

DIVISIONS, EVENTS & FEES

Little Tigers Division: For gups 10, 9, 8 & 7; ages 4 to 6. Events: Best Punch/KiHip in sitting stance, Board Break(using side kick, special boards provided at no cost), Belt Sparring. Little Tigers may not compete in Regular divisions, nor may Regular division students compete as Little Tigers. Early registration is \$45 for all three events.

Regular Divisions: Children, Juniors and Adults with Forms, Board Breaking, and Sparring divisions. Early registration entry fees are \$55 for all three events.

Entry fee on the day of the tournament is \$65.

Family discounts are available.

AWARDS

Little Tigers: Trophies to all competitors in each event in which they participate.

Children and Juniors: Trophies to 1st, 2nd and 3rd place.

Adults: Trophies to 1st, 2nd and 3rd place.

Championships: Special trophies will be awarded to:

- Children's Overall Champion
- Junior Girl's Overall Champion
- Junior Boy's Overall Champion
- Women's Overall Champion
- Men's Overall Champion

Overall Championships Eligibility: Contestants must hold a red or black belt (or equivalent), compete in all three events in a Black Belt division AND Black Belts age 16 and older must assist with judging. Must be present and in uniform to be awarded Championship Trophy.

STAGING INFORMATION

Little Tigers: Staged in groups of 4 or less.

Regular Divisions: No groups will be larger than 16 or smaller than 2. Officials may adjust the size and make-up of groups for safety and competitiveness.

Belt Rank Equivalents:

- White/Yellow Gups 10, 9, 8 and 7
- Green/Blue Gups 6, 5, 4 and 3
- Red Gups 2 & 1
- Black: All Dans

COMPETITION GROUPS

(Forms = FRM, Breaking = BRK, Sparring = SPR)

LITTLE TIGERS — ALL EVENTS

	BOYS & GIRLS, AGES 4 TO 6		
	PUNCH	BREAKING	SPARRING
WHITE/YELLOW	P-1	B-1	S-1

CHILDREN — ALL EVENTS

	BOYS & GIRLS 8 & UNDER			BOYS & GIRLS 9 TO 10		
	FRM	BRK	SPR	FRM	BRK	SPR
WHITE/YELLOW	F-1	B-1	S-1	F-4	B-4	S-4
GREEN/BLUE	F-2	B-2	S-2	F-5	B-5	S-5
RED/BLACK*	F-3	B-3	S-3	F-6	B-6	S-6

JUNIORS — ALL EVENTS

	BOYS & GIRLS 11 & 12			BOYS & GIRLS 13 & 14		
	FRM	BRK	SPR	FRM	BRK	SPR
WHITE/YELLOW	F-7	B-7	S-7	F-10	B-10	S-10
GREEN/BLUE	F-8	B-8	S-8	F-11	B-11	S-11
RED/BLACK*	F-9	B-9	S-9	F-12	B-12	S-12

Category may be split Boys - Girls	BOYS & GIRLS 15 TO 17		
	FRM	BRK	SPR
WHITE/YELLOW	F-13	B-13	S-13
GREEN/BLUE	F-14	B-14	S-14
RED/BLACK*	F-15	B-15	S-15

ADULTS — ALL EVENTS

	AGES 18 TO 29					
	WOMEN			MEN		
	FRM	BRK	SPR	FRM	BRK	SPR
WHITE/YELLOW	F-16	B-16	S-16	F-20	B-20	S-20
GREEN/BLUE	F-17	B-17	S-17	F-21	B-21	S-21
RED	F-18	B-18	S-18	F-22	B-22	S-22
BLACK*	F-19	B-19	S-19	F-23	B-23	S-23

	AGES 30 TO 39					
	WOMEN			MEN		
	FRM	BRK	SPR	FRM	BRK	SPR
WHITE/YELLOW	F-24	B-24	S-24	F-28	B-28	S-28
GREEN/BLUE	F-25	B-25	S-25	F-29	B-29	S-29
RED	F-26	B-26	S-26	F-30	B-30	S-30
BLACK*	F-27	B-27	S-27	F-31	B-31	S-31

	AGES 40 AND OVER					
	WOMEN			MEN		
	FRM	BRK	SPR	FRM	BRK	SPR
WHITE/YELLOW	F-32	B-32	S-32	F-36	B-36	S-36
GREEN/BLUE	F-33	B-33	S-33	F-37	B-37	S-37
RED	F-34	B-34	S-34	F-38	B-38	S-38
BLACK*	F-35	B-35	S-35	F-39	B-39	S-39

*Bold type indicates groups that are eligible for the overall championship awards.

RULES & SCORING for REGULAR DIVISIONS

Clean and proper martial arts uniforms required. All competitors are expected to behave in a manner befitting a martial artist.

FORMS

Scoring based on: accuracy, breath control, focus, timing of the movements, power, balance and relaxation.

BOARD BREAKING

Two attempts allowed per station. Scoring based on: difficulty, power, speed, accuracy, relaxation, balance, reflex action, distance, positioning, and number of attempts. The maximum number of boards allowed per competitor are:

- Ranks 10, 9, 8 & 7 1 boards
- Ranks 6, 5, 4 & 3 2 boards
- Ranks 2 & 1, all Dans 3 boards

Boards must be 1"x12" pine. Competitors in Regular divisions supply their own boards. Board width may be: 4", 6", 8", or 10". Boards are subject to review by officials. Shaved or planed boards, unsuitable boards or **the use of spacers are not allowed**. Officials may prohibit a break if they feel the attempt jeopardizes the safety of the competitor. Competitors attempting multiple breaks at a station need extra boards in case of a partial break. A limited number of boards will be available for sale at the tournament.

Breaking techniques using the head are not allowed. If deemed safe, competitors may use obstacles, or may have board holders stand on chairs or platforms. However, using trampolines, spring boards, platforms or people to aid in jumping or leaping are prohibited.

SPARRING

Authorized Areas

- Head: all areas above the neck *except the face* — light contact foot attacks ONLY.
- Body: the front area covered by the chest protector below the neck and above the belt. Hand attacks must be closed front hand techniques.

Scoring

Points awarded only if attacks are executed with proper technique, and contact is made in an eligible area. No points awarded if a competitor falls down after executing an attack. However, points may be

awarded if an attacker falls after being pushed by their opponent.

- Foot Attack: Two points for a successful attack to head, one point for successful attack to body.
- Hand Attack: One point for a successful attack to body.

Contact

Light contact ONLY. Chest protectors differentiate competitors and provide extra safety. They are NOT meant to allow for uncontrolled kicks and punches!

Length

Each match will be two minutes. In case of a tie, a one-minute sudden-death overtime will determine the winner. If no points are scored in that period, the referee and judges shall determine the winner.

Mandatory Sparring Equipment

Head protector, mouth guard, shin/instep or instep protectors, fist/forearm protectors or fist protectors, chest protector (provided by the competitor). Males must have a protective cup worn under uniform.

Excessive Contact

In case of excessive contact, as determined by the referee and judges, the following shall occur:

1. First infraction: a warning with no awarding of point(s).
2. Second infraction: no awarding of point(s) and the loss of two points for the offender.
3. Third infraction: disqualification of the offender.

Immediate Disqualification

A competitor shall be immediately disqualified for any of the following:

1. Unsportsmanlike conduct.
2. Injuring the opponent by malicious attack.
3. Injuring the opponent by illegal technique.
4. Intentionally attacking unauthorized area.

Illegal Techniques:

Open hand techniques, hand attacks to the head or neck, holding an opponent, continued attacks from a clinching form, attacks to unauthorized areas of the body, attacks from the floor, sweeps and takedowns.

NOTE: The Tournament Director has the final decision in case of controversy. By participating in the ABBA Tournament, each competitor agrees to abide by the Director's decisions.

ADDITIONAL INFORMATION

ALL competitors and spectators are expected to behave respectfully, and obey the rules of Lourdes Academy and the Tournament Officials. No food or drinks may be consumed in the gymnasium.

In accordance with Wisconsin State Law, **Smoking or the use of any tobacco products are prohibited anywhere on Lourdes Academy grounds.**

SCHEDULE

Doors open	8:00 AM
Black Belt meeting	9:00 AM
Opening Ceremony	9:45 AM
Competition begins	10:00 AM

SPECTATOR ADMISSION

Adults (16 years & older)	\$5
Children (age 5 to 15)	\$3
Children (under 5 years)	Free

DIRECTIONS

Lourdes Academy is located at 250 N. Sawyer St. – Oshkosh, WI.

From the North: Take Highway 41 South. Exit to 9th Ave. Turn east (left) onto 9th Ave. Turn north (left) onto Sawyer St. Lourdes Academy is on the corner of Sawyer St. and Witzel Ave.

From the South: Take Highway 41 North. Exit 9th Ave. Turn east (right) onto 9th Ave. Turn north (left) onto Sawyer St. Lourdes Academy is on the corner of Sawyer St. and Witzel Ave.

From the West: Take Highway 21 into Oshkosh. Continue past Highway 41 to Sawyer St. Turn south (right) onto Sawyer St. Lourdes Academy is on the corner of Sawyer St. and Witzel Ave.

***PARKING AND ENTRANCE ARE LOCATED AT THE BACK OF THE BUILDING**

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920-232-9700

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THE 29th ANNUAL AMERICAN BLACK BELT ACADEMY INVITATIONAL TAE KWON DO TOURNAMENT

Saturday, May 6, 2017

Lourdes Academy
250 N. Sawyer St. – Oshkosh, WI

Competitor's Guide

American Black Belt Academy
208 State Street, P.O. Box 373, Oshkosh, WI 54901

www.abbakick.com