

2023 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP

Greetings!

Dear Students, Masters and Parents!

Thanks to the support of all our students, masters, and parents, we are able to bring you the 2023 Massachusetts Cup Taekwondo Championship. Last year, we held our first Massachusetts Cup Taekwondo Championship successfully. Even though it was through the Covid period, we did not lose our passion for taekwondo and competing. In 2023, Massachusetts Cup Taekwondo Championship, we are very excited to announce that we are going to upgrade the size and quality of our venue. Leominster High School was a great space but now we are going to move to Fitchburg High School. Not only is it bigger venue, but we are also going to have a stage with sound systems and lights from professionals. We are also excited to keep our Team competition rewards. As you know, we have a very large focus on team competition, including Team Poomsae, Team Demo, and Team Sparring. We love to support and see students working together with their best effort. We will award the school with the highest overall score in these divisions with our Massachusetts Cup. This cup will remain with the highest scoring school until the following year's Massachusetts Cup Championship, when the schools will be able to compete to win the cup again. We hope that this can encourage students to work as a team and support each other and their schools. We wish you luck and hope we can have a fun and safe time competing.

We would like to give our sincerest thanks to all the families, masters, volunteers, referees, and everyone involved in making the 2023 Massachusetts Cup possible.

Sincerely,

Master MyoungHo Jun

2023 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP

Win the Massachusetts Cup!

Saturday, March 11th, 2023 at Fitchburg High School

The following lists the criteria used for scoring each event in regards to winning the 2023 Cup!

We will add total scores from each Taekwondo School.

The highest scoring school will take the Cup for 2023!

1. Team Demo: 100 pts(First Place), 50 pts(Second Place), 30 pts(Third Place) – 1Division
2. Team Sparring: 50 pts(First Place), 30 pts(Second Place), 20 pts(Third Place) – 3 Divisions
3. Team Poomsae: 100 pts(First Place), 50 pts(Second Place), 30 pts(Third Place) – 1Division
4. Power Breaking: 25 pts(First Place), 15 pts(Second Place), 10 pts(Third Place) – 4 Divisions
5. Pair Poomsae: 20 pts(First Place), 10 pts(Second Place), 5 pts(Third Place) – 5 Divisions
6. Jump High Kick: 20 pts(First Place), 10 pts(Second Place), 5 pts(Third Place) – 7 Divisions
7. Speed Kick: 30 pts(First Place), 20 pts(Second Place), 10 pts(Third Place) – 1 Divisions

2023 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP

EVENT SCHEDULE

Saturday, March 11th, 2023 at Fitchburg High School
140 Arn-How Farm Rd, Fitchburg, MA 01420
www.MassCupTKD.org

7:30 am	All Competitors Check In
8:00 am	Senior (18&up yrs) Individual Competition Begins (Poomsae, Breaking, Sparring) Junior (15-17yrs) Individual Competition Begins (Poomsae, Breaking, Sparring)
8:30 am	Pair Poomsae, Team Poomsae
9:30 am	Team Demo
10:30 am	Power Breaking, Jump High Kick
11:15 am	Team Sparring
12:15 pm	Lunch Break
12:30 pm	Speed Kick
1:00pm	Opening Ceremony
1:30 pm	Dragons (4-7yrs) Individual Competition Begins (Poomsae, Breaking, Sparring)
2:30 pm	Tigers (8-9yrs) Individual Competition Begins (Poomsae, Breaking, Sparring),
3:00 pm	Youth (10-11yrs) Individual Competition Begins (Poomsae, Breaking, Sparring)
3:00 pm	Cadet (12-14yrs) Individual Competition Begins (Poomsae, Breaking, Sparring)

* Please be aware that these are tentative times & events may move faster or slower, so listen for all announcements throughout the day.

* ALL COMPETITORS MUST WEAR A CLEAN STANDARD V-NECK UNIFORM, Poomsae Uniform or Demo Team Uniform.

2023 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP

TEAM DEMO APPLICATION

Saturday, March 11th, 2023 at Fitchburg High School
140 Arn-How Farm Rd, Fitchburg, MA 01420
www.MassCupTKD.org

Print all information then send this form to ustcbrockton@gmail.com

Taekwondo (Martial Arts) School Name: _____

School Phone: () _____ Master / Instructor Name: _____

- No limit on number of members
- **7 MINUTE LIMIT** on Demonstration time
- All members must register with an **INDIVIDUAL APPLICATION** as well.
 - All members must check 'Demo Team' in the individual application.
- Any music needed for the event must be provided by that team.
- Any special demo team uniform is allowed.
- No masters allowed to perform.

Please list all members in your team below.

1. _____	2. _____
3. _____	4. _____
5. _____	6. _____
7. _____	8. _____
9. _____	10. _____
11. _____	12. _____
13. _____	14. _____
15. _____	16. _____
17. _____	18. _____
19. _____	20. _____
21. _____	22. _____
23. _____	24. _____

2023 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP

TEAM POOMSAE APPLICATION

Saturday, March 11th, 2023 at Fitchburg High School

140 Arn-How Farm Rd, Fitchburg, MA 01420

www.MassCupTKD.org

Print all information then send this form to ustcbrockton@gmail.com

- Must be **Three** members per team
- Only **One Team** per school allowed.
- If you compete in this division, you cannot compete in **Pair Poomsae**.
- **Taekuk 7Jang** is the designated Poomsae.
- Members DO NOT need to be same Gender, Age Group or Belt Rank.
- All members must register with an **INDIVIDUAL APPLICATION** as well.
- All members must check 'Team Poomsae' in the individual application.
- Traditional White Uniform or Poomsae Uniform is allowed.

PRINT ALL INFORMATION:

Taekwondo (Martial Arts) School Name: _____

School Phone: () _____ Master / Instructor Name: _____

Team Name: _____

Member 1

Name: _____

Age: _____ Male Female Belt Rank: _____

Member 2

Name: _____

Age: _____ Male Female Belt Rank: _____

Member 3

Name: _____

Age: _____ Male Female Belt Rank: _____

2023 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP

PAIR POOMSAE APPLICATION

Saturday, March 11th, 2023 at Fitchburg High School

140 Arn-How Farm Rd, Fitchburg, MA 01420

www.MassCupTKD.org

- Must be **Two** members per team
- You must choose Taeguk 2 Jang for SEED 1, Taeguk 4 Jang for SEED 2
Taeguk 6 Jang for SEED 3, Taeguk 8 Jang for SEED 4 and Koryo for SEED 5
- Members DO NOT need to be same Gender, Age Group or Belt Rank.
- All members must register with an **INDIVIDUAL APPLICATION** as well.
- All members must check 'Pair Poomsae' in the individual application.
- Traditional White Uniform or Poomsae Uniform is allowed.

Print all information then send this form to ustcbrockton@gmail.com

Taekwondo (Martial Arts) School Name: _____

School Phone: () _____ Master / Instructor Name: _____

SEED (Your master will assign to you):

1 (Taeguk 2) 2 (Taeguk 4) 3 (Taeguk 6) 4 (Taeguk 8) 5 (Koryo)

Member 1

Name: _____

Age: _____ Male Female Belt Rank: _____

Member 2

Name: _____

Age: _____ Male Female Belt Rank: _____

2023 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP

TEAM SPARRING APPLICATION

Saturday, March 11th, 2023 at Fitchburg High School

140 Arn-How Farm Rd, Fitchburg, MA 01420

www.MassCupTKD.org

- Each team will have **FOUR or FIVE** members.
- Members do not need to be same Gender or Belt Rank.
- All members must register with an **INDIVIDUAL APPLICATION** as well.
 - All members must check 'Team Sparring' in the individual application.
- Members must wear all Sparring Equipment (*including mouth piece*).
- During the first two and half minutes, players will be switched every 30 seconds until each player has participated. After this, players can be switched as needed by the team coach.

Print all information then send this form to ustcbrockton@gmail.com

Taekwondo (Martial Arts) School Name: _____

School Phone: () _____ Master / Instructor Name: _____

Team Name: _____

Age Group: 7-9 yrs (No Head) 10-12 yrs (No Head) 13-17yrs (Light Head)

Member 1

Name: _____

Age: _____ Male Female

Belt Rank: _____

Height ____' ____" Competition Weight: _____lbs

Member 2

Name: _____

Age: _____ Male Female

Belt Rank: _____

Height ____' ____" Competition Weight: _____lbs

Member 3

Name: _____

Age: _____ Male Female

Belt Rank: _____

Height ____' ____" Competition Weight: _____lbs

Member 4

Name: _____

Age: _____ Male Female

Belt Rank: _____

Height ____' ____" Competition Weight: _____lbs

Member 5

Name: _____

Age: _____ Male Female

Belt Rank: _____

Height ____' ____" Competition Weight: _____lbs

2023 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP

REFEREE REGISTRATION

Saturday, March 11th, 2023 at Fitchburg High School

140 Arn-How Farm Rd, Fitchburg, MA 01420

www.MassCupTKD.org

Print all information then send this form to ustcbrockton@gmail.com

NAME: (FIRST) _____ (LAST) _____ (MI) _____

AGE: _____ DATE OF BIRTH: _____ (month/day/year) MALE FEMALE

ADDRESS: _____ CITY: _____

STATE: _____ ZIP CODE: _____ PHONE: _____

DAN: _____ KUKKIWON DAN NO: _____

Referee Seminar for
2023 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP:
Saturday, November 19th, 2023 from 2pm to 5pm
Saturday, February 11th, 2023 from 2pm to 5pm
Saturday, March 4th, 2023 from 2pm to 5pm
At 616 Central ST, Leominster, MA 01453

- Attendance to the seminars is MANDATORY for all Referees.
- If absent, you will not be qualified to serve as referee for this championship.
- Lunch, red referee tie (required), and referee certificate from MCTC will be provided.
- Referees may participate in championship events.
- All referees' competition fees will be waived. (Please speak with your master.)
- You will be expected to stay from the beginning to end of all events.

Liability Waiver

IN CONSIDERATION OF YOUR ACCEPTANCE OF MY REGISTRATION, I DO HEREBY, FOR MYSELF, EXECUTORS AND ADMINISTRATORS WAIVE, RELEASE AND FOREVER DISCHARGE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES WHICH I MAY HAVE, OR WHICH MAY OCCUR TO ME DURING THESE CHAMPIONSHIPS. THIS INCLUDES THE 2023 MASSCHUSETTS CUP TAEKWONDO CHAMPIONSHIP ORGANIZING COMMITTEE, MASTER Myounggho Jun, Master Minsuk Kang, Master Merdad AND THE US TAEKWONDO CENTER, Massachusetts Taekwondo Academy, CITY OF Leominster, MA., USTF, Fitchburg High School AND ALL MEMBERS OF THE CHAMPIONSHIP OR THEIR RESPECTIVE OFFICERS, AGENTS, REPRESENTATIVES, SUCCESSORS AND OR ASSIGNS. ALSO AGAINST ANY COMPETITOR FOR ANY AND ALL DAMAGES WHICH MAY BE SUSTAINED TO ME IN CONNECTION WITH MY ASSOCIATION WITH OR ENTRY IN THE ABOVE ATHLETIC MEET OR WHICH MAY ARISE OUT OF TRAVELING TO, PARTICIPATING IN AND RETURNING FROM THIS ATHLETIC MEET. I UNDERSTAND THAT TAEKWONDO IS A BODY CONTACT SPORT AND I FURTHER UNDERSTAND THAT ALL THE CONTENTS OF RULES AND GENERAL INFORMATION PUBLISHED BY SPONSORS AND I AGREE WITH THEM IN THEIR ENTIRETY. I FURTHER UNDERSTAND THAT I MAY BE DISMISSED FROM THE PREMISES WITHOUT COMPENSATION IF MY CONDUCT IS NOT COOPERATIVE FOR THE SUCCESSFUL OPERATION OF THE CHAMPIONSHIP.

SIGNATURE

DATE

2023 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP COACH & MASTER REGISTRATION

Saturday, March 11th, 2023 at Fitchburg High School

140 Arn-How Farm Rd, Fitchburg, MA 01420

www.MassCupTKD.org

Print all information then send this form to ustcbrockton@gmail.com

PLEASE CHECK WHICH APPLIES: COACH: MUST BE AT LEAST 18 YEARS OF AGE or JUNIOR BLACK BELTS
 MASTER: 4th DEGREE BLACK BELT and up

Coach's FEES: \$30.00

NAME: (FIRST) _____ (LAST) _____ (MI) _____

AGE: _____ DATE OF BIRTH: _____ (month/day/year) MALE FEMALE

ADDRESS: _____ CITY: _____

STATE: _____ ZIP CODE: _____ HOME PHONE: _____

TAEKWONDO SCHOOL: _____ EMAIL: _____

DAN: _____ KUKKIWON DAN NO: _____

Liability Waiver

IN CONSIDERATION OF YOUR ACCEPTANCE OF MY REGISTRATION, I DO HEREBY, FOR MYSELF, EXECUTORS AND ADMINISTRATORS WAIVE, RELEASE AND FOREVER DISCHARGE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES WHICH I MAY HAVE, OR WHICH MAY OCCUR TO ME DURING THESE CHAMPIONSHIPS. THIS INCLUDES THE 2023 MASSCHUSETTS CUP TAEKWONDO CHAMPIONSHIP ORGANIZING COMMITTEE, MASTER MyoungHo Jun, Master Minsuk Kang, Master Merdad AND THE US TAEKWONDO CENTER, Massachusetts Taekwondo Academy, CITY OF Leominster, MA., USTF, Fitchburg High School AND ALL MEMBERS OF THE CHAMPIONSHIP OR THEIR RESPECTIVE OFFICERS, AGENTS, REPRESENTATIVES, SUCCESSORS AND OR ASSIGNS. ALSO AGAINST ANY COMPETITOR FOR ANY AND ALL DAMAGES WHICH MAY BE SUSTAINED TO ME IN CONNECTION WITH MY ASSOCIATION WITH OR ENTRY IN THE ABOVE ATHLETIC MEET OR WHICH MAY ARISE OUT OF TRAVELING TO, PARTICIPATING IN AND RETURNING FROM THIS ATHLETIC MEET. I UNDERSTAND THAT TAEKWONDO IS A BODY CONTACT SPORT AND I FURTHER UNDERSTAND THAT ALL THE CONTENTS OF RULES AND GENERAL INFORMATION PUBLISHED BY SPONSORS AND I AGREE WITH THEM IN THEIR ENTIRETY. I FURTHER UNDERSTAND THAT I MAY BE DISMISSED FROM THE PREMISES WITHOUT COMPENSATION IF MY CONDUCT IS NOT COOPERATIVE FOR THE SUCCESSFUL OPERATION OF THE CHAMPIONSHIP.

SIGNATURE

DATE

2023 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP

VOLUNTEER REGISTRATION

Saturday, March 11th, 2023 at Fitchburg High School

140 Arn-How Farm Rd, Fitchburg, MA 01420

www.MassCupTKD.org

Print all information then send this form to ustcbrockton@gmail.com

NAME: (FIRST) _____ (LAST) _____ (MI) _____

AGE: _____ DATE OF BIRTH: _____ (month/day/year) MALE FEMALE

ADDRESS: _____ CITY: _____

STATE: _____ ZIP CODE: _____ HOME PHONE: _____

TAEKWONDO SCHOOL: _____ EMAIL: _____

T SHIRT SIZE: _____

- * You must stay for the entirety of all events.
- * Volunteers' entrance fee will be waived.
- * Lunch and T-shirts (required) will be provided.
- * Please confirm your duty with your master.

Liability Waiver

IN CONSIDERATION OF YOUR ACCEPTANCE OF MY REGISTRATION, I DO HEREBY, FOR MYSELF, EXECUTORS AND ADMINISTRATORS WAIVE, RELEASE AND FOREVER DISCHARGE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES WHICH I MAY HAVE, OR WHICH MAY OCCUR TO ME DURING THESE CHAMPIONSHIPS. THIS INCLUDES THE 2023 MASSCHUSETTS CUP TAEKWONDO CHAMPIONSHIP ORGANIZING COMMITTEE, MASTER Myoungcho Jun, Master Minsuk Kang, Master Merdad AND THE US TAEKWONDO CENTER, Massachusetts Taekwondo Academy, CITY OF Leominster, MA., USTF, Fitchburg High School AND ALL MEMBERS OF THE CHAMPIONSHIP OR THEIR RESPECTIVE OFFICERS, AGENTS, REPRESENTATIVES, SUCCESSORS AND OR ASSIGNS. ALSO AGAINST ANY COMPETITOR FOR ANY AND ALL DAMAGES WHICH MAY BE SUSTAINED TO ME IN CONNECTION WITH MY ASSOCIATION WITH OR ENTRY IN THE ABOVE ATHLETIC MEET OR WHICH MAY ARISE OUT OF TRAVELING TO,

PARTICIPATING IN AND RETURNING FROM THIS ATHLETIC MEET. I UNDERSTAND THAT TAEKWONDO IS A BODY CONTACT SPORT AND I FURTHER UNDERSTAND THAT ALL THE CONTENTS OF RULES AND GENERAL INFORMATION PUBLISHED BY SPONSORS AND I AGREE WITH THEM IN THEIR ENTIRETY. I FURTHER UNDERSTAND THAT I MAY BE DISMISSED FROM THE PREMISES WITHOUT COMPENSATION IF MY CONDUCT IS NOT COOPERATIVE FOR THE SUCCESSFUL OPERATION OF THE CHAMPIONSHIP.

SIGNATURE

DATE

2023 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP

CHAMPIONSHIP RULES & REGULATIONS

Saturday, March 11th, 2023 at Fitchburg High School

140 Arn-How Farm Rd, Fitchburg, MA 01420

www.MassCupTKD.org

POOMSAE

- **Competitors must compete with one of the designated Poomsae for your division.**
 - Divisions will be determined by age, choice of Poomsae, and gender.
 - Poomsae Divisions will be separated into brackets of 4 competitors.
- Poomsae will be scored based on the accuracy and precision of the Poomsae being demonstrated.
- Poomsae divisions will no longer be judged using red & blue competitor cards.

BREAKING

- Breaking divisions will be determined by competitor age, Belt rank and gender.
- **Each competitor MUST compete with the amount of breaking boards specified for their Division (no exceptions!) with the designated THREE Station Breaking Routine.**
- Thin boards will be used for both Technical and Power Breaking for **Dragons, Tigers, Youth, Cadet.**
- Thick boards will be used for both Technical and Power Breaking for **Junior and Senior.**

(IMPORTANT: To ensure that all breaking competitors have the appropriate amount of breaking boards for their divisions, competitors **Must** purchase their breaking boards at the registration table on the day of the championship. **You can buy official stamped boards from the kiosk.** Thin boards will be \$4 and Thick boards will be \$5.)

BEGINNER Designated Breaking

Station 1: Any kind of Technical Breaking (**only 1 board**)

Station 2: Any kind of Technical Breaking (**only 1 board**)

Station 3: **Hammer Fist** (Multiple boards are available for higher score. **No Spacers**)

INTERMEDIATE Designated Breaking

Station 1: Any kind of Technical Breaking (**only 1 board**)

Station 2: Any kind of Technical Breaking (**only 1 board**)

Station 3: **Elbow Strike** (Multiple boards are available for higher score. **No Spacers**)

ADVANCED Designated Breaking

Station 1: Any kind of Technical Breaking (**only 1 board**)

Station 2: Any kind of Technical Breaking (**only 1 board**)

Station 3: **Knife Hand Strike** (Multiple boards are available for higher score. **No Spacers**)

BLACK BELT Creative Breaking

CREATE your own technics and routine. **Must be 5 boards in Total.**

SPEED KICK

- Divisions will be **Dragons, Tigers, Youth, Cadet, Junior and Senior. (Gender and Belt Rank do not matter.)**
- All divisions - **Single Leg Front Kicks for 30 seconds.**
- We are going to use **Zemita** for all divisions.
- **Four representatives from each school will compete in the final relay race division.** (2minutes)

2023 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP

CHAMPIONSHIP RULES & REGULATIONS

Saturday, March 11th, 2023 at Fitchburg High School

140 Arn-How Farm Rd, Fitchburg, MA 01420

www.MassCupTKD.org

INDIVIDUAL SPARRING

- **Dragons and Tigers (4-9yrs) all belts and Cadet (12-14yrs) Color belts Sparring Competitors–**
No Head Contact, 1:00 min 2 rounds
 - Head contact with the foot will be enforced just the same as the rule that forbids punching to the face with the fist.
 - The face contact, if deemed incidental, will result in a Gam-Jeom (-1 point) penalty as long as no injury results from the attack.
 - Any injury will result in a Gam-Jeom (-1 point) penalty. If one player is too badly injured to continue, then the attacker will be disqualified.
 - All sparring competitors please note: In the event of a tie score at the end of the match, an extra round will be held. The competitor who scores the first point in the extra round will be the winner of the match.
- **Cadet Black Belt, Junior (15-17yrs)all belts and Senior(18&up) All belts -**
Light Head Contact, 1:00 min 2 rounds
- **20 points gap will be applied to all divisions / 10 Deductions will disqualify the competitor**

Equipment: Sparring Competitors must supply their own protective gear. White forearm and shin instep protectors, mouth pieces, chest protectors, headgear, and a protective athletic cup (for male sparring competitors) are **mandatory**. Sparring Gloves are optional. Only plastic covered water bottles are allowed. Only approved, white V-neck uniforms are allowed.

POWER BREAKING

- **Only one representative from each school may participate in each division.** (Please speak with your master if you wish to participate.)
- Divisions will be **Youth, Cadet, Junior and Senior. (Gender and Belt Rank does not matter.)**
- **Must purchase official boards at the door**
- **Youth (10-11yrs)Technique - Hammer Fist** 8 thin boards
- **Cadet (12-14yrs)Technique - Hammer Fist** 10 thin boards
- **Junior (15-17yrs) Technique - Hammer Fist** 8 thick boards
- **Senior (18yrs &up)Technique - Straight Punch** 10 thick boards

HIGH JUMP KICK

- A Focus Target will be used (not Breaking Boards).
- Competitors can choose the technique of their jumping kick.
- If the focus target is touched then the player will be advanced to the next round.
- If you fall after the kick, then you will be disqualified.
- Divisions will be **Tigers, Youth Male, Youth Female, Cadet Male, Cadet Female, Junior and Senior. Total 7 divisions. (Gender and Belt Rank do not matter.)**