



**Southeastern AAU Taekwondo
District Championship & National Qualifier
Smyrna, Tennessee
Nashville Area
March 18, 2023**

On-line Registration

[Register Here](#)



COMPETITION EVENTS

Qualifying Events

Olympic Sparring

Point Sparring

**Bracketed Forms – Open Division only
with ITF, WT, and MDK/TSD allowed**

Non-Qualifying Events

Board Breaking

Traditional & Creative Weapons Forms

Me + 1 Ages 5 & Under

Para Taekwondo Competition



Registration deadline: Monday, March 13, 2023

Late Registration: Thursday, March 16, 2023

1 Event - \$95.00; 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 - \$45; Additional \$10

Contact

achievingssuccessma@gmail.com

to register directly with tournament director.

For more information contact Debra Hooper, Tournament Director

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 to obtain their membership



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Smyrna High School
100 Bulldog Drive
Smyrna, TN 337167

Ages 5 & Up Entry Fee:

\$95 for first event
\$105 for any 2 events
\$115 for any 3 events
\$125 for any 4 events
Team Forms - \$15/Team

Me + 1 Division Fee:

\$45 for any 1 event
\$55 for any 2 events
\$65 for any 3 events
\$75 for any 4 events

Registration Deadline:

March 13, 2023

Late Registration Closes:

March 16, 2023

Late Registration Fee \$20

Coaches Pass \$15

Coaches who have not completed the AAU Coaches Certification by the day of competition will not receive a coaches pass.

Instructors who bring 20 or more athletes receive 2 coach's passes free and a complimentary double occupancy hotel room for one night. Contact

achievingssuccessma@gmail.com by March 1, 2023 to notify tournament director if you expect to bring these numbers so arrangements can be made.

**This is a qualifying event for the
2023 AAU Nationals held in Ft Lauderdale, FL
on July 2nd - 8th
AND
2023 Junior Olympics, Des Moines, IA**

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](#).

Color restrictions for Olympic Sparring equipment and uniforms for all competition will be waived for this tournament only. National competitions will require adherence to all equipment and uniform restrictions outlined in the AAU Taekwondo Handbook.

Competitors in Weapons Forms and Board Breaking must follow rules outlined in the following pages.

No Athletes, Coaches or Officials will be allowed to participate in this event without a current 2023 AAU Membership.



Southeastern AAU Taekwondo District Championship & National Qualifier March 18, 2023 Important Information For Coaches and Competitors

Both Athletes and Coaches MUST be current 2023 AAU members

AAU Membership:

Youth & Adult Athlete Membership: All competitors, youth and adult, must have a current 2023 AAU Membership. Youth membership is \$14.00 and Adult membership is \$24. Both Athlete memberships are available immediately.

Youth & Adult Non-Athlete Membership: All coaches and officials must have a current 2023 AAU Membership. Adult membership is \$16. Additionally, as part of AAU's commitment to youth safety, all adults who request membership will have a background check. Please allow for at least 10 working days for the membership to be completed.

Go to www.aautaekwondo.org to join.

Coaches Certification:

The AAU Taekwondo Online Coaches Certification is required annually in order to coach at any sanctioned 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, 2022.

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 the qualifying events in order to coach for them. Make sure you take the appropriate test. Anyone who will be 14 any time during 2023 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 2023 Certification card at check-in.

All athletes and coaches must register on-line for the tournament prior to the LATE registration deadline of March 16, 2023. Anyone not registered by this deadline will be unable to compete or coach in the tournament.



Southeastern AAU Taekwondo District Championship & National Qualifier March 18, 2023 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 (in), and Gender. Depending upon the number of athletes, the tournament director may combine divisions by age and belt, where appropriate. When height is used to divide competitors within a division, a divisional grand champion round will be run between the shorter and taller division winners in each division. National's qualification will be determined based on the finishes in the initial tall and short divisions.

Match Times:

There will be one round per preliminary match. All preliminary matches will be 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.

All Divisional Grand Championship matches will be one (1) two-minute round but a competitor must win by two points.

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 foot technique executed to the legal head area.

All contact must be made with light contact.



Southeastern AAU Taekwondo District Championship & National Qualifier March 18, 2023 Para Taekwondo Competition

Para Taekwondo Competition (formerly known as Special Needs Competition) has three types of competition, Forms/Patterns, Point Sparring and Olympic Sparring (new). Each competition follows the rules for Forms/Patterns, Point Sparring and Olympic Sparring, respectively, with the specific modifications. Please refer to the 2023 AAU Taekwondo Handbook for these rules.

For this competition, if there is no one in an athlete's division, the tournament director may combine divisions, where modifications are the same. Also, in sparring competition, if there is no one in their division, the tournament director may allow for a coach to provide competition for the athlete in the sparring division.

Board Breaking and Weapons Forms will have no modifications to existing rules. Para Taekwondo Competitors will compete in divisions determined by age and belt rank.



Southeastern AAU Taekwondo District Championship & National Qualifier March 18, 2023 Board Breaking Guidelines Non-Qualifying Event

Breaking will be bracketed and timed.

Board Breaking Rules- Boards must be purchased from our National Sponsor AAMA by visiting website www.aamasupply.com. There will be also be boards available at the event site. They will be sold in packs of 10 boards.

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

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

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

Board Breaking: Repetitive Hand Technique

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

BOARD SIZES:

All athletes will use AAMA Demo Size Medium boards.

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.



**Southeastern AAU Taekwondo
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Weapons Forms
Non-Qualifying Event**

Weapons Forms Competition:

Weapons Forms: Traditional

- Brazilian Repechage Format
- No live blades will be allowed
- Minimum one hand must remain in contact with the weapon 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

Weapons Forms: Creative

- Brazilian Repechage Format
- No live blades will be allowed
- Weapon releases are allowed in creative division
- Inverted aerial maneuvers are allowed in creative division
- 90 second time limit
- Judging criteria includes Creativity, Technique, Power, Focus, Rhythm, Grace and Beauty



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Tentative Staging Times Arrive and Check in 1 hour before Staging

8:00 am Officials Meeting	8:00 am	Doors Open for Athlete Check – In
8:30 am Olympic Coaches Meeting	9:00 am	Olympic Sparring Staging – Advanced and Black Belts (all ages) All Adult Color Belts ME + 1 Ages 5 & Under – Go to Ring 2
11:00 am Para Taekwondo Coaches Meeting	9:30 am	Opening Ceremonies
	10:30 am	Olympic Sparring Staging – Novice and Intermediate Belts Ages 5-17
3:00 pm Point Sparring Coaches Meeting	12:00 pm	Para Taekwondo Staging – Forms, Point Sparring & Olympic Sparring
	1:00 pm	Forms Staging – All Black Belts & Advanced Belts
	2:00 pm	Forms Staging – All Intermediate and Novice Belts
	3:00 pm	Board Breaking Staging - All Belts Weapons Forms – All Belts
	4:00 pm	Point Sparring Staging – 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.



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**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.



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Wingate by Wyndham Murfreesboro

118 Westgate Blvd,
Murfreesboro, TN 37128

The tournament hotel is the Wingate by Wyndham. There is a group rate of \$130.00 plus tax for the nights of March 17 and 18 under the Group Name: SEAAU Athletes. Free high-speed WiFi, free breakfast, mini-refrigerator, microwave, in-room temperature control, shower, coffee/tea maker, hair dryer, HDTV, bathroom amenities, alarm clock, desk with lamp, iron, ironing board. There is free parking and the hotel is pet friendly.

The hotel is located 30 miles south of Nashville, TN, Music City USA. There are great places to eat and great entertainment, both in Murfreesboro and in Nashville.