

Instructor's Guide



32nd ANNUAL AMERICAN BLACK BELT ACADEMY INVITATIONAL TAE KWON DO TOURNAMENT

Saturday, May 2, 2020

Lourdes Academy, 110 N. Sawyer St., Oshkosh, Wisconsin

The 31st Annual ABBA Tournament will provide martial artists of all ages and skill with a safe and positive venue that emphasizes sportsmanship, fairness and the virtues of the martial arts. We will be returning to Lourdes Academy this year. We plan to have at least eight rings and a schedule of events designed to keep the tournament moving. As always, food, refreshments and merchandise will be available.

As a not-for-profit organization, American Black Belt Academy sincerely appreciates the support and participation of your school and your students. We also welcome your comments and suggestions for improvement.

TOURNAMENT SCHEDULE:

Registration Opens	8:00 AM	Opening Ceremony	9:45 AM
Black Belt Meeting	9:00 AM	Competition Begins	10:00 AM

AMERICAN BLACK BELT ACADEMY
208 State Street, P.O. Box 373, Oshkosh, Wisconsin 54901
920-232-9700

www.abbakick.com

EVENTS & ENTRY FEES

Little Tigers

Open to white and yellow belts (gups 10 – 7) between 4 and 6 years old. Three events: Best Punch-Sitting Stance, Board Breaking (all Little Tigers will use side kick to break) and Belt Sparring. ABBA will provide special boards for breaking. Little Tigers will be staged in groups of four or less. Students in the Little Tigers may not compete in any other division, nor may students in the Regular Divisions compete as Little Tigers. Entry fee for all three Little Tiger division is \$45 total, any or all events.

Regular Competition

Three Divisions: Children, Juniors and Adults. Three events in each Division: Forms, Board Breaking, and Sparring. Groups will have no more than 16 and no less than 2 competitors. Early registration entry fee is \$55 for any or all events. Family discounts available.

Entry fee on the day of the tournament is \$65. No family discounts are available.

Black Belts

Black Belts wishing to compete in the tournament must attend the Black Belt Meeting at 9:00 AM on the day of the tournament. Black Belts age 16 or above who actively assist in judging throughout the day are entitled to a 50% reduction in entry fees. **All judges and referees are required to wear clean, proper martial arts uniform or business-type attire.** Martial arts shoes may be worn, but please, no tennis or other athletic shoes. ABBA appreciates your cooperation.

TROPHIES

All Little Tigers receive a trophy for each event in which they compete.

In Children and Juniors Divisions, trophies go to 1st, 2nd and 3rd place.

For Adult Divisions, trophies will be awarded to 1st, 2nd and 3rd place.

Special trophies will also be awarded for:

- Children's Overall Champion
- Junior Girls' Overall Champion
- Junior Boys' Overall Champion
- Women's Overall Champion
- Men's Overall Champion
- Team Form 1st, 2nd and 3rd place

Championship Trophy 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. **Contestant must be present and in uniform to be awarded the Championship Trophy.** Unfavorable verbal or physical actions will result in ineligibility for the Overall Championships.

COMPETITION GROUPS

Belt Color Equivalents:

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

FRM = Forms, BRK = Board Breaking, SPR = Sparring

LITTLE TIGERS:

	BOYS & GIRLS, AGES 4 to 6		
	PUNCHING	BREAKING	SPARRING
WHITE/YELLOW	T-1	T-1	T-1

CHILDREN:

	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:

Category may be split Boys - Girls

	BOYS & GIRLS 11 & 12			BOYS & GIRLS 13 - 15		
	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

ADULTS:

	AGES 16 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

ALL BELTS	TEAM FORMS (TF-1)
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***Indicates competition groups that are eligible for the Overall Championships.**

Please Note:

These groups are guidelines. Physical size and the number of competitors in an event group will be considered during staging. Competitors may be moved up or down one or more groups to ensure competitiveness. By agreeing to participate in the tournament, competitors agree to follow the decisions of the tournament officials.

RULES & SCORING

All competitors must wear a clean, proper uniform and behave in a manner befitting a martial artist.

Forms Competition

Scored on a scale of 5.0 to 10.0 points in increments of 1/10ths. Scoring based on: accuracy, breath control, focus, timing, power, balance, and relaxation.

Board Breaking Competition

Two attempts are allowed per station. Scoring is on a scale of 5.0 to 10.0 points. Scores are based upon: difficulty, power, speed, accuracy, relaxation, balance, reflex action, distance, position, and number of attempts.

Material must be 1"x12" pine. Except for the Little Tigers, competitors supply their own boards. Widths may be: 4", 6", 8", or 10". All boards subject to review. Shaved or planed boards, or unsuitable boards will be disallowed. Spacers are not allowed. Officials may prohibit a break if they believe it jeopardizes safety. Competitors attempting multiple breaks at a station must have additional boards available in case of a partial break. A limited number of boards will be available for sale at the tournament.

Maximum number of boards allowed:

- White & Yellow Belts 1 boards
- Green & Blue Belts 2 boards
- Red & Black Belts 3 boards

If done safely, competitors may use obstacles or have board holders stand on chairs or platforms. However, competitors are not allowed to use spring boards, mini-trampolines, platforms or people to aid in jumping. No head-breaking techniques are allowed.

Sparring Competition

Authorized Attack Areas and Technique:

- Head: all areas above the neck *except the face* — light contact foot attacks ONLY.
- Body: the front area of the body covered by the chest protector above the belt and below the neck.

Scoring: Points awarded only if attacks are executed with proper posture, balance and technique. Contact must be made in an eligible area for points to be awarded. No points awarded if a competitor falls after executing an attack. However, points may be awarded if an attacker falls after being pushed by the opponent.

- Foot Attack: Two points for a successful attack to the authorized head area. One point for a successful attack to the authorized body area.
- Hand Attack: One point for a successful attack to the authorized body area. Punches must be closed fist straight or reverse punch.

Contact: Our goal is friendly competition. Light contact rules strictly enforced. Chest protectors are meant to differentiate competitors and provide extra safety. They are **NOT MEANT** to allow full-force, uncontrolled kicks and punches!

Length of Match: Each match is two minutes. When a point is called, the match will be stopped by the referee and the point determined. The clock does not stop while points are determined. High score wins.

In case of a tie, a one-minute sudden death overtime period will determine the winner. If a point has not been scored in that time period, the referee and judges shall determine the winner

based on the following criteria: technique, sportsmanship, speed, control and aggressiveness.

Mandatory Sparring Equipment:

1. Head gear.
2. Mouth guard.
3. Shin/instep or instep protectors.
4. Fist/forearm protectors or fist protectors.
5. Protective cup for males (worn under uniform.).
6. Chest protector (provided by the competitor.) Standard chest protectors are usually acceptable, but the Tournament Director has the final decision on suitability.

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

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

Immediate Disqualification: A competitor will be disqualified for any of the following violations:

1. Unsportsmanlike Conduct: includes, but not limited to uncontrolled techniques, vulgar language, throwing of headgear, disregarding the referee's instructions, arguing with a Tournament Official, taunting an opponent.
2. Injuring the opponent's face or neck by malicious hand attack (as determined by the referee and judges).
3. Injuring the opponent by malicious foot attack (as determined by the referee and judges).
4. Injuring the opponent and/or rendering him/her unable to continue by use of illegal technique(s).
5. Intentionally attacking unauthorized area(s) or the use of illegal techniques.

Illegal Techniques: open hand attacks, hand attacks to the head or neck, holding, attacks in a clinching form, attacks to unauthorized areas of the body, attacks from the floor, sweeps and takedowns.

Team Forms Competition

Scored on a scale of 5.0 to 10.0 points in increments of 1/10ths. Scoring based on: Proper techniques, Stances & focus, Timing and movement, Choreography.

Teams must be between 2 to 5 members and compete with a traditional form (no music).

Please Note:

The Tournament Director shall have final decision in case of a controversy or disagreement. By participating in the ABBA Tournament, each competitor agrees to abide by the Tournament 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 inside the gymnasium area. Children are not allowed to play under the bleachers.

Smoking or the use of any tobacco product is prohibited anywhere in the building.

In accordance with Wisconsin State Law, **smoking or the use of any tobacco product is prohibited anywhere in the building or on the school grounds of Lourdes Academy.**

DIRECTIONS TO THE TOURNAMENT

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 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.

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.