



AAU Taekwondo New Jersey Sport Poomsae Qualifier & Hanmadang

(Forms, Breaking, & Weapons)

Saturday, March 4th, 2023

Held at Saddle Brook High School
355 Mayhill St., Saddle Brook, NJ 07663

TOURNAMENT INFO: Andrew Trento, Tournament Director- (201) 315-4426/
tmafcfino@gmail.com *Tournament is hosted by Trento's Martial Arts and Fitness Center & Licensed by Amateur Athletic Union.*

COMPETITION AGE: All athletes will compete at their age as of **December 31, 2023.**

AAU MEMBERSHIP: This event is licensed by the Amateur Athletic Union of the U.S., Inc. All participants must have a current AAU membership. AAU membership will 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. For more membership info visit www.aautaekwondo.org.

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.

REGISTRATION & ENTRY FEES: Register online at
www.TOURNEYREG.net

**Athletes: (Before Feb 25th) One event - \$100.00, \$20 each additional event.
(Feb 25th to March 1st) One event- \$125, \$30 each additional event**

****Participants are either signing up for Sports Poomsae OR Hanmadang competition ONLY.
Athletes will NOT be able to compete in both.****

All Coach's Pass: \$40.00

**Spectator Admission: \$10 (PAID AT DOOR) Children ages 4 & under are free
There will be no refunds issued for any reason**

*****No smoking, food or drinks are permitted inside the facility*****



DIRECTIONS to EVENT

Held at: Saddle Brook High School, 355 Mayhill St., Saddle Brook, NJ 07663

Route 17 North to Essex Street, Lodi, exit. Make a left onto Essex Street. Go through 2 traffic lights. At Saddle Brook Diner make a right onto Saddle River Road. Follow Saddle River Road until you come to Mayhill Street (round island with a VFW monument). Turn left. There will be 3 houses, then Middle/High School on right.

Route 17 South to Essex Street, Lodi, exit. Turn right onto Essex Street. Go through 2 traffic lights. At Saddle Brook Diner make a right onto Saddle River Road. Follow Saddle River Road until you come to Mayhill Street (round island with a VFW monument). Turn left. There will be 3 houses, then Middle/High School on right.

Route 80 East to Exit 62B – Saddle River Road. Follow Saddle River Road until you come to Mayhill Street (round island with a VFW monument). Turn left. There will be 3 houses, then Middle/High School on right.

Route 80 West to Exit 62. Make first right (Saddle Brook). At stop sign turn right onto Pehle Avenue heading east. Go 4 blocks to Saddle River Road. Turn right. Go 1 block to Mayhill Street. Turn right. There will be 3 houses, then Middle/High School on right.

GSP North to Exit 159. After toll bear right. At light make a right onto Pehle Avenue. Follow Pehle Avenue until you come to a traffic light. Turn right onto Saddle River Road. Go 1 block and turn right onto Mayhill Street. There will be 3 houses, then Middle/High School on right.

GSP South to Exit 159. Bear right to Saddle Brook (Midland Avenue). Follow jug handle to make a turn onto New Pehle Avenue. Turn left at Marriot and follow Pehle Avenue to Saddle River Road. Turn right. Go 1 block and turn right onto Mayhill Street. There will be 3 houses, then Middle/High School on right.

Route 46 East – Turn left onto Fifth Street. At first traffic light turn onto Market Street. Go to first traffic light and turn left onto Mayhill Street. Follow Mayhill until you come to Middle/High School on left.

Route 46 West – Turn right onto Fifth Street. At first traffic light turn onto Market Street. Go to first traffic light and left onto Mayhill Street. Follow Mayhill until you come to Middle/High School on left.

Route 208 South – at end of 208 take exit for Saddle River Road/Saddle Brook. Go through 2 traffic lights. One block after second light make a right onto Mayhill Street. There will be 3 houses, then Middle/High School on right.

Route 4 East – Turn right onto Saddle River Road. Go through 2 traffic lights. One block after second light make a right onto Mayhill Street. There will be 3 houses, then Middle/High School on right.

Route 4 West – Take Paramus Road exit (Saddle Brook/Rochelle Park). Go over Route 4 and make first right. Go to traffic light and make a left turn onto Saddle River Road. Continue past one traffic light and make the first right onto Mayhill Street. There will be 3 houses, then Middle/High School on right.

TOURNAMENT HOTELS:

Crowne Plaza Hotel
50 Kenny Pl
Saddle Brook, NJ 07663
(201)-880-8250

Marriott Saddle Brook
138 New Pehle Ave
Saddle Brook, NJ 07663
(201)-843-9500



2023 NEW JERSEY



Sport Poomsae Qualifier & Hanmadang

Saturday, March 4th, 2023

Held at Saddle Brook High School, Mario J Alia Gymnasium, Saddle Brook, NJ

Dear Masters, Instructors and School Owners,

I am pleased to invite you and your students to the first ever 2023 New Jersey Sport Poomsae Qualifier and Hanmadang Championship. With Sports Poomsae now as a qualifying event for this year's nationals, New Jersey will be offering this separate event to qualify any athletes in our district and neighboring districts within our region to qualify for the 2023 Nationals being held this year in Fort Lauderdale, Florida! The Sport Poomsae Divisions will run according to the Sport Poomsae rules and regulations as listed in our current handbook. The top 8 athletes in each division will qualify for Nationals. We'll be running ten competition rings and offering beautiful custom medals for the top 4 athletes in each division. Our event offers your students a chance to test their skills while gaining valuable experience.

We're also excited to host the district's first ever Hanmadang with **nine forms events**: Traditional Forms (WT, ITF, TSD/MDK, and Open), Creative Forms, Musical Forms, Weapons Forms, Musical Weapons Forms, and Team Forms! We will also have para divisions (formerly special needs) for all forms divisions! There will also be **five board breaking events**! Competition details can be found in the following pages of this packet. You may also visit www.aautaekwondo.org for a complete listing of our current competition rules and regulations.

We are excited to host this special event so our athletes have the opportunity to qualify for sport poomsae for nationals and showcase the Hanmadang experience! Athletes are required to register and compete at their highest rank achieved. **Remember, due to time and space constraints, participants are either signing up for Sports Poomsae OR Hanmadang competition ONLY. Athletes will NOT be able to compete in both**

Registration is open at www.tourneyreg.net. Please feel free to contact us directly if you have any questions at either (201)-315-4426, (201)-203-0773, or tmafcinfo@gmail.com.

Thank you, and I look forward to seeing you and your students at our event.

Sincerely,

Master Andrew Trento



NEW JERSEY AAU TAEKWONDO

Sport Poomsae Qualifier & Hamndadang

LOCATION: Saddle Brook High School – 355 Mayhill St., Saddle Brook, NJ 07663

DATES: Saturday, March 4, 2023 Competition Saddle Brook High School

AGE DETERMINING DATE: Athletes will compete at their age as of **December 31, 2023**.

AGE DIVISIONS: The following divisions listed below will be offered for the 2023 event:

ENTRY FEE: Visa, MasterCard, Discover and American Express are accepted. Entry fees are non-refundable. To register, visit www.tourneyreq.net.

	Early Registration Until Feb 25	General Registration Until March 1
One (1) Individual Event	\$100	\$125
Each Additional Event	\$20	\$30
Team Forms - per three (3) member black belt team	\$165 per team	\$190 per team

Participants are either signing up for Sports Poomsae OR Hanmadang competition ONLY. Athletes will NOT be able to compete in both!

SPORT POOMSAE DIVISIONS:

Sport Poomsae **Color Belt** Individual Recognized:

AGE	GENDER	BELT DIVISIONS
7 and Below	MALE & FEMALE	INTERMEDIATE & ADVANCE
8-9	MALE & FEMALE	INTERMEDIATE & ADVANCE
10-11	MALE & FEMALE	INTERMEDIATE & ADVANCE
12-14	MALE & FEMALE	INTERMEDIATE & ADVANCE
15-17	MALE & FEMALE	INTERMEDIATE & ADVANCE
18-30	MALE & FEMALE	INTERMEDIATE & ADVANCE
31-40	MALE & FEMALE	INTERMEDIATE & ADVANCE
41-50	MALE & FEMALE	INTERMEDIATE & ADVANCE
51 & Up	MALE & FEMALE	INTERMEDIATE & ADVANCE

Sport Poomsae **Black Belt** Individual Recognized

AGE	GENDER	BELT DIVISIONS
9 and Below	MALE & FEMALE	BLACK BELTS
10-11	MALE & FEMALE	BLACK BELTS
12-14	MALE & FEMALE	BLACK BELTS
15-17	MALE & FEMALE	BLACK BELTS
18-30	MALE & FEMALE	BLACK BELTS
31-40	MALE & FEMALE	BLACK BELTS
41-50	MALE & FEMALE	BLACK BELTS
61-65	MALE & FEMALE	BLACK BELTS
66 yrs & Up	MALE & FEMALE	BLACK BELTS

AGE	GENDER	BELT DIVISIONS	EVENTS
8-11	MALE & FEMALE	BLACK BELTS	PAIRED (1 Male, 1 Female) TEAM (3 Male OR 3 Female)
12-14	MALE & FEMALE	BLACK BELTS	
15-17	MALE & FEMALE	BLACK BELTS	
18-30	MALE & FEMALE	BLACK BELTS	
31-Up	MALE & FEMALE	BLACK BELTS	

Rules and Regulations for Sports Poomsae can be found at www.aautaekwondo.org at:

<https://image.aausports.org/dnn/tw/2023/SportPoomsae/22AAUTKDRulesRegulations.pdf>

HANMADANG EVENTS AND DIVISIONS:

Individual Traditional Forms: (ITF, WTF, TSD & Open will all be separate divisions)

WT Sport Poomsae Standards are NOT utilized for scoring for these events.

AGE	GENDER	BELT DIVISIONS
6-7	MALE & FEMALE	NOV, INT & ADV
8-9	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
10-11	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
12-13	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
14-15	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
16-17	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
18-32	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
32-45	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
45-Up	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
N/A	MALE & FEMALE	PARA DIVISION

Individual Non-Traditional Forms & Self Defense & Weapons

AGE	GENDER	BELT DIVISIONS	EVENTS
6-7	MALE & FEMALE	NOV, INT & ADV	CREATIVE FORMS CREATIVE MUSICAL FORMS WEAPONS FORMS MUSICAL WEAPONS FORMS SELF DEFENSE PADDED WEAPONS
8-9	MALE & FEMALE	NOV, INT & ADV	
10-11	MALE & FEMALE	NOV, INT, ADV & BLACK	
12-13	MALE & FEMALE	NOV, INT, ADV & BLACK	
14-15	MALE & FEMALE	NOV, INT, ADV & BLACK	
16-17	MALE & FEMALE	NOV, INT, ADV & BLACK	
18-32	MALE & FEMALE	NOV, INT, ADV & BLACK	
32-45	MALE & FEMALE	NOV, INT, ADV & BLACK	
45-Up	MALE & FEMALE	SPECIAL NEEDS	
N/A	MALE & FEMALE	SPECIAL NEEDS	

Individual Breaking

AGE	GENDER	BELT DIVISIONS	BREAKING EVENTS
6-7	MALE & FEMALE	NOV, INT & ADV	POWER FOOT POWER HAND REPETITIVE SPIN HOOK (10 Board) REPETITIVE SIDE KICK (10 Board) REPETITIVE HAND (10 Board)
8-9	MALE & FEMALE	NOV, INT & ADV	
10-11	MALE & FEMALE	NOV, INT, ADV & BLACK	
12-13	MALE & FEMALE	NOV, INT, ADV & BLACK	
14-15	MALE & FEMALE	NOV, INT, ADV & BLACK	
16-17	MALE & FEMALE	NOV, INT, ADV & BLACK	
18-32	MALE & FEMALE	NOV, INT, ADV & BLACK	
32-45	MALE & FEMALE	NOV, INT, ADV & BLACK	
45-Up	MALE & FEMALE	NOV, INT, ADV & BLACK	
N/A	MALE & FEMALE	SPECIAL NEEDS	

Traditional Team Forms

AGE	GENDER	BELT DIVISIONS	TEAM EVENTS
6-17	MALE, FEMALE OR COMBINED	BLACK	TEAM FORMS
18-24	MALE, FEMALE OR COMBINED	BLACK	TEAM FORMS

**The tournament committee reserves the right to further divide or combine divisions depending on the number of competitors registered to compete in each.*

EVENT DESCRIPTIONS: FORMS & SELF DEFENSE

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

- Brazilian Repechage Format
- Potential to perform a pattern multiple times
- Recognized and approved forms are specified in the 2023 AAU Taekwondo Handbook
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power & Technique

Creative Forms

- Brazilian Repechage Format
- Creative division shall allow forms to include contemporary martial arts techniques
- These may be added to a traditional form, or the form may be devised in its entirety by the competitor
- A form in the Creative Forms Event must include the majority of techniques which originate from martial arts (gymnastic type motions allowed, but form must remain primarily martial arts based)
- Spinning kicks, jump spinning kicks, flying kicks, multiple kicks, splits are allowed
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, Technique & Creativity
- 90 second time limit

Creative Musical Forms

- Brazilian Repechage Format
- The Creative Musical Event utilizes the above criteria for Creative Forms and additionally will include music
- Each competitor must provide a music player of reasonable and non-intrusive size at ringside to play his or her music, and an attendant at the player who must be present at all times during the performance
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, Technique & Creativity
- 90 second time limit

Weapons Forms

- Brazilian Repechage Format
- Both Traditional and Creative weapons forms will be permitted
- No live blades will be allowed
- Weapons are subject to inspection by Chief Referee and may be prohibited if deemed unsafe
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, & Technique

Musical Weapons Forms

- Brazilian Repechage Format
- Both Traditional and Creative weapons forms will be permitted
- No live blades will be allowed
- Each competitor must provide a music player of reasonable and non-intrusive size at ringside to play his or her music, and an attendant at the player who must be present at all times during the performance
- Weapons are subject to inspection by Chief Referee and may be prohibited if deemed unsafe
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, Technique & Creativity
- 90 second time limit

Self Defense

- Single Elimination Format
- One defender vs. 1-4 attackers will be permitted
- Defense must be based on empty hand techniques
 - Attackers may attack with safety weapons (subject to inspection by Chief Referee)
- Judging criteria includes Realism, Effectiveness, Difficulty & Variety of Techniques Used

EVENT DESCRIPTIONS: BOARD BREAKING

Board Breaking Rules

Boards must be purchased at the host site. Each event will utilize ten boards or less. The only exception to this would be power breakers who decide to attempt more than 10 boards.

- AAU Small Boards = All athletes 5 to 13 years old
- AAU Medium Boards = All athletes 14 years and older

Repetitive Speed Spin Hook Breaking

- Single break format
- One (1) board per strike
- Allowed technique is SPINNING HOOK KICK
- 10 board competition
- Timed competition, fastest competitor to break 10
 1. Fastest competitor to break 10 wins gold
 2. 2nd fastest competitor to break 10 wins silver
 3. 3rd fastest competitor to break 10 wins bronze
 4. 4th fastest competitor to break 10 wins bronze

Repetitive Speed Side Kick Breaking

- Single break format
- One (1) board per strike
- Allowed technique is SIDE KICK
- 10 board competition
- Timed competition, fastest competitor to break 10
 1. Fastest competitor to break 10 wins gold
 2. 2nd fastest competitor to break 10 wins silver
 3. 3rd fastest competitor to break 10 wins bronze
 4. 4th fastest competitor to break 10 wins bronze

Repetitive Speed Hand Breaking (human hold)

- Single break format
- One (1) board per strike
- Allowed technique includes HAMMER, KNIFE, RIDGE, PALM or FIST/PUNCH
- 10 board competition
- Boards held by person
- Timed competition, fastest competitor to break 10
 1. Fastest competitor to break 10 wins gold
 2. 2nd fastest competitor to break 10 wins silver
 3. 3rd fastest competitor to break 10 wins bronze
 4. 4th fastest competitor to break 10 wins bronze

Power Hand Breaking

- Single break format
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- One (1) Station per competitor
- Acceptable techniques include: Fist, hammer fist, palm heel, knife hand, ridge hand
- Spacers MUST be used
- One (1) attempt allowed
- Board holders/volunteers must be current AAU members
- Judging criteria is based on the number of boards broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
 - Tie Example "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner.

Power Foot Breaking

- Single break format
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- One (1) Station per competitor
- Acceptable techniques include any kicking technique executed using a part of the foot below the ankle
- Spacers MUST be used
- One (1) attempt allowed
- Board holders/volunteers must be current AAU members
- Judging criteria is based on the number of boards broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
 - Tie Example "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner.

EVENT DESCRIPTIONS: TEAM EVENTS

Team Forms: 3 Member Black Belt Teams

- Brazilian Repechage Format
- Recognized and approved forms are specified in the 2023 AAU Taekwondo Handbook
- Forms may not be modified
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, Technique & how well team performs as a unit
- All team members are required to be registered individual athletes in the AAU Junior Olympic Games to be eligible to participate

EVENT DESCRIPTIONS: PADDED WEAPONS SPARRING

Padded Weapons Sparring

- Protective equipment will be the same as point sparring rules with the elimination of articles I.A.2. & A.3 please refer to page 13 of the rule book. Face shields will be required.
- Weapons that are approved for use:
 - Padded Sword (long/short)
 - Padded cane
 - Padded staff

Competitors must provide their own equipment. Padded Weapons must pass a referee's weapon inspection.

Matches:

1. All color belt matches will consist of 2 -90 sec rounds, with a 30 second break between rounds or the first to score 10 points
2. Black Belt matches will consist of 2 – two (2) minute rounds with a 30 second break between round or the first to score 15 points
3. In both cases the winner will be the contestant scoring the most points during the match.
4. In the event of a tie, a round of sudden death will occur; the first contestant scoring a point will win the match.

Point Scoring:

- 3 points will be awarded for a head strike (not to include the neck),
- 2 points for a strike to the body between the collar bone and hip
- 1 point for a strike the limbs (limbs are defined as to include the arms below the shoulder to the wrist and the legs below the hip to the ankle)

Points will be call and awarded in the same manner as point sparring. Please refer to Article VI. Awarding Points page 18 in the rule book.

Warnings/Penalties/Disqualification:

1. Penalties will be worth 1 point to be awarded to the competitor against whom the violation was committed.
2. An accumulation of 4 penalties that caused a deduction of points will result in an automatic disqualification.
3. Penalty violations include:
 - a) Attacking an unarmed opponent
 - b) Attacking after Kal-yeo (break) has been called
 - c) Causing an injury serious enough that opposing competitor cannot continue the match. (may be DQ as well)
 - d) Illegal techniques: striking the groin, striking the neck, sweeping, striking with the butt of the weapon, punching, kicking to head, legs, torso or spine.
 - e) Unsportsmanlike conduct: profanity, disobeying a referee, disrupting the competition either by coaches or support groups.
 - f) Running away to intentionally avoid the fight.

*Penalties points will be called and awarded in the same manner as point sparring. **ALL OTHER MATCH PROCEDURES METHODS WILL FOLLOW POINT SPARRING RULES.***

SPECIAL NOTES:

For AAU Taekwondo Competitions: Intermediate Divisions consist of Green, Purple and Blue. Advanced Divisions consist of both Red and Brown Belts. Black Belt Divisions are meant to include Junior Black as well. If your school or club uses any other belt ranking order or system, your athlete should conform to the above–mentioned criteria. **Also, Poom Belts (half red and half black) should be worn by JUNIOR Black Belts age 15 and younger ONLY!**

Any Junior Black Belt under the age of 8 who wishes to compete is more than welcome to do so, but he/she must compete in the 8–9 Age Division.

All athletes must provide their own holders for board breaking competition, no more than four holders for one competitor. Spacers MUST be used for all power breaking events.