

## DIVISIONS, EVENTS & FEES

**Little Tigers Division:** For gups 10, 9, 8 & 7; ages 4 to 6. Events: Best Punch 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 any or all events. Family discounts are available.

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

### AWARDS

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

**Children and Juniors:** Trophies to 1st, 2<sup>nd</sup> and 3<sup>rd</sup> 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.**

Unfavorable verbal or physical actions will result in ineligibility for the Overall Championships.

### 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	T-1	T-1	T-1

### CHILDREN — ALL EVENTS

	BOYS/GIRLS 8 & UNDER			BOYS & GIRLS 9 & 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

Category may be	BOYS/GIRLS 11 & 12			BOYS/GIRLS 13 to 15		
Split: Boys/Girls	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*	<b>F-9</b>	<b>B-9</b>	<b>S-9</b>	<b>F-12</b>	<b>B-12</b>	<b>S-12</b>

### ADULTS — ALL EVENTS

	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*	<b>F-19</b>	<b>B-19</b>	<b>S-19</b>	<b>F-23</b>	<b>B-23</b>	<b>S-23</b>

	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*	<b>F-27</b>	<b>B-27</b>	<b>S-27</b>	<b>F-31</b>	<b>B-31</b>	<b>S-31</b>

	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*	<b>F-35</b>	<b>B-35</b>	<b>S-35</b>	<b>F-39</b>	<b>B-39</b>	<b>S-39</b>

### TEAM FORMS

ALL BELTS	TEAM FORMS (TF-1)

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

## RULES & SCORING

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 board
- 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 and Technique:

- 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, above the belt and side seam forward.

**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.

### **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:

**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

### **TEAM FORM COMPETITON**

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).

**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 110 N. Sawyer St. – Oshkosh, WI.

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

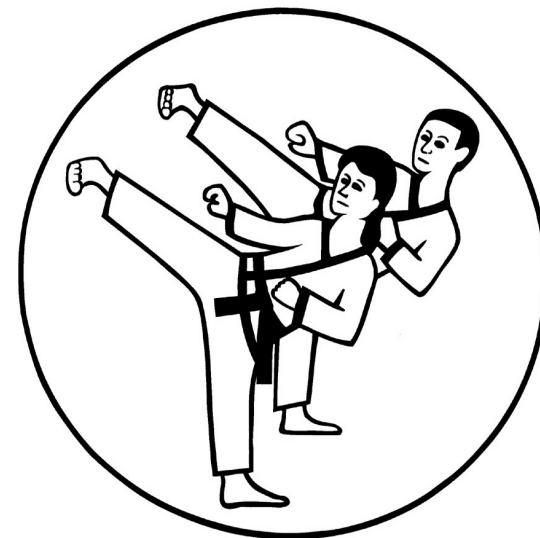
**From the South:** Take Highway 41 North. Exit 9<sup>th</sup> Ave. Turn east (right) onto 9<sup>th</sup> Ave. Turn north (left) onto Sawyer St. Lourdes Academy is on the corner of Sawyer St. and Witzel Ave.

**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 BUIDLING**

©2020 American Black Belt Academy  
208 State Street, Oshkosh, Wisconsin 54901  
920-232-9700

*All Rights Reserved*



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

Saturday, May 2, 2020

Lourdes Academy  
110 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](http://www.abbakick.com)