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

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

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

2023 MASSACHUSETTS CUP TAEKWONDO CHAMPIONSHIP INDIVIDUAL EVENT APPLICATION

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

www.MassCupTKD.org

*** You must register online at www.MassCupTKD.org ***

Competitor's Name:	(First Name)		200			
(First Name) (Last Name) Address:						
Phone: ()	Phone: () Email:					
Taekwondo(Martial arts) Sci	hool Name:	Phone: ()				
■ Male ■ Female Birt	th Date:	Age:				
Belt Color:	Dan Level: Heiç	ght'" Competition	Weight:lbs			
■Team Sparring ■ Jun	al Sparring Breaking np High Kick Power Bre	☐ Team Poomsae ☐ eaking ☐ Speed Kick ☐				
Please check your Division	On: Division	Division	Division			
BEGINNER WHITE YELLOW ORANGE	INTERMEDIATE	ADVANCE RED HIGH-RED BROWN	BLACK BELT			
GREEN HIGH-GREEN	BLUE HIGH-BLUE PURPLE HIGH-PURPLE	HIGH-BROWB DEPUTY-BLACK	1ST DEGREE TO 4TH DEGREE			
Basic Poomsae, Taekuk 1 or Taekuk 2	Taekuk 3 or Taekuk 4	Taekuk 5, Taekuk 6 Taekuk 7 or Taekuk 8	Koryu, Kumkang, Taebaek or Pyongwon			
□ Dragons(4-7yrs) □ Tigers(8-9yrs) □ Youth(10-11yrs) □ Cadet(12-14yrs) □ Junior(15-17yrs) □ Senior(18&up) REGISTRATION & PAYMENT INFORMATION: (PLEASE CHECK)						
Standard Registration: Must I		3 **Online Registration only**				
Late Registration: Must be received by March 10 th , 2023 1 EVENT \$90 2 VENTS and More \$10 additional event **Online Registration is not available. Please fill this form and send to USTCBrockton@gmail.com • All payments are final. No refunds will be accepted. • Online convenient fees will be added.						
Total Enclosed:\$						
(Applications Received With Out Signatures Will Not Be Processed – Competitors under 18 must have parent/guardian sign form)						
Liability Waiver I/THE MINOR hereby release, discharge, covenant not to sue and agree to hold harmless the 2023 Massachusetts Cup Taekwondo Championship, any schools and/or Clubs at the 2023 Massachusetts Cup Taekwondo Championship, any schools and/or Clubs at the 2023 Massachusetts Cup Taekwondo Championship or any organizations with a vested interest in the activity, their respective administrators, directors, agents, officers, volunteers, referees, employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises of Flitchburg High School (each considered one of the "Releasees" herein) from all liability, claims, demands, losses, or damages on account caused or alleged to be caused in whole or in part by the negligence of the "Releasees" or otherwise, including negligent rescue operations and further agree that if, despite this release, I, or anyone on my/the minor's behalf makes a claim against any of the Releasees named above, I will indemnify, save and hold harmless each of the Releasees from any litigation expenses, attorney fees, loss liability, damage or cost that may incur as the result of any such claim. I have read this agreement, fully understand its terms, understand that liftee minor 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.						
Participant's Printed Name Participant/Guardian's Signature Date Spectator Entrance Fee: \$15 (5 years and under: Free)						

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 <u>ustcbrockton@gmail.com</u>

Taekwondo (Martial Arts) School Name:_____

School Phone: ()	Master / Instructor Name:
 All members mu 	monstration time ister with an INDIVIDUAL APPLICATION as well. Ust check 'Demo Team' in the individual application. he event must be provided by that team. In uniform is allowed.
Ple	ase 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

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 <u>ustcbrockton@gmail.com</u>

- 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 (Martic	al Arts) School Nar	me:			
School Phone: ()	Maste	r / Instructor	Name:	
Team Name:					
Member	r 1				
	Name:				
	Age:	■ Male	■ Female	Belt Rank:_	
Member	r 2				
	Name:				
	Age:	■ Male	■ Female	Belt Rank:_	
Member	r 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 <u>Taeguk 2 Jang for SEED 1</u>, <u>Taeguk 4 Jang for SEED 2</u>
 <u>Taeguk 6 Jang for SEED 3</u>, <u>Taeguk 8 Jang for SEED 4</u> and <u>Koryo for SEED 5</u>
- 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):				
\blacksquare 1 (Taeguk 2) \blacksquare 2(Taeguk 4) \blacksquare 3 (Taeguk 6) \blacksquare 4 (Taeguk 8) \blacksquare 5 (Koryo)				
Member 1				
Name:				
Age: Male Female Belt Rank:				
Member 2				
Name:				
Age: Male Female Relt Pank				

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.
 - o 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 (Martic	al 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	
Mayala ay C	Belt Rank: Height'"		lbs
Member 2	<u>2</u> Name:		
	Age: Belt Rank :	■ Male ■ Female	
Member 3	Height'"	Competition Weight:	lbs
Members	Name:		
	Age: Belt Rank:	Male Female	
	Height'"	Competition Weight:	lbs
Member 4	4 Name:		
	Age:	■ Male ■ Female	
	Belt Rank: Height'"	Competition Weight:	lbs
Member 5			
	Name: Age: Belt Rank:	■ Male ■ Female	
	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 <u>ustcbrockton@gmail.com</u>

NAME: (FIRST) ______ (MI) _____

AGE: DATE OF BIRTH:	(month/day/year)
ADDRESS:	CITY:
STATE: ZIP CODE:	_ PHONE:
DAN: KUKK	IWON DAN NO:
2023 MASSACHUSETTS (Saturday, November Saturday, Februar Saturday, Marc At 616 Centro - Attendance to the seminars is MANI - If absent, you will not be qualified to - Lunch, red referee tie (required), an - Referees may participate in champ	o serve as referee for this championship. d referee certificate from MCTC will be provided. ionship events. e waived. (Please speak with your master.)
FOREVER DISCHARGE ANY AND ALL RIGHTS AND CLAIMS FOR CHAMPIONSHIPS. THIS INCLUDES THE 2023 MASSCHUSETTS CUPMINSUK KONG, MOSTER MORE MORE AND THE US TAEKWONDO CENTS CHOOL AND ALL MEMBERS OF THE CHAMPIONSHIP OR THEIR AGAINST ANY COMPETITOR FOR ANY AND ALL DAMAGES WHICH ABOVE ATHLETIC MEET OR WHICH MAY ARISE OUT OF TRAVELING PARTICIPATING IN AND RETURNING FROM THIS ATHLETIC MEET. ITHAT ALL THE CONTENTS OF RULES AND GENERAL INFORMA UNDERSTAND THAT I MAY BE DISMISSED FROM THE PREMISES OPERATION OF THE CHAMPIONSHIP.	UNDERSTAND THAT TAEKWONDO IS A BODY CONTACT SPORT AND I FURTHER UNDERSTAND TION PUBLISHED BY SPONSORS AND I AGREE WITH THEM IN THEIR ENTIRETY. I FURTHER WITHOUT COMPENSATION IF MY CONDUCT IS NOT COOPERATIVE FOR THE SUCCESSFUL
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 <u>ustcbrockton@gmail.com</u>

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: (F	FIRST)	(LAST)	(MI)	
AGE:	DATE OF BIRTH:	(month/day/year)	■ MALE ■ FEMALE	
ADDRESS	::	CITY:		
STATE:	ZIP CODE:	HOME PHONE:		
TAEKWO	NDO SCHOOL:	EMA	AIL:	
DAN:		KUKKIWON DAN 1	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, REPRESENATIVES, 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	
	SIGNATURE	=	DAIE	

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 <u>ustcbrockton@gmail.com</u>

NAME: (FIRST)	(LAST)	(MI)		
AGE: DATE OF BIRTH:	(month/day/year)	■ MALE ■ FEMALE		
ADDRESS:	CITY:			
STATE: ZIP CODE:	_ HOME PHONE:			
TAEKWONDO SCHOOL:	EMA	IL:		
T SHIRT SIZE:				
 * You must stay for the entirety of all ex * Volunteers' entrance fee will be waiv * Lunch and T-shirts (required) will be p * Please confirm your duty with your m 	red. rovided.			
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, representives, 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.
 - o Divisions will be determined by age, choice of Poomsae, and gender.
 - o 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.ora

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.
- o The face contact, if deemed incidental, will result in a Gam-Jeom (-1 point) penalty as long as no injury results from the attack.
- o 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 -<u>Light Head Contact, 1:00 min 2 rounds</u>
- 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
- <u>Cadet (12-14yrs)Technique</u> **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.)