

Hosted by:
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Pennsylvania State Taekwondo Championship



For More Information
Please visit www.PATKD.org
or send E-mail to
info@PATKD.org

Sunday, March 07, 2010

Newtown Athletic Club
209 Penns Trail
Newtown, PA 18940

Pre-Registration Price **Onsite Price**
(Must register on-line by March 02, 2010)

Online Registration is only available at

<http://www.usa-taekwondo.us/> or <http://www.usat.hangastar.com/>

1-2 events	\$65	\$85
3 events	\$70	\$90
4 events	\$75	\$95
Coach Registration	\$10	\$20

Late Registration/At Door Registration - \$20.00 Fee (Shown in onsite price)

All Athletes, Coaches & Referees are required to hold a current USAT 2010 Membership. Proof of US Citizenship is only valid with US Birth Certificate or US Passport - Social Security Cards are not valid proof of citizenship— See Appendix C.

Late registration and USAT membership will be available at the door with required proof of citizenship (World Class Divisions), proof of residency and proof of medical insurance. On-line registration is highly recommended to avoid delays. Pending USAT memberships will be required to join at the door and make payment and will be refunded by USAT.

Schedule of Events

	Time
Weigh-in Night Before	6:00 pm-8:00 pm
Weigh-in & Registration (Day of tournament)	8:00 am-9:45 am
Weapons	10:00 am
Forms & Breaking	Immediately following Weapons
Lunch (refreshments can be purchased onsite)	Approx. 12:00 pm
World Class / Sparring	Approx. 12:45 pm

Athletes must compete in age category according to age he/she will be as of December 31, 2010. Reference the 2010 State Championship Divisions Charts for all events (World Class Sparring, Grass Roots Sparring, Forms, Breaking & Weapons) provided and follow:

Using the State Championships to Qualify for a National Competition:

Athletes placing in his/her respective category at the State Championships will qualify for the Junior Olympics and/or U.S. National Championships.

Advancements to Junior Olympics and Nationals

- Sparring
 - Color Belts – Top 4 will advance
 - Black Belts (6 to 13 years old) – Top 4 will advance
 - Black Belts (14 to 17 & 19 to 32 years old) – 1st place advances if less than 400 competitors, 1st & 2nd will advance if between 400 & 600 competitors and; top 4 advance if over 600 competitors
- Poomsae (Forms)
 - Color Belts & Black Belts (6 to 9 years old) – All competitors will advance
 - Black Belts (10 to 13 years old) – All competitors will advance
 - Black Belts (14 and older) – 1st-3rd will advance
- Non-Qualifying Events for World Class Division for Nationals & Junior Olympics
 - Board Breaking Creative Form Weapons

Athletes who DO NOT qualify; these individuals must attend a USAT National Qualifier to qualify for the World Class Division or may compete in the Grassroots Divisions during the Junior Olympics and U.S. National Championships. If an athlete qualifies at both a State Championship and National Qualifier in the same belt and weight category, the athlete will automatically receive the National Qualifier seed.

World Class Sparring

- Competitors will be paired-up by rank, age, weight and gender according to USAT division & weight categories listed in Attachment A.
- Scoring (Electronic) – USAT/WTF modified rules are in effect.
- Junior Safety Rules are in effect.
 - No Head Contact for color belts ages 11 and under
 - Light Head Contact with Absolute Control is allowed for Black Belts ages 13 and under as well as all belts ages 12 through 17

Grass Roots Sparring

The following divisions are non-qualifying divisions for World Class, but may compete at State Championships:

- All white belts and colored belts of all ages • Black belts ages 6-7 • Black belts 33 & older.

These divisions are Grassroots Divisions at the Junior Olympics and U.S. National Championship only, and qualification is not required. The State Championship is a highly-encouraged elective competition for these divisions.

MANDATORY Sparring Gear:

Helmet, Shin Instep pad, Forearm pad, Chest protector, Groin Cup (for male competitors) and Mouthpiece are required. WTF/USAT approved Taekwondo gloves are mandatory for 14-17 year old Black Belts and Senior Black Belts.

**For the 2010 State Championship Divisions Chart
for World Class Sparring and Grass Roots – See Appendix A and B**

Poomsae (Forms)

- All Poomsae competitors must do the form appropriate for their current rank
- The official Poomsae for all USAT-sanctioned Poomsae competition are the ones officially recognized by the Kukkiwon/WTF and required by the USAT as stated below.

If an athlete does not place at a State Championship or USAT National Qualifier, he/she may still compete in an unseeded position at the Junior Olympics and/or U.S. National Championships. If an athlete qualifies at both a State Championship and National Qualifier in the same belt and weight category, the athlete will automatically receive the National Qualifier seed. The following divisions are non-qualifying division for World Class, but may compete at the State Championships: • All white belts and colored belts of all ages • Black belts ages 6-7 • Black belts 33 & older.

These divisions are Grassroots Divisions at the Junior Olympics and U.S. National Championship only, and qualification is not required. The State Championship is a highly-encouraged elective competition for these divisions.

WTF-Sanctioned Forms by Rank

Black Belt	
10 th Dan	None
9 th Dan	Ilyo
8 th Dan	Hansu
7 th Dan	Chonkwon
6 th Dan	Jitae
5 th Dan	Sipjin
4 th Dan	Pyungwon
3 rd Dan	Taebaek
2 nd Dan	Keumgang
1 st Dan	Koryo

Non Black Belts		
White Belt	10 th Gup	Basic Form 1
	9 th Gup	Basic Form 2
Yellow Belt	8 th Gup	Taegeuk or Palgwae 1 Jang
	7 th Gup	Taegeuk or Palgwae 2 Jang
Green Belt	6 th Gup	Taegeuk or Palgwae 3 Jang
	5 th Gup	Taegeuk or Palgwae 4 Jang
Blue Belt	4 th Gup	Taegeuk or Palgwae 5 Jang
	3 rd Gup	Taegeuk or Palgwae 6 Jang
Red Belt	2 nd Gup	Taegeuk or Palgwae 7 Jang
	1 st Gup	Taegeuk or Palgwae 8 Jang

Forms will be judged on correct and orderly execution of each movement, degree of proficiency as it relates to beginning and ending at same spot, power, accuracy, concentration, balance and rhythm.

Competition Poomsae (required to compete in Poomsae TT)						
Min Age	Max Age	Belt	Gender	Division Name	Min Lbs.	Max Lbs.
14	18	Black 1st-9th Dan	F	Juniors	0	999
19	30			1st Seniors	0	999
31	40			2nd Seniors	0	999
41	50			1st Masters	0	999
51	999			2nd Masters	0	999
14	35			1st Female Team	0	999
36	999			2nd Female Team	0	999
14	35			Co-ed	1st Pairs	0
36	999		2nd Pairs		0	999
14	18		M	Juniors	0	999
19	30			1st Seniors	0	999
31	40			2nd Seniors	0	999
41	50			1st Masters	0	999
51	999			2nd Masters	0	999
14	35	1st Male Team		0	999	
36	999	2nd Male Team		0	999	

Junior Forms (Optional)								
Min Age	Max Age	From Belt	To Belt		Gender	Division Name	Min Lbs.	Max Lbs.
0	5	White	Yellow	1st Dan thru 4th Dan	M / F			
		Green	Blue			Light	0	50.7
		Red				Heavy	50.8	999
		Black						
6	7	White	Yellow	1st Dan thru 4th Dan	M / F			
		Green	Blue			Light	0	50.7
		Red				Heavy	50.8	999
		Black						
8	9	White	Yellow	1st Dan thru 4th Dan	M / F			
		Green	Blue			Light	0	66.1
		Red				Heavy	66.2	999
		Black						
10	11	White	Yellow	1st Dan thru 4th Dan	M / F			
		Green	Blue			Light	0	77.2
		Red				Heavy	77.3	999
		Black						
12	13	White	Yellow	1st Dan thru 4th Dan	F	Light	0	81.6
		Green	Blue			Heavy	81.7	999
		Red			M	Light	0	88.2
		Black				Heavy	88.2	999
14	15	White	Yellow		F	Light	0	121.3
		Green				Heavy	121.4	999
		Blue			M	Light	0	138.9
		Red				Heavy	1.39	999
16	17	White	Yellow		F	Light	0	121.3
		Green				Heavy	121.4	999
		Blue			M	Light	0	138.9
		Red				Heavy	139	999
14	17	Black		1st Dan thru 4th Dan	F	Fin	0	97
						Bantam	97.1	108
						Light	108.1	121.3
						Middle	121.4	138.9
					M	Heavy	139	999
						Fin	0	105.8
						Bantam	105.9	121.3
						Light	121.4	138.9
						Middle	139	160.9
						Heavy	161	999

Senior Forms (Optional)								
18	99	White	Yellow	1st Dan thru 6th Dan	F	Light	0	134.5
		Green	Blue			Heavy	134.6	999
		Red			M	Light	0	154.3
		Black				Heavy	154.4	999

Ultra Forms (Optional)								
33	40	White	Yellow	1st Dan thru 6th Dan	F	Light	0	145.5
		Green	Blue			Heavy	145.6	999
		Red			M	Light	0	160.9
		Black				Heavy	161	999
41	50	White	Yellow	1st Dan thru 6th Dan	F	Light	0	145.5
		Green	Blue			Heavy	145.6	999
		Red			M	Light	0	160.9
		Black				Heavy	161	999
51	99	White	Yellow	1st Dan thru 6th Dan	F	Light	0	145.5
		Green	Blue			Heavy	145.6	999
		Red			M	Light	0	160.9
		Black				Heavy	161	999

Breaking

Only wood may be broken. Competitors will be allowed three stations. All belts will have a maximum of two attempts to break. All boards for breaking must be 12"x 10" x 1" or 12"x6"x 1" pine. Competitors must provide their own holders. Kicking techniques will be rated higher than hand techniques. Jumping and/or spinning techniques will be rated higher than standing techniques. Multiple boards will be rated higher than single boards. Non-spaced boards will be rated higher than spaced boards.

Boards must be purchased at the tournament - 12"x10"x 1" at \$3.00 ea. and 12"x6"x1" at \$2.00 ea.

Board Breaking					
Min Age	Max Age	Gender	From Belt	To Belt	Division Name
10	13	M / F	White	Yellow	Kids Beginner
			Green	Blue	Kids Intermediate
			Red		Kids Advanced
			Black		Kids Expert
14	17	M / F	White	Yellow	Juniors Beginner
			Green	Blue	Juniors Intermediate
			Red		Juniors Advanced
			Black		Juniors Expert
18	32	M / F	White	Yellow	Adults Beginner
			Green	Blue	Adults Intermediate
			Red		Adults Advanced
			Black		Adults Expert
33	99	M / F	White	Yellow	Ultra Beginner
			Green	Blue	Ultra Intermediate
			Red		Ultra Advanced
			Black		Ultra Expert

Weapons

Weapons Competition is a Creative Form competition with demonstration weapons. Weapons will be inspected by the judges prior to competing and all weapons are to be sufficiently dulled for safety purposes. This is a non-musical, individual event. All competitors must provide their own weapon(s). This competition has no minimum time requirement; however, it cannot exceed 4 minutes.

Competitors will be evaluated on technique, creativity, originality, level of difficulty, rhythm and flow of routine, presentation, attitude, precision of technique, control of weapon, power and accuracy of strikes, balance, and focus.

Weapon Divisions			
Min Age	Max Age	Gender	From Belt
6	7	M /F	Yellow
			Green
			Blue
			Red
			Black
8	9	M /F	Yellow
			Green
			Blue
			Red
			Black
10	11	M /F	Yellow
			Green
			Blue
			Red
			Black
12	13	M /F	Yellow
			Green
			Blue
			Red
			Black
14	17	M /F	Yellow
			Green
			Blue
			Red
			Black
18	32	M /F	Yellow
			Green
			Blue
			Red
			Black 1st-3rd Dan Black 4th-6th Dan
33	99	M /F	Yellow
			Green
			Blue
			Red
			Black 1st-3rd Dan Black 4th-6th Dan

Appendix A

World Class Sparring Divisions (required)							
Min Age	Max Age	Belt	Gender	Division Name	Min Lbs.	Max Lbs.	
8	9	Yellow	M / F	Fin	0	55.1	
		Green		Bantam	55.2	66	
		Blue		Light	66.1	79.4	
		Red		Middle	79.5	92.6	
		Black		Heavy	92.5	999	
10	11	Yellow	M / F	Fin	0	66	
		Green		Bantam	66.1	77.2	
		Blue		Light	77.3	90.4	
		Red		Middle	90.5	101.4	
		Black		Heavy	101.5	999	
12	13		F	Fin	0	70.5	
				Bantam	70.6	81.6	
		Yellow		Light	81.6	94.8	
		Green		Middle	64.9	101.4	
		Blue		Heavy	101.5	999	
			M	Red	Fin	0	74.9
				Bantam	75	88.2	
				Light	88.3	99.2	
				Middle	99.3	112.4	
				Heavy	112.5	999	
14	17	Black	F	Fin	0	92.6	
				Fly	92.7	97	
				Bantam	97.1	101.4	
				Feather	101.5	108	
				Light	108.1	114.6	
				Welter	114.7	121.3	
				Light Middle	121.4	130.1	
				Middle	130.2	138.9	
				Light Heavy	139	149.9	
				Heavy	150	999	
			M	Fin	0	99.2	
				Fly	99.3	105.8	
				Bantam	105.9	112.4	
				Feather	112.5	121.3	
				Light	121.4	130.1	
				Welter	130.2	138.9	
				Light Middle	139	149.9	
				Middle	150	160.9	
				Light Heavy	161	172	
				Heavy	172.1	999	
18	99	Black	F	Fin	0	103.6	
				Fly	103.7	112.4	
				Bantam	112.5	121.3	
				Feather	121.4	130.1	
				Light	130.2	138.9	
				Welter	139	147.7	
				Middle	147.8	158.7	
			Heavy	158.8	999		
			M	Fin	0	119	
				Fly	119.1	127.9	
				Bantam	128	136.7	
				Feather	136.8	147.7	
				Light	147.8	158.7	
				Welter	158.8	172	
				Middle	172.1	185.2	
Heavy	185.3	999					

Appendix B-1

Grass Roots Junior Sparring Divisions (Optional)							
Min Age	Max Age	Belt	Gender	Division Name	Min Lbs.	Max Lbs.	
0	5	White	M/F				
		Yellow		Fly	0	52.9	
		Green		Feather	53	66.1	
		Blue		Welter	66.2	77.2	
		Red		Heavy	77.3	999	
		Black					
6	7	White	M/F				
		Yellow		Fly	0	52.9	
		Green		Feather	53	66.1	
		Blue		Welter	66.2	77.2	
		Red		Heavy	77.3	999	
		Black					
8	9		M/F				
		White		Fin	0	55.1	
				Bantam	55.2	66.1	
				Light	66.2	79.4	
				Middle	79.5	92.6	
				Heavy	92.7	999	
10	11		M/F				
		White		Fin	0	66.1	
				Bantam	66.2	77.2	
				Light	77.3	90.4	
				Middle	90.54	101.4	
				Heavy	101.5	9999	
12	13		F				
		White		Fin	0	70.5	
				Bantam	70.6	81.6	
				Light	81.7	94.8	
			Middle	94.9	105.8		
			Heavy	105.9	9999		
			M		Fin	0	74.9
				Bantam	75	88.2	
White	Light	88.3		99.2			
	Middle	99.3		112.4			
		Heavy	112.5	9999			
14	15		F				
				Fin	0	92.6	
				Fly	92.7	97	
				Bantam	97.1	101.4	
				Feather	101.5	108	
				Light	1083.1	114.6	
				Welter	114.7	121.3	
				Light Middle	121.4	130.1	
				Middle	130.2	138.9	
			Light Heavy	139	149.9		
			Heavy	150	999		
			M		Fin	0	99.2
				Fly	99.3	105.8	
				Bantam	105.9	112.4	
				Feather	112.5	121.3	
				Light	121.4	130.1	
				Welter	130.2	138.9	
				Light Middle	139	149.9	
	Middle	150		160.9			
	Light Heavy	161		172			
	Heavy	172.1	999				
		F	SUPERFIN	0	81.6		
		M	SUPERFIN	0	88.2		
16	17		F				
				Fin	0	92.6	
				Fly	92.7	97	
				Bantam	97.1	101.4	
				Feather	101.5	108	
				Light	1083.1	114.6	
				Welter	114.7	121.3	
				Light Middle	121.4	130.1	
				Middle	130.2	138.9	
			Light Heavy	139	149.9		
			Heavy	150	999		
			M		Fin	0	99.2
				Fly	99.3	105.8	
				Bantam	105.9	112.4	
				Feather	112.5	121.3	
				Light	121.4	130.1	
				Welter	130.2	138.9	
				Light Middle	139	149.9	
	Middle	150		160.9			
	Light Heavy	161		172			
	Heavy	172.1	999				
		F	SUPERFIN	0	81.6		
		M	SUPERFIN	0	88.2		

Appendix B-2

Grass Roots Senior Sparring Divisions (Optional)							
Min Age	Max Age	Belt	Gender	Division Name	Min Lbs.	Max Lbs.	
18	32		F	Fin	0	103.6	
				Fly	103.7	112.4	
				Bantam	112.5	121.3	
				Feather	121.4	130.1	
				Light	130.2	138.9	
				Welter	139	147.7	
				Middle	147.8	158.7	
		Heavy	158.8	999			
			M		Fin	0	119
					Fly	119.1	127.9
					Bantam	128	136.7
					Feather	136.8	147.7
					Light	147.8	158.7
					Welter	158.8	172
Middle	172.1				185.2		
Heavy	185.3	999					

Ultra Sparring Divisions (Optional)							
Min Age	Max Age	Belt	Gender	Division Name	Min Lbs.	Max Lbs.	
33	40	White	F	Fin	0	112.4	
				Bantam	112.5	130.1	
				Light	130.2	147.7	
				Heavy	147.8	999	
		Yellow	M		Fin	0	127.9
					Bantam	128	147.7
					Light	147.8	172
Heavy	172.1	999					
41	50	White	F	Fin	0	112.4	
				Bantam	112.5	130.1	
				Light	130.2	147.7	
				Heavy	147.8	999	
		Yellow	M		Fin	0	127.9
					Bantam	128	147.7
					Light	147.8	172
Heavy	172.1	999					
51	99	White	F	Fin	0	112.4	
				Bantam	112.5	130.1	
				Light	130.2	147.7	
				Heavy	147.8	999	
		Yellow	M		Fin	0	127.9
					Bantam	128	147.7
					Light	147.8	172
Heavy	172.1	999					

Appendix C

2010 State Championship Age and Citizenship Requirements		
For all World Class Divisions the rules that apply are listed below.		
Division	Belt Color	U.S. Citizenship/ Residency
6-7	All Belts	U.S. Residency or Citizenship
8-9	All Belts	U.S. Residency or Citizenship
10-11	All Belts	U.S. Residency or Citizenship
12-13	All Belts	U.S. Residency or Citizenship
14-17	Color Belts	U.S. Residency or Citizenship
14-17	Black Belts (FIN – HEAVY): Poomsae & Sparring	U.S. Citizenship
14-17	Black Belts (SUPERFIN ONLY)	U.S. Residency or Citizenship
Senior	Color Belts	U.S. Residency or Citizenship
Senior	Black Belts: Poomsae & Sparring	U.S. Citizenship
Competition Poomsae	Black Belts	U.S. Citizenship

- For all additional divisions USAT / WTF Modified Rules apply. The state Organization follows the USAT National event guidelines and allow “no head contact” for all divisions that are not qualifying divisions. Complete USAT competition rules can be downloaded at <http://taekwondo.teamusa.org/content/index/2604>.
- For all other divisions - participants can be U.S. Residents. The identification needed to prove U.S. Residency if not already proven on the USAT Database is any documentation that shows the participant lives in the U.S. For Example; Drivers License, Library card, Report card, Utility Bills, etc.

Hotel Information:

There are many Hotels near the Newtown Athletic Club – for your convenience we have provided information for three hotels within 10 minutes drive time:

Hampton Inn
1000 Stony Hill Road
Yardley, PA 19067
215-860-1700
2 Miles from Tournament

Holiday Inn Express
3101 W. Cabot Blvd.
Langhorne, PA 19047
215-757-4500
6 Miles from Tournament

Sheraton Bucks County Hotel
400 Oxford Valley Road
Langhorne, PA 19047
215-547-4100
6.5 Miles from Tournament