



# Southeastern AAU Tae Kwon Do District Qualifier

Saturday - March 27<sup>th</sup>, 2010 - Nashville, Tennessee

Have you registered yet?

[www.seaautkd.org](http://www.seaautkd.org)

## Forms:

We will be running “bracketed competition” for forms.

Two competitors will go at the same time and one will advance to the next round (the same as sparring)

It has been determined “bracketed forms” **WILL** be used at Nationals this year

and I want to make sure our competitors have a chance to experience it before then!

## Sparring:

Because this is a single day competition, competitors must choose only one type of sparring.

### == Olympic Sparring ==

Make sure you have a hogu (chest protector) that fits and covers around to the back

Headgear must be white OR red (if red player) blue (if blue player)

Mouthpiece can be any color

White forearm guards (cloth or vinyl) – nothing covering hands

White shin/instep pads (cloth or vinyl) – no tape on the equipment is allowed

Groin protection must be worn inside the pants

**1 point for body scores (front and back above the belt)**

**2 points for kicks to the head (face, side, front, and back)**

**Junior Rules (black belts under the age of 14 AND color belts under the age of 18)**

**2 points for light contact kicks to the head (face, side, front, and back)**

### == Point Sparring ==

**Our tournament will accept any color gear... but for Nationals you must have:**

Headgear only red or white is allowed

Gloves (foam dipped or vinyl) must be red

Boots (foam dipped or vinyl) must be red AND cover the toes entirely

Mouthpiece can be any color

Groin protection must be worn inside the pants

Forearm guards are optional

Shin pads are optional

Rib protector worn under the uniform (foam dipped or vinyl) is optional

(this is NOT a hogu/chest protector)

**1 point for body scores (front ONLY above the belt)**

**1 point for punch, ridgehand, or backfist to the head gear (not the face)**

**2 points for kicks to the head gear (not the face)**

## In General:

**ALL participants must be 2009/2010 AAU members (coaches, officials, and athletes)**

(sign up online at [www.aausports.org](http://www.aausports.org) if you are not already a member)

To be eligible to coach, you must have completed the entire online clinic 2009/2010

(online coaches' clinic at [www.aautaekwondo.org](http://www.aautaekwondo.org))

**Athletes need to wear all white uniforms (cross over or v-neck either is fine)**

Athletes need to make sure that their finger nails and toe nails are trimmed

**For competition, athletes are grouped by the age they will be on August 31<sup>st</sup>, 2010**

Placing in the top 8 qualifies the competitor to compete in the Nationals in July

**There is a \$5 spectators' fee paid at the door ... children under 5 free**