

AAU OREGON STATE



TAEKWONDO CHAMPIONSHIPS



POOMSAE SPARRING BOARD BREAKING WEAPONS

APRIL 13

2024

REGISTER NOW

WWW.TKDOREGON.COM

2024 AAU Oregon State Taekwondo Championships

Online Registration & Information - www.TKDOregon.com

ORGANIZER: Oregon State Taekwondo Foundation 10309 SE 82nd Ave. #A Happy Valley, OR 97086
Email: uswc888@gmail.com

DATE & PLACE: **SATURDAY, APRIL 13, 2024**
Stroller Middle School 14141 NW Laidlaw Rd. Portland, Oregon 97229

SCHEDULE: Final Tournament Schedule will be released on APRIL 8, 2024 on AAU Taekwondo Oregon Facebook page.

REGISTRATION: [Register Online by April 6, 2024!](#) Early Registration is RECOMMENDED for all competitors & coaches. All Early Registration must be Registered and **Paid** Online by **March 30, 2024**. **Late Registration fee of \$50 will apply to all registration and payment made between March 30 and April 6, 2024.** [Registration Online at www.AAUTKD.com](http://www.AAUTKD.com).

Late Registration CLOSSES at 11:59 pm PST on April 6, 2024. **Absolutely no registration accepted after April 6, 2024.**

ENTRY FEES: By **March 30, 2024 - COMPETITOR** One Event \$125.00 Additional Event \$75.00 each.
By **March 30, 2024 - COACH** \$100.00 (DO NOT EMAIL OR TEXT ORGANIZER TO REQUEST COACH PASSES!)
**Late registration fee of \$50 will be added from March 30 through April 6, 2024 with no exceptions.
Tournament Registration will be CLOSED at 11:59pm PST on April 6, 2024.*

CHANGES: ***All Event Changes will result in a \$30.00 fee per change with no exceptions.** Mandatory change fee for all changes, including name change, belt rank change, change of date of birth, event changes, weight changes, and age division changes. All change requests must be submitted with a revised paper registration form with payment information and emailed to uswc888@gmail.com **before** MARCH 30, 2024.

AWARDS: Beautiful quality Medals will be awarded to 1st, 2nd, and two 3rd places.

SPECTATOR FEES: One Day Spectator Pass: 5 years & over - \$20.00 Under 5 years - \$10.00 Infants - Free

MANDATORY FOR OLYMPIC TAEKWONDO EVENTS: "Color Taekwondo Uniforms are allowed" at this tournament for non-sparring events only. Color Belt Sparring competitors must wear WT approved white uniforms in black or white V-neck. Black Belts MUST wear White World Taekwondo approved uniform with Black V Neck for sparring. Poomsae and weapons competitors may wear y-neck Poomsae uniforms approved by World Taekwondo. **No color uniforms are allowed in sparring competitions.**

OLYMPIC SPARRING EQUIPMENT: All sparring competitors must provide their own sparring gears & materials needed for their events. *Plastic Face Shield is required for ALL 14 years & Under Sparring divisions.* **Color Belt Sparring:** Competitors MUST provide and wear shin-Insteps, first forearm pads, groin guards (male only, must be worn under uniform pants), clear or white mouth guards, chest protector, and head gear which matches chest guard color (unless white head gear is worn). **Black Belt Sparring:** Competitors MUST WEAR DAE-DO BODY PROTECTORS, E-Headgears & SENSOR SOCKS GEN2. DAEDO Chest Protectors & E-Headgears will be provided for free at the tournament site. Black belt competitors must own and wear DAEDO Socks Gen2 & gloves, shin guards, forearm guards, groin guards (male only, must be worn under uniform pants), and clear or white mouth guards.

RULES: AAU Taekwondo and OC rules will govern this event with emphasis on fairness and traditional martial arts values.

OLYMPIC SPARRING ROUNDS: Best of 3 Rounds. All Ages & Belt levels - 1 minute round with 30 second rest period. The new sparring WT Sparring rules will be used for this event. *Tournament Chairman has the right to change the duration of rounds and official decisions without notices.*

WEIGH - INS: Weigh in will be done at the staging area on the day of the competitions for all sparring competitors.

POOMSAE: All Color Belt & Black Belt Poomsae competitors will compete in 1 Round of Compulsory Poomsae of their choice.

BOARD BREAKING: All boards must be purchased at the tournament venue for fairness. **Each competitor must purchase their own board at the venue for \$3 each, cash only. Boards must be purchased at check in desks and will be distributed at ring side.**

DISTANCE BREAK - One (1) Demo Board is Required. Winner will be the participant who jumps the farthest while breaking **one demo board** at the 1st or 2nd attempt without stepping on the foul line. A 2nd attempt will only be offered to competitors who step on the fault line or fail to break the board in the 1st attempt. Referees will serve as the board holders in all Distance Break Divisions.

CREATIVE BREAK - Ten (10) Demo Board is Required. Competitors will get 90 Seconds to complete their **10 demo board** break and clean up broken boards. One board per strike. Maximum of two attempts on each board break. Boards must be held by athlete's coach; NO Board Holder's Passes Will Be Given. Foot and Hand Techniques Only. No assisted devices are permitted, including chairs and tables.

REPETITIVE TIMED SPIN HOOK KICK BREAK (Feeder System) - Ten (10) Demo Board is Required. Single break format; One (1) board per strike. Allowed technique is Spinning Hook Kick. Fastest competitor to break **10 demo boards** wins gold. Boards must be held by athlete's coach. No board holder's passes will be given.

COACH / MEDIA PASS: All Coach & Media Passes can be registered online for \$100.00 each if paid by March 30, 2024. Registration for coach pass between March 30 and April 6, 2024 will be \$150. Coach or Media Passes can be purchased at the Venue for \$150.00, Cash Only. Please do NOT email Coaching Pass requests; online registration ONLY.

2024 AAU Oregon State Taekwondo Championships

Online Registration & Information - www.TKDOregon.org

First Name: _____ Last Name: _____ Age: _____ Gender: _____

Date of Birth: ____ / ____ / ____ Email: _____ Phone: _____

Address: _____ City: _____ State _____ Zip _____

**Competitor Must Register and Pay Online BEFORE Submitting Event Change(s)
& Event Add On Requests!! www.AAUTKD.com**

EVENT ADD-ON REQUEST

- Repetitive Timed Spinning Hook Kick
- Distance Board Break - *Flying Side Kick*
- Creative Board Break - *Any Kicks & Hand Tech.*
- Individual Poomsae - Choice of 1 form.
- *Pairs Form - Poomsae (*2 competitors. Co-ed & Mixed Belt OK*)
Partner's Name: _____
- Weapon Form (*Maximum 1 Minute*) - *mixed gender bracketing.*
- Olympic Sparring

EVENT CHANGE REQUEST

Please Write Changes Needed. Please be SPECIFIC!

All change requests must be submitted with a revised paper registration form with payment information and emailed to uswc888@gmail.com **before** March 30, 2024.

ADDITIONAL EVENT \$75.00

CHANGE REQUEST \$30.00 PER CHANGE

OF EVENT ADD - ON: _____ X \$50/EVENT = \$ _____

OF CHANGE REQUEST: _____ X \$30/CHANGE = \$ _____ **AMOUNT DUE \$** _____

VISA MASTERCARD CREDIT CARD #: _____

EXP. DATE: ____ / ____ SECURITY CODE: _____ NAME ON CARD: _____

SIGNATURE OF CARD HOLDER: _____ ZIP CODE: _____ *Please email to uswc888@gmail.com*

I fully understand that my entry fee is non-refundable under any circumstances. I understand that each change request made after registration is paid will result in a \$30 per change fee, and \$50 per event add on fee acceptable only by paper registration via email. I consent that any picture furnished by me or any pictures taken of me in connection with the championships can be used for publicity, promotion or television showing, and I waive all compensation in regard, thereto. I understand that Martial Arts is a body contact sport and I further understand all the contents of the rules and general information which was published by the organizing committee and I agree to them in their entirety. I authorize the organizer to process the event amount to the credit card information I provided. I HAVE READ AND FULLY UNDERSTAND THE ABOVE.

Participant Signature: _____ Date: _____

Parent or Legal Guardian Signature: _____ Date: _____





OREGON STATE TAEKWONDO FOUNDATION (AAU)

10309 SE 82ND AVE. SUITE A

HAPPY VALLEY, OREGON 97086

EMAIL: USWC888@GMAIL.COM

ONLINE REGISTRATION - WWW.TKDOREGON.ORG

FACEBOOK: [AAU TAEKWONDO OREGON](#)

SEE YOU ON APRIL 13, 2024 AT OREGON STATE CHAMPIONSHIPS!

The top four finishers in any division qualify to compete in the AAU Taekwondo Nationals and the AAU Junior Olympics.

-This event is licensed by the Amateur Athletic Union of the U.S., Inc.

-All participants must have a current AAU membership.

-AAU membership may not be included as part of the entry fee to the event.

-AAU Youth Athlete membership must be obtained before the competition begins, except where the event operator has a laptop available with an internet connection.

Be Prepared: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at an event. Due to background screenings, please allow up to 10 days for adult memberships to be processed.

-Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.