

# 24<sup>th</sup> Annual GREAT LAKES CUP Invitational Taekwondo Championship

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D. Steve Shinn, Director

- DATE:** **Saturday, March 23, 2019**  
9:00 a.m. – Noon Pre-registrant check-in  
9:30 am. Judges & Referee Meeting  
10:00 am. Breaking (B)  
10:15 am. Team Poomsae (TP)  
11:00 pm Individual Poomsae (IP)  
12:00 pm Hanmadang Breaking (SS & JH)  
1:00 pm Sparring (S)
- LOCATION:** **Chippewa Middle School**  
4000 Okemos Rd. Okemos, MI 48864
- FEE:** \$80 for 1 or 2 events, \$90 for 3 events, \$100 for 4 events  
For pre-registration (postmark 3/13/19), check/money order payable to Shinn's Taekwondo  
Register on-line @ SHINNSTKD.COM by 3/16/19. \$10 extra after 3/16/19 until 3/19/19.  
Spectator fee: \$10 for adults, \$5 for 6-12 years, Free for 5 & under.
- COMPETITION** **Forms** (IP)– any Taekwondo or Tangsoodo form allowed. Double Elimination for 12 & up.  
Single elimination for everyone else. Team Poomsae(TP) will use score cards.
- RULES:** **Sparring(S)** – modified WTF/USAT competition rules. No head kick for 11 yrs & under  
color belts(Follows USAT Junior Safety Rule) **Daedo TrueScore System for BB, Advanced & Intermediates.**  
3 point head kick. 2 point body kick. 1 point body punch. Turning Kick adds 2pts.  
Two (2) one minute rounds with 30 seconds rest for everyone.  
Black Belts (ages 15-17 and 18-32) – (3) one minute rounds with 30 seconds rest.  
Double elimination(true 2<sup>nd</sup> place) for 12-32 BB at semifinals.
- Mandatory Sparring Equipment**  
Chest protector, head gear, mouth guard, Athletic cup for males, shin/instep guard, forearm guard, WTF gloves (for BB)  
*Additional soft foam protection allowed for hands for 9 & under color belts*
- DIVISIONS:** **Age Divisions**  
5 & under, 6-7, 8-9, 10-11, 12-14, 15-17, 18-32, 33-40, 41 & over
- Rank Divisions**  
Novice (7<sup>th</sup> gup – 9<sup>th</sup> gup) – White, Yellow, Orange & Green Belts  
Intermediate (4<sup>th</sup> gup – 6<sup>th</sup> gup) Green & Blue Belts  
Advanced (1<sup>st</sup> gup – 3<sup>rd</sup> gup) Brown & Red Belts  
Black Belts
- Male/Female Divisions** – male/female may be combined in some forms divisions and  
7 years and younger sparring divisions

*Division may be combined or further divided to minimize mismatches or provide opportunities for competition*

**GRAND CHAMPIONS:** All belts participating in two or more events and winning two or more first places will be eligible to win a 5-foot trophy.