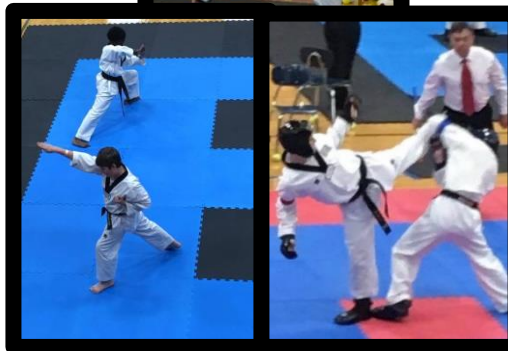




**Southeastern AAU Taekwondo  
District Championship & National Qualifier  
Smyrna, Tennessee  
Nashville Area  
March 15, 2025  
On-line Registration**

[Register Here](#)



**COMPETITION EVENTS**

**ALL EVENTS ARE QUALIFYING**

Olympic Sparring

Point Sparring

Traditional Forms (ITF, WT, TSD/MDK/SBD, Open)

Board Breaking (Three Repetitive Events)

Traditional & Creative Weapons Forms

Padded Weapons Sparring

**Para Taekwondo Competition**

All Events Except Sparring

**All athletes who compete in four or more events  
will receive an Indominable Spirit Medal**

Registration deadline: Monday, March 10, 2024

Late Registration: Thursday, March 13, 2024

1 Event - \$99.00; Additional Events - \$10 each

Coaches Pass - \$15

Late Registration Fee - \$20 Athlete & Coach

**Special Non-Qualifying**

**Me + 1 Division (ages 5 and under)**

1 Event - \$49; Additional \$10

Contact

[achievingssuccessma@gmail.com](mailto:achievingssuccessma@gmail.com)

to register directly with tournament director.

**For more information contact Debra Hooper, Tournament Director  
[achievingssuccessma@gmail.com](mailto:achievingssuccessma@gmail.com) or 615-310-0020**

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

**BE PREPARED: Non-Athlete memberships for Coaches are not instant and cannot be applied for at the event. Please allow up to 10 days for memberships to be processed.**

Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership



**Southeastern AAU Taekwondo  
District Championship & National Qualifier  
Smyrna, Tennessee  
Nashville Area  
March 15, 2025**

**This is a qualifying event for the  
2025 AAU Nationals held Salt Lake City, UT  
– June 30 to July 5, 2025  
AND  
2025 Junior Olympics held in Houston, TX**

**Coaches Floor Pass \$15**

Coaches who have not completed the AAU Coaches Certification by the day of competition will not receive a floor pass. AAU Non-Athlete Membership must be current for all coaches. If a coach is under age 18, they use their Athlete membership.

**Spectators: Cash @ Door**

Adults - \$10

Children - \$5

Under 5 years old - Free

Instructors will receive a free coach's pass for every 10 athletes they bring. Also, instructors who bring 20 or more athletes will receive a complimentary double occupancy hotel room for one night. **Contact [achievingssuccessma@gmail.com](mailto:achievingssuccessma@gmail.com) by March 1, 2025 to notify tournament director if you expect to bring these numbers so arrangements can be made.**

**Please ensure that the email address used to register athletes is working. Important information and confirmations will be forwarded to athletes and coaches using that email address prior to the competition.**

All athletes, coaches and parents are encouraged to review the AAU Handbook found at [AAU Taekwondo Handbook](#) on the AAU Taekwondo website.

Coach's protest fee is \$100 cash.

**No Athletes, Coaches or Officials will be allowed to participate in this event without a current 2025 AAU Membership.**



# Southeastern AAU Taekwondo District Championship & National Qualifier March 15, 2025

## Important Information For Coaches and Competitors

**Both Athletes and Coaches MUST be current 2025 AAU members**

### AAU Membership:

**Youth & Adult Athlete Membership:** All competitors, youth and adult, must have a current 2025 AAU Membership. Youth membership is \$20.00 and Adult membership is \$30. Both Athlete memberships are available immediately.

**Youth & Adult Non-Athlete Membership:** All coaches and officials must have a current 2025 AAU Membership. Adult membership is \$55 for one year and \$75 for a two-year membership, which is more cost effective. AAU's commitment to youth safety is second to none and all adults who request membership will have a background check. Please allow for at least 10 working days for the membership to be completed. Coaches and Officials under the age of 18 will not be required to have a Non-Athlete Membership. They will use their athlete membership to register as either.

Go to [www.aautaekwondo.org](http://www.aautaekwondo.org) to join.

### Coaches Certification:

The AAU Taekwondo Online Coaches Certification is required annually to coach at any licensed AAU Taekwondo event, including this District Championship. This certification is for the current competition year only, so the coach must have completed after September 1, 2024.

Certification/Recertification is required each year. There are different courses you may select to be certified as a coach. You must have a certification for of the events you plan to coach. Make sure you take the appropriate course. Anyone who will be 14 any time during 2024 may take this course and upon passing will be allowed to coach at any AAU Taekwondo event.

Go to [AAU - Taekwondo \(aautaekwondo.org\) - Coaches Certification](http://AAU-Taekwondo(aautaekwondo.org)-Coaches-Certification) to complete the appropriate course. The tournament director will only provide coaches passes to those who are reflected on the AAU website as having completed the coach's certification or that can provide their 2025 Course Competition Certificates at check-in.

**All athletes and coaches must register on-line for the tournament prior to the LATE registration deadline of March 13, 2025. Anyone not registered by this deadline will be unable to compete or coach in the tournament.**



# Southeastern AAU Taekwondo District Championship & National Qualifier March 15, 2025

## Traditional Forms Competition Rules

There will be four different events. ITF, WT, MDK/TSD/SBD and OPEN. Forms allowable in each event are below. Review the AAU Handbook for additional information.

AAU Traditional Forms Division Belt Rank	Forms Allowed in Respective Divisions			
	International Taekwondo Federation (ITF) Division	World Taekwondo (WT/WTF) Division	Moo Duk Kwan Tang Soo Do Soo Bak Do (MDK/TSD/SBD) Division	OPEN Division
<b>Novice</b> White, Yellow, Orange (6th Gup, 7th Gup, 8th Gup)	Chon-Ji Dan-Gun Do-San	Pal Gwe 1-2 Taegeuk 1-2	Ki-Cho (KiBon) 1-3 Pyung-An/Pinan 1	All Forms Listed to the Left
<b>Intermediate</b> Green, Purple, Blue (3rd Gup, 4th Gup, 5th Gup)	Won-Hyo Yul Gok Joong-Gun Toi-Gye	Pal Gwe 3-6 Taegeuk 3-6	Ki-Cho (KiBon) 4-5 Pyung-An/Pinan 2-4	All Forms Listed to the Left
<b>Advanced</b> Red, Brown (1st Gup, 2nd Gup)	Hwa-Rang Choong-Moo	Pal Gwe 7-8 Taegeuk 7-8	Pyung-An/Pinan 5 Bassai ( Dai & So)	All Forms Listed to the Left
<b>1<sup>st</sup> Dan</b>	Kwang-Gae Po-Eun Ge-Baek	Koryo	Bassai ( Dai & So) Naihanchi Cho Dan Jin Do	All Forms Listed to the Left
<b>2<sup>nd</sup> Dan</b>	Eui-Am Choon-Jang Ko-Dang Juche	Keumgang	Naihanchi E Dan Naihanchi Sam Dan Lo-Hai/Ro-Hai	All Forms Listed to the Left
<b>3<sup>rd</sup> Dan</b>	Sam-Il Yoo-Sin Choi-Yong	Taebaek	Kong Sang Koon (Dai & So) Sip Soo	All Forms Listed to the Left
<b>4<sup>th</sup> Dan</b>	Yon-Gae Ul-Ji Moon-Moo	Pyongwon	Wang Shu	All Forms Listed to the Left
<b>5<sup>th</sup> Dan</b>	So-San Se-Jong	Sip Jin	Ji-On Sei Shan	All Forms Listed to the Left
<b>6<sup>th</sup> Dan</b>	Tong-Il	Jitae	O Sip Sa Bo	All Forms Listed to the Left
<b>7<sup>th</sup> Dan</b>		Chonkwon	Hwa Sun	All Forms Listed to the Left
<b>8<sup>th</sup> Dan</b>		Hansu		Hansu
<b>9<sup>th</sup> Dan</b>		Ilyeo		Ilyeo



# Southeastern AAU Taekwondo District Championship & National Qualifier March 15, 2025

## Olympic Style Sparring Competition Rules

ies as outlined in the AAU Taekwondo Handbook.

### **Divisions:**

The Divisions and Weight Charts are found in the AAU Handbook in the General Policy and Regulations for Olympic-Style Sparring Section beginning on page 75. The tournament director will reserve the right to combine divisions by age, weight or belt in order to provide competition.

### **Uniform & Equipment Requirements:**

The AAU rules requiring a clean white uniform and red and blue headgear for Olympic Style Sparring is highly encouraged since these requirements will be in force at AAU Nationals. However, for this qualifying event, these requirements will be waived. All athletes will be required to wear a mouthpiece. If an athlete has braces on top and bottom, the mouthpiece must cover both the top and bottom teeth. Also, arm guards, shin and instep guards and groin protection for males will be required and worn under the dobok. Color requirements for these are also waived for this tournament. There will not be an equipment vendor at the event, so come prepared.

Olympic Sparring advanced (red and brown) belts ages 10 and over and all black belt competitors will use KPnP electronic hogus and headgear. KPnP E-socks will be required for competition. There will be no E-socks for purchase at the event. Please go to Dynamics World at this link: [Dynamics World](#) or MyKick.com and use this link [E-Foot Protectors – KPnP](#) to purchase these before the tournament. Please allow sufficient time for shipping.

### **Match Times:**

All color belt matches will be three sixty (60) second rounds. Black belt matches will be three ninety (90) second rounds. The format will be the Best of Three.

### **Penalties:**

Refer to the AAU Handbook for the penalties and for those that can be challenged by a coach. IVR (Video Review) will be used and the coach will receive one challenge card.

### **Coaches Holds:**

Only gold medal matches will be held for coaches if they are not in the chair when the match is to begin.



# Southeastern AAU Taekwondo District Championship & National Qualifier March 15, 2025

## Point Sparring Competition Rules

Please read the full rules and policies as outlined in the **AAU Taekwondo Handbook**.

### **Divisions:**

Competition at this event shall be divided by Height and Gender. Depending upon the number of athletes, the tournament director may combine divisions by age and belt, where appropriate.

### **Match Times:**

All matches will be one round with two minutes running time or a 10-point gap, whichever occurs first. If the match runs the full two minutes, the competitor ahead on score will be declared the winner. If a match is tied at the end of the two minutes, a Golden Round will determine the match. A competitor must win the Golden Round by a two (2) point net change in the score. Coaches may request one 10 second timeout when action is paused.

### **Points:**

One point will be awarded for any valid hand technique executed to the legal body or head area.

One point will be awarded for any valid foot technique executed to the legal body area.

Two points will be awarded for any valid foot technique executed to the legal head area.

Three points will be awarded for any valid spinning/turning foot technique executed to the legal head area.

All head contact must be made with light contact and body contact is light to moderate.

### **Penalties:**

Refer to the AAU Handbook for the complete list of penalties. IVR (Video Review) will be used and the coach will receive one challenge card.

Coaches may only challenge the following:

- Head kick that is not scored for their contestant
- Misidentified kick (score for the body that should have been head – IVR only)
- Head kick score given to the wrong contestant (IVR only)
- An incorrect recording of points or penalty

### **Coaches Holds:**

Only gold medal matches will be held for coaches if they are not in the chair when the match is to begin.



# **Southeastern AAU Taekwondo District Championship & National Qualifier March 15, 2025 Para Taekwondo Competition**

Para Taekwondo Competition (formerly known as Special Needs Competition) is available for all events offered, except sparring. Traditional Forms competition will have modifications as listed below for the competition. All other events have no modifications, but all Para Athletes will compete in a Para Division.

For this competition, if there is no one in an athlete's division, the tournament director may combine divisions, where modifications are the same.

Modifications for Para Traditional Forms Competition :

Merit will be awarded on the basis of SPIRIT, focus, technique, power, rhythm, grace and beauty in that order of importance.

Judging will be a Scored method, with the lowest score 7.0 and the highest 10.0.

Para Traditional Forms Divisions:

Besides age, belt and weight, competition shall also be divided by categories.

- Level 1: Competitors perform basic skills such as blocking, striking, and kicking techniques with direction from an instructor.
- Level 2: Competitors perform patterns with assistance from instructor.
- Level 3: Competitors perform patterns on their own.



# Southeastern AAU Taekwondo District Championship & National Qualifier March 15, 2025 Board Breaking Guidelines

Breaking competition will be timed.

Board Breaking Rules- Boards must be purchased at the event site. They will be sold in packs of 10 boards for \$40 per pack.

All Board Holders must be an AAU member AND be either a registered athlete or coach for this event to hold boards for a competitor. A maximum of 2 board holders and 2 board feeders will be allowed. If cinder blocks are used, a maximum of two cinder blocks and 2 feeders will be allowed. Cinder blocks will be provided.

**Board Breaking: Repetitive Spin Hook** - Allowed technique is spinning hook kick

- Single break format; One board per strike
- 10 board competition
- Winner based on fastest time required to break 10 boards

**Board Breaking: Repetitive Side Kick** - Allowed technique is side kick

- Single break format; One board per strike
- 10 board competition
- Winner based on fastest time required to break 10 board

**Board Breaking: Repetitive Hand Technique**

- Single break format; One board per strike
- Allowed techniques are hammer fist, palm, knife or fist (punch)
- 10 board competition
- Winner based on fastest time required to break 10 boards

**BOARD SIZES:**

- 5 to 13-year-old athletes = AAMA Demo Small
- 14 and older athletes = AAMA Demo Medium

**Coaches must be prepared to hold boards for their athletes. Other athletes may be allowed to hold boards for athletes, but they must be registered for the tournament AND have their dobok on while holding. Blocks will be available for repetitive hand breaking. Coaches must have a coaches pass to be on the floor to hold boards. Please make sure you have enough coaches to hold for your athletes.**





# Southeastern AAU Taekwondo District Championship & National Qualifier March 15, 2025 Weapons Forms

## Weapons Forms Competition:

### Weapons Forms: Traditional

- Single Elimination Format
- No live blades will be allowed
- The weapon must be in contact with the body at all times
- Inverted aerial maneuvers are not allowed, rolls are allowed, cartwheels are not allowed
- 90 second time limit
- Judging criteria includes Technique, Power, Focus, Rhythm, Grace and Beauty
- Only one weapon may be used
- Competitor may not switch weapons during the competition

### Weapons Forms: Creative

- Single Elimination Format
- No live blades will be allowed
- Weapon releases are allowed in the creative division
- Inverted aerial maneuvers are allowed in the creative division
- 90 second time limit
- Judging criteria includes Creativity, Technique, Power, Focus, Rhythm, Grace and Beauty
- Only one weapon may be used
- Competitor may not switch weapons during the competition

## AAU Approved for Weapons Forms Competitions



Kamas



Sword – various kinds



Sai



Tonfa



Staff – various kinds



Nunchaku



knife – various kinds



Polearms  
various kinds



Eku - Oar



Cane



Fan



Escrima Stick



# Southeastern AAU Taekwondo District Championship & National Qualifier March 15, 2025

## Padded Weapons Sparring

### **Padded Weapons Sparring Competition:**

The Padded Weapons will be padded swords and provided by the Tournament.

The Tournament will also provide full headgear with face shield. Competitors may wear their own headgear with face shield if they prefer. Other equipment required includes mouthguard and groin cup for male competitors. Competitors may wear shin/instep pads, forearm pads, and/or a rib protector – all of which must be under the dobak.

Color Belt matches will be two 90 second rounds with a 30 second break. Black belt matches will be two 2-minute rounds with a 30 second break. The winner will be determined by the highest score or the first competitor to reach a 12-point gap. The first round is guaranteed, even if the gap is reached.

Three points will be awarded for a head strike.

Two points will be awarded for a strike to the trunk.

One point will be awarded for a strike to the limbs (arms below the shoulder to the wrist and legs below the hip to the ankle)

Penalties include dropping a weapon during the match; attacking an unarmed opponent; causing an injury serious enough that the opposing player can not continue the match; use of illegal techniques (striking the groin, striking the neck, sweeping, striking with the butt of the weapon, punching, kicking to the head, legs, torso or spine); running away to avoid the fight; and unsportsmanlike conduct.

### **Coaches Holds:**

Only gold medal matches will be held for coaches if they are not in the chair when the match is to begin.



# Southeastern AAU Taekwondo District Championship & National Qualifier March 15, 2025

## Tentative Staging Times

**Arrive and Check in 1 hour before Staging**

8:30 am Officials Meeting	8:00 am	Doors Open for Athlete Check – In (Priority line for Black Belts and Adult Color Belts competing in Traditional Forms)
8:30 am Coaches Meeting	9:00 am	Traditional Forms Staging – ITF, WT, MDK/TSD/SBD, OPEN All Black Belts and Adult Color Belts
ME+1 Division is not a qualifying division	9:30 am	Opening Ceremonies
	9:45 am	ME + 1 Ages 5 & Under – Go to Ring 2 – All Events Traditional Forms Staging – ITF, WT, MDK/TSD/SBD, OPEN Advanced Belts – Ages 5-17
	10:45 am	Traditional Forms Staging–Intermediate Belts – ITF, WT, MDK/TSD/SBD, OPEN - Ages 5-17 Para Taekwondo Report to Ring 2 – All Events
	11:45 am	Traditional Forms Staging–Novice Belts – Ages 5-17
	12:45 am	Olympic Sparring Staging – All Advanced Belts ages 5-9 and Intermediate Belts, ages 5 - 17
	1:30 pm	Olympic Sparring Staging – All Novice belts ages 5-17
	2:00 pm	Olympic Sparring Staging – All Black Belts and Advanced Belts ages 10 and up – KPnP Divisions
	3:00 pm	Point Sparring Staging – All Belts, All Ages Padded Weapons Sparring Staging – All Belts, All Ages
	4:00 pm	Board Breaking Staging - All Belts, All Ages Weapons Forms – All Belts, All Ages

**Actual staging times may vary slightly. Staging times are not the time the match will start, but when divisions are confirmed. Communication from the tournament director the week of the event will finalize the staging times.**



# Southeastern AAU Taekwondo District Championship & National Qualifier March 15, 2025

Smyrna High School  
100 Bulldog Drive  
Smyrna, TN 337167

## Directions to Venue



Smyrna High School is located southeast of Nashville, TN.

Located off Interstate 24, it is easily accessible from any direction. There will be plenty of visitor parking and seating available all day.

### **Directions:**

From Atlanta/Chattanooga/Southeast: Take I24W to Exit 70 north of Murfreesboro, TN. Take the ramp for TN-102 toward Smyrna and turn right onto Almaville Rd / TN-102. Go 2.2 miles and turn left onto Bulldog Drive.

From Knoxville/Lebanon/East: Take I40W to I840W towards Chattanooga/Memphis. At Exit 57, head right on the ramp toward Sulphur Springs Rd and turn right onto Sulphur Springs Rd. Go 1.8 miles and stay straight onto Florence Rd. Continue straight 0.1 miles onto George Franklin Rd. Proceed 0.6 miles and turn right onto US-70S/US-41N/TN-1/New Nashville Hwy. Proceed for 1.8 miles and take the ramp on the right and follow signs for I-24/TN-102. Merge onto TN-102. Turn right onto Bulldog Dr.

From Memphis/Arkansas: Take I40W to I840E towards Chattanooga/Knoxville. Take I24W towards Nashville to Exit 70 north of Murfreesboro, TN. Take the ramp for TN-102 toward Smyrna and turn right onto Almaville Rd / TN-102. Go 2.2 miles and turn left onto Bulldog Drive.

From St Louis/Louisville: Proceed to Nashville TN and take I24E out of Nashville to Exit 70 north of Murfreesboro, TN. Take the ramp for TN-102 toward Smyrna and turn right onto Almaville Rd / TN-102. Go 2.2 miles and turn left onto Bulldog Drive.



# Southeastern AAU Taekwondo District Championship & National Qualifier March 15, 2025

## Official Hotel

La Quinta Inn & Suites  
by Wyndham  
2537 Highwood Blvd.  
Smyrna, TN 37167  
Phone: 615-220-8845



Come to compete at the SEAAU Tournament and explore the lively Music City and enjoy the relaxing amenities and friendly service at La Quinta® by Wyndham Smyrna TN – Nashville. Conveniently located off I-24 and 16 miles from Nashville International Airport (BNA), our pet-friendly hotel is a quick drive from the heart of the Tennessee capital and attractions such as Ryman Auditorium, the Grand Ole Opry®, the National Museum of African American Music and the Country Music Hall of Fame & Museum.

Make yourself at home in one of the **Athlete** guestrooms featuring refrigerators and flat-screen televisions. Wake up with a free Bright Side Breakfast® of eggs, waffles, and more. Each of our non-smoking guest rooms features a flat-screen HDTV, mini-refrigerator, microwave, coffee maker, desk, ironing amenities, and hair dryer. Plus, take advantage of extras like free parking, laundry facilities, and the Bright Side Market.

To Reserve your Athlete room, click here: [Athlete Hotel Registration Link](#). You may also call direct to the hotel and request an **Athlete Room**. Reservations must be made by **2/28/2025**. After that date, the **La Quinta Smyrna**, will release any remaining rooms and the group rate of **\$144** will no longer be available.

Individual reservations have a 24-hour cancellation policy. Reservations must be canceled by 6pm the day prior to arrival or they are subject to a cancellation fee of one night's room and tax. Guest's who fail to cancel a reservation and do not check in will be charged a **No-Show** fee of one night's room and tax.