



The 2018 S.E.T. Championship **January 13, 2018 - Columbia, SC**

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

Events:

Forms. Breaking. Sparring.
World-Class Daedo Sparring.
World-Class Sport Poomsae.
Demo Team. Power Breaking.

Martial Arts Business Seminar
for School Owners (Fri. 7pm)
National Team Poomsae
Seminar (Sun. - 2 sessions)

For more information:

(803) 814-1240
setchampionships@gmail.com
[Facebook.com/setchampionship](https://www.facebook.com/setchampionship)



Location:
Irmo High School
6671 St. Andrews Rd.
Columbia, SC 29212



The 2018 S.E.T. Championship

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

We are proud to announce that the 2018 S.E.T. Championship (The Southeast Taekwondo Championship) will be held in Columbia, SC on January 13, 2018. 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.

Every year, we work hard to make improvements to our tournament, and this year is no different. Last year, we introduced new divisions for sport poomsae and a text messaging alert system. This year we will be adding a new event – power breaking.

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 8+ aged black belts. We will be using PoomsaePro– the official poomsae scoring system from the USAT National Championship.

--Winners of the following world-class sport poomsae individual divisions will receive a \$150 scholarship to cover registration expenses for competing at the 2018 U.S. Open or the 2018 USAT National Championships.

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

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

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

--Bracketed poomsae divisions.

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 2018 S.E.T. Championship

SCHEDULE OF EVENTS:

Friday, January 12th –

7:00pm – 8:30pm:

Martial Arts Business Seminar for School Owners
(at tourn. hotel – Wingate by Wyndham). Please pre-register!

Saturday, January 13th –

8:00am – 3:00pm:

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

8:30am – 8:45am

Referee and Volunteer Meeting

8:45am – 9:00am

Coach Meeting

9:00am – 12:00pm

Wave I

- World-Class Sport Poomsae (Jr. 15-17 & Youth 10-11)
- World-Class Daedo Sparring (Sr. 17+ & Youth 10-11)
- All Athletes Ages 10-14 years old
(Traditional - Forms/Breaking/Sparring/Power Break)

12:00pm – 1:00pm

Lunch, Opening Ceremony & Festival Events

- Demo Team Competition

1:00pm – 4:00pm

Wave II

- World-Class Sport Poomsae (Cadet 12-14 & Ninja 8-9)
- World-Class Daedo Sparring (Junior 15-17 & Ninja 8-9)
- All Athletes Ages 9 & Under
(Traditional - Forms/Breaking/Sparring/Power Break)

4:00pm-6:30pm

Wave III

- World-Class Sport Poomsae (Senior/Masters 18+)
- World-Class Daedo Sparring (Cadet 12-14)
- All Athletes Ages 15 years & Older
(Traditional - Forms/Breaking/Sparring/Power Break)

Everyone must check in 1-HOUR before start time.

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



The 2018 S.E.T. Championship

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, 2018. It may or may not correspond with your current age. (If an athlete has a birthday on 6/1/06, 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. You can also register online or find the tournament packet at www.register4tkd.com.

* Cost will be \$70 for 1 or 2 events for competitors and \$10 for each event thereafter. (if registered before 1/1/18).

**After 1/1/18, cost will be \$85 for 1 or 2 events, and \$10 for each event thereafter.

The registration deadline is January 6th (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 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 \$20 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 \$75 (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): Ninja (8-9); Youth (10-11); Cadet (12-14); Junior (15-17); 1st Senior (18-30); 2nd Senior (31-40); & Masters (41+)

World-Class Black Belt (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.



The 2018 S.E.T. Championship

POOMSAE (FORMS) RULES

<u>Belt Rank – Kup/Dan</u>	<u>Taegeuk OR Open Poomsae</u>
Lil' Kids/White – 9 th	Spirit or Basic
Yellow – 8 th or 7 th	1 or 2
Green – 6 th or 5 th	3 or 4
Blue – 4 th or 3 rd	5 or 6
Red – 2 nd or 1 st	7 or 8
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 7th 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 perform additional poomsae. 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>Number of Stations/Techniques</u>
Little Tigers/White – 9 th	2
Yellow – 8 th or 7 th	2
Green – 6 th or 5 th	2
Blue – 4 th or 3 rd	3
Red – 2 nd or 1 st	3
Black	4

Boards will not be provided, so boards must be purchased OR brought separately. Boards will be sold at the event for \$2 each. Presentation of the technique, the number of attempts to break the stations, the number of boards you break, and difficulty of the technique will be used by the judges to score for breaking. Please note that the rules are for number of “stations” not number of “boards.”

A single “station” means that you break the board in one technique. For example, power breaking of 3 boards is considered a single station. Or breaking 3 boards in the air at once is considered a single station. However, breaking boards using multiple techniques is not a station. For example, set up one station and do a round house, drop it down and doing another kick. That’s considered 2 techniques and therefore 2 stations.

POWER BREAKING RULES

You may choose any downward hand technique of your choice (hammer, palm, punch, knife hand, etc.).

Boards will not be provided, so boards must be purchased OR brought separately. Boards will be sold at the event for \$2 each. Boards must be **PINE** boards! All board sizes must be at least 11”x8” (standard boards). Thickness will vary depending on age.

<u>Age & Gender Divisions</u>	<u>Board Thickness</u>
(No rank divisions)	
9 & Under	3/8”
10-14	1/2”
15 & Up	1”

Board breaking stand and spacers will be provided. All boards will be inspected!

You will be only given 1 attempt. Winner will be determined by the number of boards broken. In the event of a tie, the person that attempted the least number of boards will win. (For example, Competitor A attempted to break 15 boards, but only broke 11. Competitor B attempted to break 12 boards, but only broke 11. Both competitors broke the same number of boards, but Competitor B will win due to the better percentage rate).

In the event of a tie here, it will be determined by presentation (difficulty, energy, proper techniques, sportsmanship, etc.)



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<u>DEMONSTRATION TEAM RULES</u>
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- 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.
- 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 0.5 points for each minute it's over, starting with the initial infraction).
- 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 0.2 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:
 - Rhythm and Teamwork (2.0 points): teamwork/synchronization, rhythm and flow
 - Presentation (2.0 points): Creativity, attitude, energy, and entertainment.
 - Poomsae/forms (creative or traditional) (2.0 points): judged on accuracy & presentation
 - Breaking (2.0 points): judged on difficulty, accuracy, speed, and power
 - Self-Defense/Weapons/Other (2.0 points): judged on difficulty, technique, and presentation. May demonstrate other martial arts moves and techniques.



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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 an optional 3rd place match available for ALL color-belt and non-world-class black belt sparring divisions to help gain more experience. **

Double-elimination for all black belt world-class divisions.

Age	Belt Color	Applicable Rules
Dragon 6 – 7	Yellow	No Head Contact
	Green	
	Blue	
	Red	
	Black	
Ninja 8 – 9	Yellow	No Head Contact
	Green	
	Blue	
	Red	
	Black	Junior Safety Rules
Youth 10 – 11	Yellow	No Head Contact
	Green	
	Blue	
	Red	
	Black	Junior Safety Rules
Cadet (12 – 14)	Yellow	Junior Safety Rules
	Green	
	Blue	
	Red	
	Black (Grass Roots)	Adult Rules
	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)
[if systems are ready, we will award 2 points for a valid kicking attack on the trunk protector]
- Three (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, “head contact” rules can be applied, but only with the agreement of both coaches and players. Otherwise, default rule is No Head Contact.*



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We have a special text messaging service that will be alerting you about what age group and divisions are being called into holding or the competition area. We will still make the announcements so you do not have to opt in to the service, but we hope that this service will be more efficient. If you would like to opt in to this service, please see the following:

If you are in Wave 1,
please text “@wave1set” to
81010 to receive status
updates from Wave 1.



Enter this number
81010 ?

Text this message
@wave1set ?

If you are in Wave 2,
please text “@wave2set” to
81010 to receive status
updates from Wave 2.



Enter this number
81010 ?

Text this message
@wave2set ?

If you are in Wave 3,
please text “@wave3set” to
81010 to receive status
updates from Wave 3.



Enter this number
81010 ?

Text this message
@wave3set ?

You must register again, even if you did it last year.

If you are in multiple waves, then you must register at each individual wave.

Don't forget the “@” sign when texting the message to the number “81010.”

The 2018 S.E.T. Championship

Competitor Registration Form

Please send this form along with your participation fee (non-refundable) & **medical 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, 2627-B Millwood Ave., Columbia, SC 29205

No early registration will be accepted after January 6, 2018.

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: _____

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.

EVENTS

-Check all that applies:

Forms () OR Sport Poomsae - black belt: Individual () Pairs () Team ()

Pairs/Team Members: _____

Sparring () OR World-Class (Daedo) Sparring - red/black belt ()

Breaking () Power Breaking () [Boards must be purchased separately] Demo ()

One or Two Events = \$70 [*\$85 if registered after 1/1/18*], \$10 for each additional event

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, Legacy Martial Arts, 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

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 2018 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, 2627-B Millwood Ave., Columbia, SC 29205

No early registration will be accepted after January 6, 2018.

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 \$20.

If you are coaching during the USAT event, please attach a copy of your online registration.

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, Legacy Martial Arts, 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 2018 S.E.T. Championship **Referee Registration Form**

Please send this form.

Mail to: S.E.T. Championship, 2627-B Millwood Ave., Columbia, SC 29205

No early registration will be accepted after January 6, 2018.

You will be notified (at the latest) by January 6, 2018 if you have been selected to be an official referee at this tournament. Please contact us at (803) 814-1240 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 stipend at the end of the tournament. Lunch will be provided.

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 ☐ WTF Level of certification: _____

Food Choice (vegetarian/vegan/allergies): _____ Choose: ☐ Korean ☐ BBQ

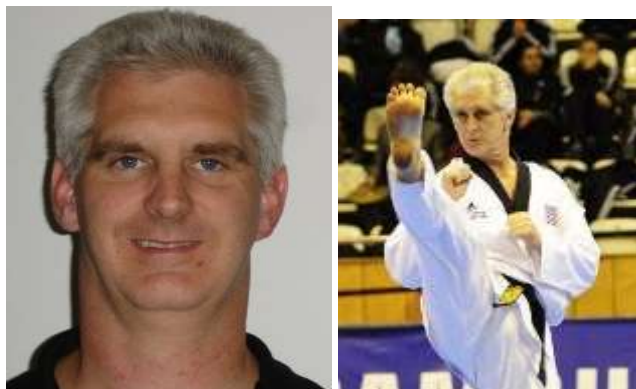
LIABILITY WAIVER:

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, Legacy Martial Arts, 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 _____

Sport Poomsae Camp

Seminar Instructor: GM David Turgeon



- Current U.S. National Poomsae Team Coach: 4 years
- Coached at World Championships: multiple golds
- International Referee: Poomsae and Sparring
- 5-time US National Poomsae Team member
- National Poomsae Team Captain
- 8th Dan Kukkiwon

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 (\$20 if doing only Session 1A)
\$75 for 2 sessions + \$15 extra for Session 3

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



DATE:

Sunday, January 14, 2018

VENUE:

Legacy Martial Arts
2627-B Millwood Ave.
Columbia, SC 29205

TENTATIVE SCHEDULE:

Session 1A (9am-10am)

- Color Belt (White/Yellow/Green)
- Age (9 and under)

Session 1B (9am-12pm)

- Color Belts & Black Belts
- Includes Session 1A

[Lunch Break 12pm-1:30pm]

Session 2 (1:30pm-4pm)

- Advanced Sport Poomsae
- Red & Black Belts
- Start Bigak poomsae

Session 3 (4pm-5:30pm)

- Continued Practice of Bigak

TOPICS COVERED:

- Basic/Adv. Kicking Drills
- Stances (Transition
Pivoting, Application)
- Accuracy/Presentation
- Introduction to the new
competition poomsae:
Bigak 1, 2, & 3

Register on USAT Hangastar or
using the paper application.

The 2018 S.E.T. Championship – Sport Poomsae Camp

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."

OR you can register on USAT's Hangastar website.

Mail to: S.E.T. Championship, 2627-B Millwood Ave., Columbia, SC 29205

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.

<p><u>EVENTS:</u> Check all that applies:</p> <p>Session 1 - All Belts () Session 2 - Red/Black Belt ()</p> <p>\$40 for 1 session \$75 for 2 sessions,</p> <p>Session 1A – Beginner (rank or age) () \$20 for this session only (Students may add on the entirety of Session 1 if they would like to continue longer)</p> <p>Session 3 - New Bigak poomsae () +\$15 for Session 3 (must do it with session 2)</p> <p>Total Amount Enclosed: _____</p>
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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, Legacy Martial Arts, LLC, the U.S. National Poomsae Team, 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

Martial Arts Business Seminar



-Learn from Master Donovan Rider, owner of Martial Arts Business Made Easy (a martial arts business consulting firm), and his partner, Jeremy Feldman.

-Topics covered: New Student Enrollment, Facebook Marketing, and Staff Training.

-Held at Wingate by Wyndham (toun. hotel). Afterwards network with other school owners at a local restaurant/bar.

-FREE to all current school owners. Must RSVP at 803-814-1240 or setchampionships@gmail.com.



JANUARY
12th - Fri.
7pm-8:30pm



MEET DONOVAN RIDER!!

Sponsored
by:



South Carolina Taekwondo Championships

Training in Taekwondo for over 25 years, Donovan Rider was a member of the U.S. Army World Class Athlete Program for 6 years and retired at the rank of Sergeant. Currently he has:

- successfully opened 3 fitness centers in the Charleston, SC area
(Charleston Taekwondo, Kick Fit Studio, and Frequency Fitness)
- 700 members across these 3 centers
- over \$1 million per year in gross revenue.

His athlete accomplishments include: 2009 National Championships: Silver, 2010 Collegiate Nationals: Gold, 2010 National Championships: Gold, 2010 Pan Am Trials: Bronze, 2010 USAT Sr. Male Athlete of the Year, and 2010 Olympic Team: 5th.

Local Hotels

Wingate by Wyndham

217 Lanneau Court
Columbia, SC 29212
803-407-6166

Special Tournament Rates Available – Ask for the SET Championship

Includes: free hot buffet breakfast, free wi-fi, 24-hour fitness and business centers, 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

Comfort Suites

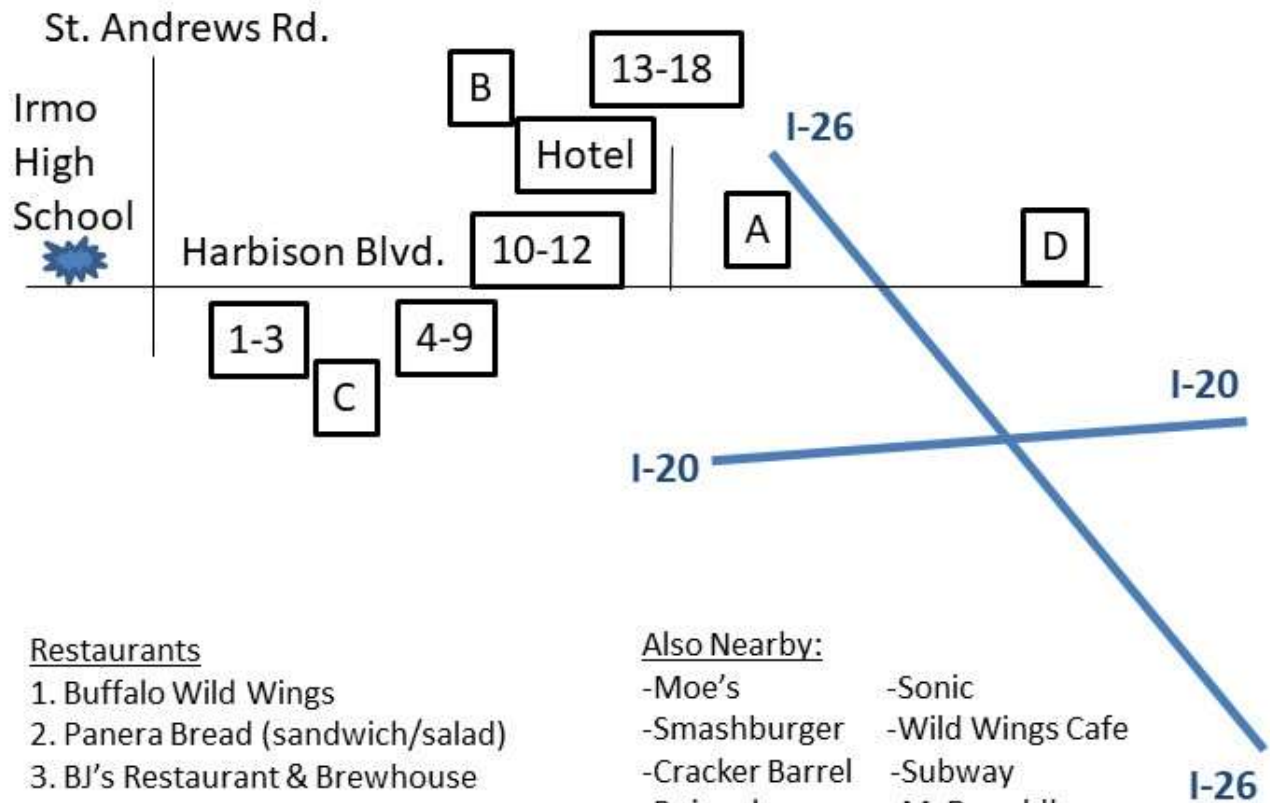
750 Saturn Parkway
Columbia, SC
803-407-4444

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 go down Harbison Blvd. (away from the interstate) for about 1.2 miles. You will see Irmo High School on the right at the intersection of Harbison Blvd. and St. Andrews Rd.

Close Restaurants and Attractions



Restaurants

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

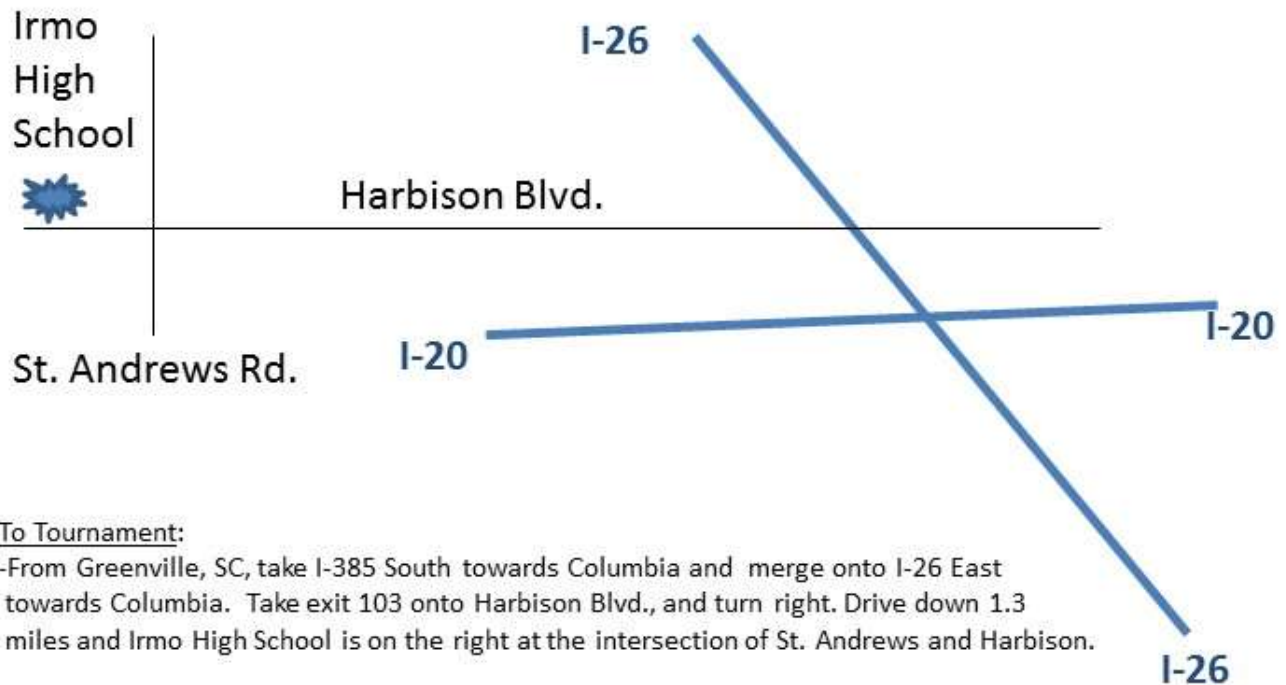
Also Nearby:

- Moe's
- Smashburger
- Cracker Barrel
- Bojangles
- Marble Slab Ice Cream
- Coldstone Ice Cream
- Bruegger's Bagels
- Tropical Smoothie Cafe
- Sonic
- Wild Wings Cafe
- Subway
- McDonald's

Attractions:

- A. Columbiana Centre (mall)
[Dave & Buster's]
- 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 turn right. Drive down 1.3 miles and Irmo High School is on the right at the intersection of St. Andrews and Harbison.
- From Charleston, SC, take I-26 West towards Columbia Take exit 103 onto Harbison Blvd., and turn right. Drive down 1.4 miles and Irmo High School is on the right at the intersection of St. Andrews and Harbison.
- 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 for I-26 West towards Spartanburg. Take exit 103 onto Harbison Blvd., and turn right. Drive down 1.4 miles and Irmo High School is on the right at the intersection of St. Andrews and Harbison.