

# GREAT LAKES CUP

## Invitational Taekwondo Championship

WWW.SHINNSTKD.COM

Shinn's Taekwondo Academy 2189 W. Grand River Ave., Suite 2, Okemos, MI 48864 (517) 347-9062

D. Steve Shinn, Director

- DATE:** **Saturday, March 11<sup>th</sup>, 2017**  
9:00 a.m. – Noon Pre-registrant check-in.  
9:30 a.m. Tiger Tots/Little Ninja  
10:00 am. Judges & Referee Meeting  
10:15 am. Breaking  
11:00 pm Forms (Poomsae)  
12:30 pm Sparring
- LOCATION:** **Chippewa Middle School**  
4000 Okemos Rd. Okemos, MI 48864
- FEE:** \$70 for 1 or 2 events, \$80 for 3 events  
For pre-registration (postmark 3/2/17), check/money order payable to Shinn's Taekwondo  
Register on-line @ SHINNSTKD.COM. by 3/2/17. \$15 extra after 3/2/17 until 3/7/17  
Spectator fee: \$10 for adults, \$5 for 6-12 years, Free for 5 & under.
- COMPETITION RULES:** **Forms** – any Taekwondo or Tang soo do form allowed. Single elimination bracketed format.  
**Sparring** – modified WTF/USAT competition rules. No head kick for 11 yrs & under color belts(Follows USAT Junior Safety Rule) **Daedo TrueScore System for BB and Advanced**  
3 point head kick. 2 point body kick. 1 point body punch.  
Two (2) one minute rounds with 30 seconds rest for everyone.  
Black Belt s (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 guards              forearm guard  
WTF gloves (for BB)      *Additional soft foam protection allowed for hands.*
- 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
- Weight Divisions** – Light, Middle and Heavyweights for sparring.
- 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 win a 5-foot trophy. In case of tie, Tournament Director will break the tie.