

2014 Park's Martial Arts Tae Kwon Do Open Championship



Saturday, March 29th, 2014

Lafayette High School

**17050 Clayton Road
Wildwood, MO 63011**

Park's Martial Arts Academy

**677 Big Bend Rd, Manchester, MO 63021
1334 Clarkson Clayton Rd, Ellisville, MO 63011**

More information call 636-227-3332

Fax 636-230-5667

Visit: www.parksmma.net

TOURNAMENT DIRECTOR

Grand Master Tae Hyen Park

Awards

1st, 2nd, and 3rd places are awarded in the form, board breaking, free sparring, Family Form events.

Grand Championships are awarded in form & Breaking competition for black belt 5-12 years' old divisions, 13 & over division.

Requirements

All competitors must be students of an established school or club whose instructor holds the rank of at least 2nd Dan Black Belt.

Free Sparring

A uniform, chest guard, protective cup, mouthpiece, headgear, arm guards and shin guards are required. Other safety equipment is optional but strongly recommended.

Board Breaking

Only wood boards are allowed in board breaking competition. A maximum of 3 boards for white- High Brown belts, 5 board for Red- Temp Black belts and black belts.

Competitors must purchase approved boards at the tournament site.

Power Breaking

Punch, Knife hand, Elbow, Fist, Palm (only over 14 yrs. old, starts 7 board)

Schedule of Events	
Time Registration 8:30 AM Black Belt (Referee) meeting: 9:00 AM <u>Meeting is Mandatory for all Black Belts who are competing in sparring</u> Opening Ceremonies & Masters demonstration: 11:00 AM Competition: 10:00 AM Location Lafayette High School 17050 Clayton Road Wildwood, MO 63011 Pre-Registered Entry Fees \$65 for one or two events/\$75 for three events \$85 for four events Must be postmarked by March 21st, 2014	On or after March 21st, 2014 \$75 for one or two events/ \$85 for three events \$95 for four events Type of Competition -Form -Breaking - Sparring -Family Form -Power Breaking General Admission: Free admission Please pay cash or check to Parks Martial Arts

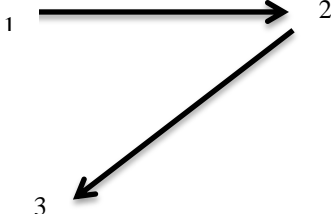
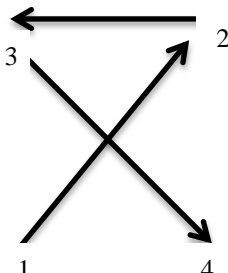
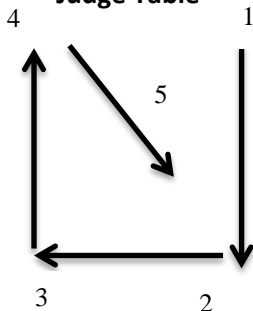
Rank(Belt)	Free Sparring		Form
	Category: Men (Ages 17 - 34)		
Black Belt	Light	Middle Heavy	1st & 2nd Dan 3rd & Up
Red/Brown	Light	Heavy	ALL
Blue	Light	Heavy	ALL
Green	Light	Heavy	ALL
Yellow/Orange	Light	Heavy	ALL
White	Light	Heavy	ALL
	Category: Women (Ages 17 - 29)		
Black Belt	ALL		ALL
Advanced	ALL		ALL
Intermediate	ALL		ALL
Beginner	ALL		ALL
	Category: Seniors		
Men (35 and older)	Beginner Advanced Black		Beginner Advanced Black
Women (30 and older)	Beginner Advanced Black		Beginner Advanced Black
	Category: 16 and under		
Ages 15-16			
Black Belt	Boys	Girls	ALL
Advanced	Boys	Girls	ALL
Intermediate	Boys	-----	ALL
Beginner	Boys	Girls	ALL
Ages 13-14			
Black Belt	Boys (Lt/Hvy)	-----	ALL
Advanced	Boys (Lt/Hvy)	Girls	ALL
Intermediate	Boys (Lt/Hvy)	-----	ALL
Beginner	Boys (Lt/Hvy)	Girls	ALL
Ages 11-12			
Black Belt	Boys (Lt/Hvy)	-----	ALL
Advanced	Boys (Lt/Hvy)	Girls	ALL
Intermediate	Boys (Lt/Hvy)	-----	ALL
Beginner	Boys (Lt/Hvy)	Girls	ALL
Ages 9-10			
Black Belt	Boys (Lt/Hvy)	-----	ALL
Advanced	Boys (Lt/Hvy)	Girls	ALL
Intermediate	Boys (Lt/Hvy)	-----	ALL
Beginner	Boys (Lt/Hvy)	Girls	ALL
Ages 7-8			
Black Belt	Boys	-----	ALL
Advanced	Boys	Girls	ALL
Intermediate	Boys	-----	ALL
Beginner	Boys	Girls	ALL
6 Years of age and under			
Advanced	Boys	Girls	ALL
Intermediate	Boys	-----	ALL
Beginner	Boys	Girls	ALL
Beginner- White, Yellow, Orange, Green			
Intermediate- Blue, Purple, Brown, High Brown			
Advanced- Red, High Red, Recommendation Black, Temp Black			
Black Belt			

Note: Additional divisions can be made by size and weight as needed by tournament officials. Each form, board breaking, and free sparring event will award first, second and third place trophy.

Board Breaking Divisions

Color belts follow direction, but Black belts do their own routine.

(You have to buy own boards. There are three chances for each breaking)

Age	Belt				
	White, Yellow	Orange, Green, Blue	Purple-High Brown	Red- Semi Black, Temp Black	Black Belt
4-6	3 Board 1. Hammer fist 2. Front snap kick 3. Hammer kick	3 Board 1. Hammer fist 2. Front snap kick 3. Hammer kick	3 Board 1. Knife hand 2. Roundhouse kick 3. Sliding side kick	5 Board 1. Punch 2. Roundhouse kick 3. Back kick 4. Spinning hill kick 5. Jumping front snap kick	5 Board Free style
7-9	3 Board 1. Palm Punch 2. Hammer kick 3. Jumping Front snap kick	3 Board 1. Palm Punch 2. Hammer Kick 3. Jumping Front snap kick	3 Board 1. Knife hand 2. Round house kick 3. Sliding side kick	5 Board 1. Punch 2. Round house kick 3. Back kick 4. Spinning hill kick 5. Jumping front snap kick	
10-13					
14-17					
18-32					
33 & up					
Breaking Order	<div>Judge Table</div> 		<div>Judge Table</div> 		<div>Judge Table</div> 

Map and Directions

**Lafayette High School
17050 Clayton Road
Wildwood, MO 63011**

From 70 go 270 South, go 40 West then left on Clarkson, right on Clayton Rd. School is on the left.



**From 40 East go left on Clarkson, right on Clayton Rd.
(about 3 miles up the road) School will be on the left.**