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Phone #: _____ **Cell #:** _____ **E-Mail:** _____

T.K.D. School, Address, Instructor: _____

Health Issues/Allergies (including past issues): _____

By signing below, I hereby state that I am under the care of a physician for the treatment of the above health needs/issues and that I have been medically cleared by that physician to participate in this athletic meet, or that I understand the risks associated with participating in this athletic meet with the above health needs/issues.

<u>EVENTS</u> Check all that applies:
Session 1 – Fundamentals & Accuracy – 10am-12pm - Blue Belt & Higher, Age 8+ ()
Session 2 – Performance & Advanced Training – 1:30pm-4:30pm – Black Belts Only, Age 8+ ()
\$40 for 1 session, \$75 for 2 sessions, \$10 discount for competitors
** All proceeds from this camp will go to support the U.S.A. National Poomsae Team **
Total Amount Enclosed: _____

LIABILITY WAIVER:

In consideration of your acceptance of my registration for myself or my minor child, I do hereby for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights, liabilities and claims for damages which I may have or which may occur to me against the Southeast Taekwondo Championship, LLC, U.S. Tae Kwon Do Academy, LLC, Master Dan Chuang and all members of the tournament or their respective officers, agents, representatives, successors, volunteers, sponsors, advertisers, medical staff and competitors for any and all damages which I or my minor child may have or which may occur with my association with or entry in the above athletic meet and competition, and in connection with any medical service I may be provided in connection with any such injury or illness. I understand that Tae Kwon Do is a contact sport and believe that my experience and capabilities, or that of the minor child, to be qualified to participate in this athletic meet. I further understand that tae kwon do involves 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 understand that any pictures of my participation in the said event may be used for publicity without permission or compensation, and I further understand that I may be dismissed from the premises without compensation of refund if my conduct is not courteous and cooperative for the successful operations of the championships. I have read this agreement, fully understand its 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.

Contestant's Signature (Parent's/Guardian's Signature if competitor is under 18 years of age)

Date

Local Hotels

Comfort Suites (on the map)

750 Saturn Parkway

Columbia, SC

803-407-4444

Special Tournament Rate: \$89.00

Includes: Fitness Center, Indoor Heated Pool, Free Wireless High Speed Internet Access, Free Coffee, Free Hot

breakfast, Business Center

5 minutes from tournament venue

Wingate by Wyndham

217 Lanneau Court

Columbia, SC 29212

803-407-6166

Special Tournament Rate: \$79.00 king, \$89.00 queen

Includes: free hot buffet breakfast, free wi-fi, 24-hour fitness and business centers, fresh baked cookies during weekday evenings, outdoor pool (seasonal), all-access admission to Gold's Gym (located within 1 mile), and discount movie and zoo tickets.

5 minutes from tournament venue

Other Hotels:

Holiday Inn Express

211 Lanneau Court

Columbia, SC 29212

803-732-2229

Hampton Inn

101 Woodcross Dr.

Columbia, SC

803-749-6999

Hilton Garden Inn

434 Columbiana Dr.

Columbia, SC

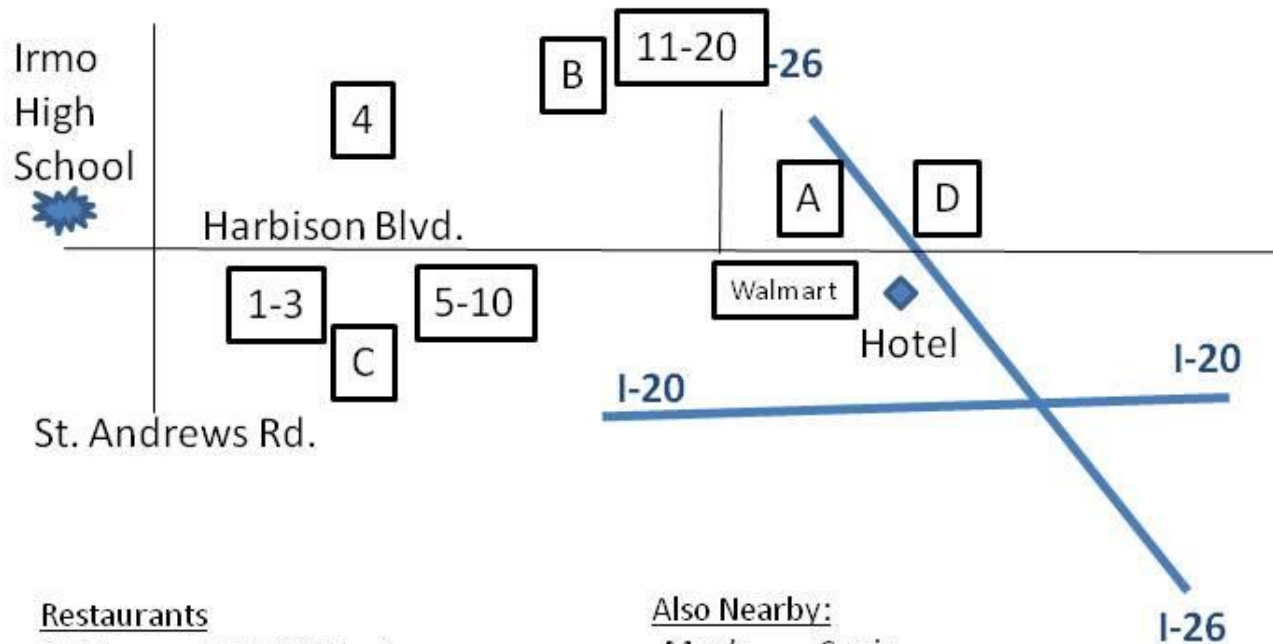
803-407-6640

All hotels are in the "Harbison" area. To get to the tournament from Harbison, please drive down Harbison Blvd (away from the interstate) all the way down.

-Cross St. Andrews Rd and take an immediate right into the parking lot of Irmo High School. OR

-Take a right at St. Andrews Rd, and Irmo High school is immediately on the left.

Close Restaurants and Attractions



Restaurants

1. Macaroni Grill (Italian)
2. Buffalo Wild Wings
3. Panera Bread (sandwich/salad)
4. Longhorn Steakhouse
5. Outback Steakhouse
6. Olive Garden
7. Chipotle (Tex-Mex)
8. Starbucks
9. Chili's
10. Chick-Fil-A
11. Flaming Grille (Chinese Buffet)
12. Fazoli's
13. Carolina Ale House (American)
14. Casa Linda (Mexican)
15. Five Guys Burger
16. McAlister's Deli
17. Yamato's (Japanese hibachi/sushi)
18. Rioz Brazilian Steakhouse
19. Carrabba's
20. Miyabi's (hibachi/sushi)

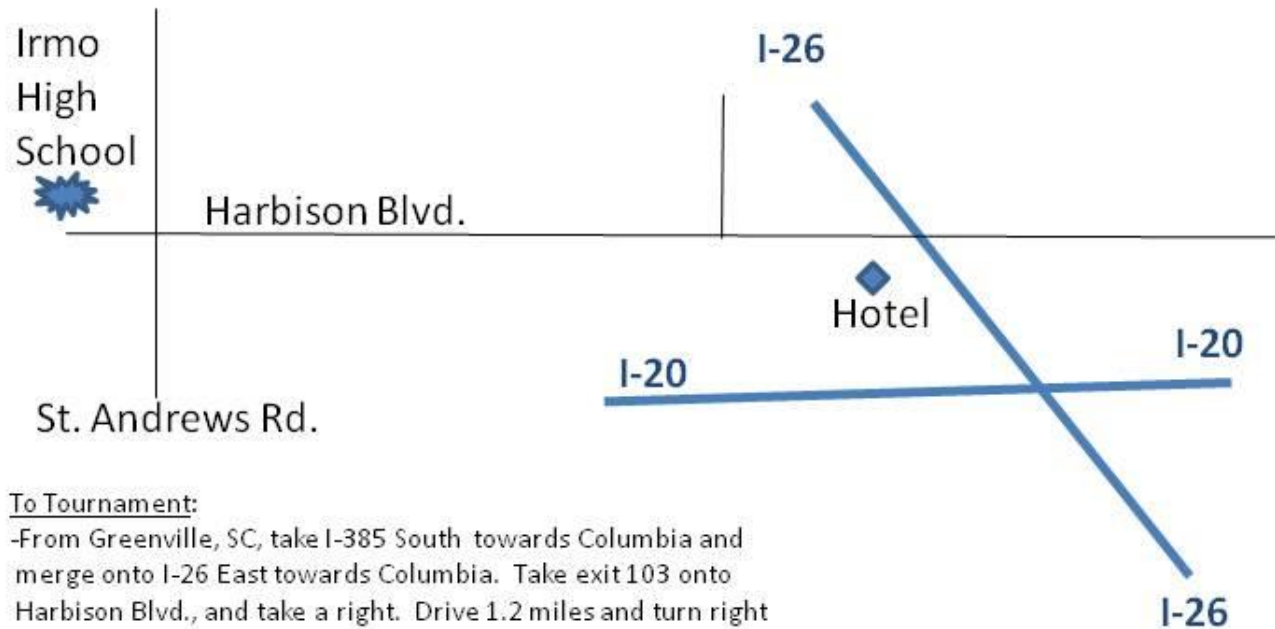
Also Nearby:

- Moe's -Sonic
- Smashburger
- Cracker Barrel -Subway
- Bojangles -McDonald's
- HuHot Mongolian Grill
- Wild Wings Café
- Marble Slab Ice Cream

Attractions:

- A. Columbiana Centre (mall)
- B. Carmike Movie Theater
- C. Regal Columbiana Theater
- D. Frankie's Fun Park (arcade, go-carts, mini-golf, laser tag, etc.)

Directions



To Tournament:

-From Greenville, SC, take I-385 South towards Columbia and merge onto I-26 East towards Columbia. Take exit 103 onto Harbison Blvd., and take a right. Drive 1.2 miles and turn right onto St. Andrews Rd. Drive 0.1 miles and Irmo High School is on the left.

-From Charleston, SC, take I-26 West towards Columbia. Take exit 103 onto Harbison Blvd., and take a right. Drive 1.4 miles and turn right onto St. Andrews Rd. Drive 0.1 miles and Irmo High School is on the left.

-From Charlotte, NC, take I-77 South towards Columbia. Take exit 18 for SC-277. Drive 1.5 miles and merge onto I-20 West (Augusta). (Please see instructions below).

-From I-20, take exit 64B onto I-26 West. Take exit 103 onto Harbison Blvd., and take a right. Drive 1.4 miles and turn right onto St. Andrews Rd. Drive 0.1 miles and Irmo High School is on the left.

To Hotel (or Harbison Blvd. Restaurants/Attractions):

-From Greenville, SC, take I-385 South towards Columbia and merge onto I-26 East towards Columbia. Take exit 103 for Harbison Blvd, and make a right. Drive 0.3 miles and turn left onto Saturn Parkway. (Walmart/Best Buy).

-From Charleston, SC, take I-26 West towards Columbia. Take exit 103 for Harbison Blvd, and make a right. Drive 0.1 miles and turn left onto Saturn Parkway. (Walmart/Best Buy).

-From I-20, take exit 64B (I-26 West - Spartanburg). Take exit 103 for Harbison Blvd, and make a right. Drive 0.1 miles and turn left onto Saturn Parkway. (Walmart/Best Buy).