

December 7, 2019

WARRIOR CHALLENGE

POOMSAE CHAMPIONSHIPS



E-Mail: david.wilch@gmail.com
(770) 507-5425



HEAD2HEAD for World Class TEAM TRIALS for all others

www.Register4TKD.com



Warrior's Challenge Poomsae Championships December 7, 2019

Introduction

Greetings,

It is with great pleasure to invite you to the Third Annual Warrior Challenge Poomsae Championships held at Union Grove High School on Saturday, December 7. This event was designed with the intent to keep athletes active during the holidays with the most challenging competition format, sport poomsae in a team trials format. Also, at this event, we will be implementing a complete schedule as opposed to full-day or half-day scheduling. To make all of this happen, the event will be capped to only 3 rings and no more than 140 athletes.

Why sport poomsae? Sport poomsae is now in its 12th year as being the international standard for poomsae competition. It is, without question, the future of taekwondo poomsae competition. More than a decade ago, World Taekwondo, the world governing body for taekwondo competitions, set out to standardize poomsae competition by creating a ruleset that challenges the athlete's skill, athleticism, and knowledge. Prior to sport poomsae, all poomsae were graded on beauty, grace, rhythm, power, focus and technique. These terms were never defined to athletes and therefore, could never be consistently graded in actual competition. This led to very inconsistent judging due to its subjective nature. In sport poomsae, all four criteria, accuracy, speed & power, rhythm & tempo, and expression of energy, are not only defined, they are allocated a specific number of allowable points yielding far more consistent scoring. Furthermore, sport poomsae provides a level playing field by requiring athletes to perform the same compulsory poomsae. Aside from its judging advantages, sport poomsae forces athletes to have a deeper understanding of each poomsae, as dictated by the Kukkiwon, as well as maintaining a mastery of their entire poomsae collection. Regardless of these benefits, all poomsae scoring will be affected by the poomsae referee training programs. At the time of this writing, about 80% of the referees in the region are now trained under the sport poomsae ruleset. All of the referees for this event will be highly trained and experienced sport poomsae referees.

What is **team trials format**? Team trials format requires athletes to perform 4 pre-selected poomsae from their compulsory set. This method will be used for all divisions except world class (black belt 12 & older). The selection process will be simplified for these groups to the top 4 poomsae of the division with the exception of white, yellow, and green belts. The lower belts will only have to perform 2-3 poomsae. The mandatory selection is posted in this packet.

All world class athletes will use a cut-off system for preliminaries and **head-to-head** competition for finals. The cut-off system simple scores all athletes on two poomsae and send the top 8 to finals. Head-to-head will pair the top eight athletes to perform two more poomsae in each round. Winners will advance from round-of-eight to round-of-four and then to round-of-two.

Open Pairs & Open Team poomsae divisions will be available this year. You will be allowed to mix ages, genders, and belts. However, in an effort to create a level playing field, the pair or team will have to compete at the highest belt members division. Example: if a black belt mother wanted to compete with her red belt daughter, they would compete in the black belt pairs division.

Freestyle Poomsae will be offered this year in one general division. If 4 or more athletes register, more divisions will be created that best represent the attendees.

As mentioned earlier, this event will be capped to no more than 140 athletes. The intent is to provide a small, fully scheduled, developmental event. The schedule will not be perfect. But three hours is much better than an entire day.

Thank you in advance for your support and see you on tournament day.

Sincerely,

Master David Wilch



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General Information

Date: Saturday – December 7, 2019

Venue: Union Grove High School
120 East Lake Rd, McDonough, GA 30252

Entry Fee: 1st Event - \$60 Discounted early registration online by Monday, Nov. 18
Additional events - \$10 each.
\$70/+\$10 Registration online from Tuesday, Nov. 19 - Monday, Dec. 2
At the door - \$100/+\$10

Spectators: Free at the Door

Coaches: \$20 per coach (Free Coach's Pass(es) for School owners)

REGISTER ONLINE at www.Register4TKD.com

Tournament Director: Master David Wilch Phone: 770-507-5425

Referee Chair: Dr. Eric Gilson

Referees: All referees will be WT IR/USAT POOMSAE certified.

Schedule of Events:

Saturday:	8:00-9:00am	Check-in @ Venue
	8:30	Referee Meeting
	9:00AM	Tournament Starts
	3:00PM	Tournament Ends

Rules:

Ind. Poomsae

Cut-off/head-to-head format for 12 & up black belts.

Team Trials format for all other belts and ages.

All blue belts & up (6-11) will be required to perform 4 poomsae.

Green belts will be required to perform 3 poomsae.

White/Yellow 2 poomsae.

Open Pairs & Open Team Poomsae (fun)

Any mix of age, gender, and belt*. The lower belt(s) must compete at the highest pair/team member belt level.

Open Freestyle Poomsae

WT Rules. One division for everyone unless 4 or more athletes register.

90-100 seconds of music must be available via 3.5mm headphone jack.

WT Poomsae Competition Rules will be used. <http://www.worldtaekwondo.org/rules/>



Recognized Poomsae (10 Points)

Scoring Criteria	Details of Scoring Criteria	Point
Accuracy (4.0)	Accuracy of details of each Poomsae	4.0
	Accuracy of basic movements and balance	
Presentation (6.0)	Speed and power	2.0
	Rhythm/Tempo	2.0
	Expression of energy	2.0

Equipment:

Awards:

Contact Info:

WT Taekwondo V-neck Uniform or designated WT poomsae uniform required.

1st, 2nd, & 3rd Places -medal

e-mail: david.wilch@gmail.com



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Divisions and Poomsae Selection

Age will be determined WT standards (your age as of December 31, 2018)

DESIGNATED POOMSAE: Ages Groups: 4-5¹, 6-7¹, 8-9, 10-11, 12-14, 15-17, 18-30, 31-40, 41 & up

Ages	Skill Level	Mandatory Poomsae and order of performance
ALL	White (9th Gup)	Taegeuk 1 (twice)
	Yellow (8th-7th Gup)	Taegeuk 1, 2
	Green (6th-5th Gup)	Taegeuk 2, 3, 4
	Blue (4th-3rd Gup)	Taegeuk 3, 4, 5, 6
	Red (2nd-1st Gup)	Taegeuk 5, 6, 7, 8
6-7 ¹ , 8-9, 10-11	Black	Taeguk 6, Taegeuk 7, Taegeuk 8, Koryo

WORLD CLASS POOMSAE: Black belts ages 12 & older

Ages	Mandatory Poomsae and order of performance			
	Cut-off	Finals - Round of 8	Finals - Round of 4	Finals - Round of 2
12-14	Taegeuk 7, Taegeuk 4	Taegeuk 6, Taegeuk 5	Taegeuk 8, Taegeuk 7	Koryo, Keumgang
15-17	Taegeuk 4, Taegeuk 6	Taegeuk 5, Taegeuk 8	Taegeuk 7, Taebaek	Koryo, Keumgang
18-30	Taegeuk 6, Sipjin	Taegeuk 8, Taegeuk 7	Taebaek, Koryo	Pyongwon, Keumgang
31-40	Taegeuk 6, Sipjin	Taegeuk 8, Taegeuk 7	Taebaek, Koryo	Pyongwon, Keumgang
41 & up	Taebaek, Sipjin	Jitae, Taebaek	Cheonkwon, Koryo	Pyongwon, Keumgang

OPEN PAIRS POOMSAE: Any mix of age, gender, belts. Lower belt must move up to highest belt of pair.

Ages	Skill Level	Mandatory Poomsae and order of performance
ALL	White (9th Gup)	Taegeuk 1 (twice)
	Yellow (8th-7th Gup)	Taegeuk 1, 2
	Green (6th-5th Gup)	Taegeuk 2, 3
	Blue (4th-3rd Gup)	Taegeuk 4, 5
	Red (2nd-1st Gup)	Taegeuk 6, 7
	Black	Taegeuk 7, Koryo

OPEN TEAM POOMSAE: Any mix of age, gender, belts. Lower belt(s) must move up to highest belt of team.

Ages	Skill Level	Mandatory Poomsae and order of performance
ALL	White (9th Gup)	Taegeuk 1 (twice)
	Yellow (8th-7th Gup)	Taegeuk 1, 2
	Green (6th-5th Gup)	Taegeuk 2, 3
	Blue (4th-3rd Gup)	Taegeuk 4, 5
	Red (2nd-1st Gup)	Taegeuk 6, 7
	Black	Taegeuk 7, Koryo

¹Boys and Girls may be combined.



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Athlete Registration

Please Fill Out Completely:

Athlete's Name: _____
Last First Middle

Street Address: _____

City: _____ State: _____ Zip: _____

Phone Numbers: _____
Daytime Evening Cell

Email: _____

Date of Birth: _____ Sex: _____

Martial Arts School: _____ Phone: _____ Coach: _____

Emergency Contact: _____
Last First Middle

Division Information (circle all that apply):

Notice: For age group, use athlete's age on day of the event

Individual Poomsae	Pairs Poomsae	Team Poomsae	Freestyle Poomsae
Male Female	Male Female	Male Female	Male Female
4-5 6-7 8-9 10-11 12-14 15-17 18-30 31-40 41 & up	4-5 6-7 8-9 10-11 12-14 15-17 18-30 31-40 41 & up	4-5 6-7 8-9 10-11 12-14 15-17 18-30 31-40 41 & up	4-5 6-7 8-9 10-11 12-14 15-17 18-30 31-40 41 & up
Belt Color: W Y O G Blue R Black	Belt Color: W Y O G Blue R Black	Belt Color: W Y O G Blue R Black	Belt Color: W Y O G Blue R Black

AGREEMENT, RELEASE AND WAIVER OF LIABILITY

In consideration of being permitted to participate in or assisting others in participation in the Warrior Challenge Taekwondo Championships ("Championships"), on behalf of myself, or a minor child or ward, heir, next of kin, personal representative, successor or assign;

(1) I ACKNOWLEDGE, UNDERSTAND AND DECLARE THAT:

- (a) To the best of my knowledge, I am in GOOD PHYSICAL CONDITION and have no disease or injury that would be aggravated by participating in activities related to the Championships;
- (b) Participating or assisting other in participating in the Championships may involve RISK OF INJURY TO ME, INCLUDING DEATH, LOSS OR DAMAGE TO ME OR MY PROPERTY, or other consequences, which might result not only from my own actions, in actions or negligence but also the actions, in actions or negligence of others, the rules play, or the conditions of the premises or of any equipment used;
- (c) There may be OTHER RISKS not known or not reasonably foreseeable; and Understanding All of the Above,

(2) I ASSUME ALL OF THE ABOVE RISKS AND RELEASE, WAIVE, DISCHARGE, HOLD HARMLESS, INDEMNIFY AND COVENANT NOT TO SUE:

- (a) Warrior Challenge Taekwondo Championships, its employees, agents, volunteers, coaches, trainers, or officials affiliated with their programs;
- (b) Any affiliated subsidiary, successor, organization, or related companies or businesses, other participants, participating or sponsoring municipalities, governmental agencies, international organizations, agencies, sponsors, or advertisers, the respective administrators, officers, directors, agents, representatives, employees, or volunteers of such entities or organizations;
- (c) Owners, lessors and lessees of premises used to conduct the Games FROM ANY AND ALL LIABILITY FOR INJURY, INCLUDING DEATH, LOSS OR DAMAGE TO PERSON OR PROPERTY, OR ANY OTHER CONSEQUENCE in connection with entry in or arising out of participation in, performance in or lack of performance in, including travel en route to and from the Championships.

(3) I AGREE THAT:

- (a) Prior to participating as an athlete, I, or in the case of a minor, a parent or guardian, will INSPECT the facilities and equipment to be used, and If I believe same to be unsafe, I will immediately REPORT such condition(s) to the athletic coach, supervisor or official connected with the Championships of same and either DECLINE TO PARTICIPATE or ASSUME THE RISK of participating;
- (b) I will ALLOW my PHOTOGRAPH, PICTURE or LIKENESS and/or VOICE to APPEAR in any official documentary, promotional (including and all advertisements), television, radio or film coverage of the Championships, WITHOUT COMPENSATION.

(4) I CONSENT TO:

- (a) ALL EMERGENCY MEDICAL TREATMENT as may be deemed appropriate under existing circumstances by medical personnel or personnel associated with the Championships. I HAVE READ THIS FORM IN ITS ENTIRETY AND HAVE PROVIDED TRUTHFUL INFORMATION.

Name of Athlete (print)

Signature of Athlete (if at least 18 years of age)

Date

Name of Parent/Legal Guardian if Athlete is a minor (print)

Signature of Parent/Guardian, Individually and in the capacity

Date

2019 Warrior Challenge Poomsae Championships



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Union Grove High School Gym
120 East Lake Rd, McDonough, GA 30252

From Metro Atlanta/TN/AL/SC

Exit I-75S @ exit 224, Eagles Landing Pkwy/Hudson Bridge Rd.
Turn Left onto Eagles Landing Pkwy and travel 6.3 mi. to Union Grove High School.
Eagles Landing Pkwy will become E. Lake Pkwy.
Union Grove HS will be on the right.

From Florida/Savannah

Exit I-75N @ exit 224, Eagles Landing Pkwy/Hudson Bridge Rd.
Turn Right onto Eagles Landing Pkwy and travel 6.2 mi. to Union Grove High School.
Eagles Landing Pkwy will become E. Lake Pkwy.
Union Grove HS will be on the right.

Local Hotels

Exit 218:	Exit 228:
Holiday Inn Express	Fairfield Inn
Hilton Garden Inn	Holiday Inn
Hampton Inn	Hampton Inn
Comfort Suites	La Quinta Inn
Motel 6	Sleep Inn
Econo Lodge	Red Roof Inn
Super 8	Comfort Inn

