



2019 Palm Beach Open Tae Kwon Do Championship & Para Festival

- DATE:** September 21st, 2019
- TIME:** Credential Pick up – 8:30 a.m.; Competition begins at 9:00 a.m.
- LOCATION:** Palm Beach Central High School,
8499 W Forest Hill Blvd, Wellington FL 33411
- ENTRY FEES:** \$85 for one event; \$95 for two events; \$105 for 3 events;
\$115 for 4 events, \$125 for 5 Events \$ 135 for 6 Events
- COACHES:** \$40 Coach Pass
- DEADLINE:** REGISTRATION DEADLINE – September 20th , 2019
- RULES:** Modified WTF Rules – Head contact allowed for All Black Belts and Colored Belts 15 years and up. **Daedo Electronic Scoring for Black Belts**
---- **Competitors Must Bring Your Own DAEDO Socks. (No DAEDO “E” Head Gear and No Heal Socks are allowed).**
- COMPETITOR: MANDATORY EQUIPMENT:**
Headgear, mouthpiece, chest protector, instep and shin guards, arm guards, and cup (male only), **DAEDO Electric Socks. (No DAEDO “E” Head Gear and No Heal Socks are allowed).**
- INTRODUCING:** Technical Breaking for all ages; High Jump, Spinning / Speed, Power Breaking (no board limits)
- SPECTATORS:** General admission is \$10 – except children 5 and under is free.
- QUESTIONS:** Master Chang Hyeon Lim (954)-655-4404



**Grand Slam : you get 3 Gold Medals
you can get the Trophy**



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WHERE:

Palm Beach Central High School
8499 W Forest Hill Blvd,
Wellington FL 33411

WHEN:

Saturday, September 21st, 2019
Credential Pick-up: 8:30 a.m.
Competition begins at 9:00 a.m.

Name: _____

Last

First

Middle

Address: _____

Street

City

State

Zip

Email

Age: _____ Weight: _____ Belt: _____ Gender: Male Female

School Name: _____ Instructor: _____

EVENTS (Check Box):

- | | | |
|--|--|-------|
| <input type="checkbox"/> Poomsae | <input type="checkbox"/> One Event: | \$85 |
| <input type="checkbox"/> Technical Breaking | <input type="checkbox"/> Two Events: | \$95 |
| <input type="checkbox"/> Sparring | <input type="checkbox"/> Three Events: | \$105 |
| <input type="checkbox"/> Weapons | <input type="checkbox"/> Four Events: | \$115 |
| <input type="checkbox"/> Power Breaking | <input type="checkbox"/> Five Events: | \$125 |
| <input type="checkbox"/> Free Style Poom Se | <input type="checkbox"/> Six Events: | \$135 |
| <input type="checkbox"/> Para Form / Para Breaking (Free Events) | | |

Online Registration: www.PBOTKD.com

Registration Deadline: September 20th, 2019

Mail Registration: 6169 Jog Rd Ste C7, Lake Worth, FL, 33467

Check Payable To: Korea Tae Kwon Do

Email: PBOTKD@gmail.com

WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK, AND PARENTAL CONSENT AND INDEMNITY AGREEMENT

In consideration of your acceptance of my entry or that of the minor child, I do hereby, for myself or the minor child, my heirs, executors, and administrators waive, release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless any and all rights and claims for damages which I may have or may accrue to me against Korea Tae Kwon Do Martial Arts, Inc., and all members of this tournament, or their respective officers, medical committee, agents, representatives, successors, volunteers, owners and lessor of premises on which the tournament takes place, assignees and against any competitor for any and all damages which may be sustained by me or the minor child, in connections with my association with or entry in the above tournament. I understand the nature of Taekwondo activities and believe that my experience and capabilities, or that of the minor child, to be qualified to participate in this tournament. I understand that Taekwondo activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death. These risks and dangers may be caused by myself or the minor child's own actions, or inactions, term and/or the actions or inactions of others participating in the tournament. I have read this agreement, fully understand it's terms, understand that I or the minor child have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intent it to be a complete and unconditional release of all liability to the greatest extent allowed and agree that if any portion of this agreement is help to be invalid that the balance, notwithstanding, shall continue in full force and effect.

Print: Name of Competitor

Signature of Competitor (or Parent/Legal Guardian)

Date



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COACH REGISTRATION

WHERE:

Santaluces Community High School
6880 Lawrence Road
Lantana, FL, 33462

WHEN:

Saturday, September 21st, 2019
Credential Pick-up: 8:30 a.m.
Competition begins at 9:00 a.m.

Coach Registration \$40

Name: _____
Last First Middle

Address: _____
Street City State Zip Email

Age: _____ Weight: _____ Belt: _____ Gender: Male Female

School Name: _____ Instructor: _____

Online Registration: www.PBOTKD.com

Registration Deadline: September 20th, 2019

Mail Registration: 6169 Jog Rd Ste C7, Lake Worth, FL, 33467

Check Payable To: Korea Tae Kwon Do Email: PBOTKD@gmail.com



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Sparring

Traditional: Color Belts, all Ages and Black Belts 12-14 Years Old

Age categories		Male/Female: (divisions will be divided into rank at staging)						
5 and under	6-7	8-9	10-11	12-14	15-17	18-32	33-41	42&up

Boys and Girls 5 and under may compete against one another. Colored belt divisions with only one competitor will be combined into one Division.

11 and under Advanced, Red and Black Belt Divisions, may be merged.

12-14 Black Belts Junior Safety Rules for Head Contact will be strictly enforced.

Divisions may be broken down into weight divisions.

World Class: Black Belts Only Senior Rules

AGE	BELT	WEIGHT CLASSES MALE	WEIGHT CLASSES FEMALE
15 – 17 Senior Rules	BLACK	99.2 LBS AND UNDER (45KG) OVER 99.2-105.8 LBS (45-48 KG) OVER 105.8-112.4LBS (48-51 KG) OVER 112.4-121.3LBS (51-55 KG) OVER 121.3-130.1LBS (55-59 KG) OVER 130.1-138.9LBS (59-63 KG) OVER 138.9-149.9LBS (63-68 KG) OVER 149.9-160.9LBS (68-73 KG) OVER 160.9-172.0LBS (73-78 KG) OVER 172.0LBS (78 KG)	92.6LBS AND UNDER (42KG) OVER 92.6-97.0 LBS (42-44 KG) OVER 97.0-101.4LBS (44-46 KG) OVER 101.4-108.0LBS (46-49 KG) OVER 108.0-114.6LBS (49-52 KG) OVER 114.6-121.3LBS (52-55 KG) OVER 121.3-130.1LBS (55-59 KG) OVER 130.1-138.9LBS (59-63 KG) OVER 138.9-149.9LBS (63-68 KG) OVER 149.90LBS (68 KG)
18 – 32 Senior Rules	BLACK	119.0 LBS AND UNDER (54KG) OVER 119.0-127.9 LBS (54-58 KG) OVER 127.9-136.7LBS (58-62 KG) OVER 136.7-147.7LBS (62-67 KG) OVER 147.7-158.7LBS (67-72 KG) OVER 158.7-172.0LBS (72-78 KG) OVER 172.0-185.2LBS (78-84 KG) OVER 185.2LBS (84 KG)	103.6 LBS AND UNDER (47KG) OVER 103.6-112.4 LBS (47-51 KG) OVER 112.4-121.3LBS (51-55 KG) OVER 121.3-130.1LBS (55-59 KG) OVER 130.1-138.9LBS (59-63 KG) OVER 138.9-147.7LBS (63-67 KG) OVER 147.7-156.5LBS (67-71 KG) OVER 156.5LBS (71 KG)

Divisions may be modified by the sole discretion of the tournament directors



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Poomsae Requirements

All Color Belt Division - Individual, Pair (2) & Team (3) (divisions will be divided into rank at staging)	
Tiny Tiger Form(White Belt & Stripe) : Any Form	
Yellow	Taegeuk 1 or 2
Green	Taegeuk 3 or 4
Blue	Taegeuk 5 or 6
Red	Taegeuk 7 or 8

Black Belts Individual Sports Poomsae (divisions will be divided into rank at staging)		Black Belts Individual Traditional Poomsae (divisions will be divided into rank at staging)	
6 -7 Years Old	Taegeuk 1 / Koryo	6 -7 Years Old	Koryo or Keumgang
8 - 9 Years Old	Taegeuk 4 / Koryo	8 - 9 Years Old	Koryo or Keumgang
10 - 11 Years Old	Taegeuk 5 / Koryo	10 - 11 Years Old	Koryo or Keumgang
12 - 14 Years Old	Taegeuk 7 / Koryo	12 - 14 Years Old	Koryo or Keumgang
15 - 17 Years Old	Taegeuk 8 / Koryo	15 - 17 Years Old	Koryo or Keumgang
18 - 30 Years Old	Koryo / Taebaek	18 - 30 Years Old	Koryo or Keumgang
31 - 40 Years Old	Keumgang / Pyoungwon	31 - 40 Years Old	Koryo or Keumgang
41 - 50 Years Old	Pyoungwon / Sipjin	41 - 50 Years Old	Koryo or Keumgang
51 + Years Old	Pyoungwon / Chonkwon	51 + Years Old	Koryo or Keumgang



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Technical Breaking

All Boards must be purchased from Vendor at the Competition

Power Breaking: The most Boards Broken in one Technique, (Only Pine Boards are to be Used no Concrete or other materials can be used).

Board Sizes: 5-10 Years Old Small Boards
 11-17 Years Old Medium Boards
 18+ Years Old Large Boards

Divisions will be divided into rank at staging

Rules, competitor chooses any technique such as but not limited to Hammer Fist, Knife Hand and so on, the competitor will break as many single boards, sized within their age category, as they can in one strike. The competitor who breaks the most boards wins. Competitor must purchase sufficient boards to complete their routine

Free Style Poom Se : (Music) Time : 1 minute to 2 minutes

Hotel Information

DOUBLETREE BY HILTON WEST PALM BEACH AIRPORT

**1808 S. Australian Ave West Palm Beach FL 33409
Tel : 561-207-4607
Group Discount Rate \$89 per night**

- Free High Speed Internet
- Fitness Center
- Pool
- Breakfast

Book your group rate for **Tae Kwon Do**

Hotel: www.doubletree.com



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MEDICAL QUESTIONNAIRE FORM

(This form is mandatory for all competitors.)

• **Competitor's Name (1 form per competitor) :** _____

• **Please circle the (Y) for yes or (N) for no.**

1. Do you have any allergies to any medications? Y / N

If you answered yes, please indicate which medications.

2. Do you take any medications regularly?..... Y / N

3. Do you wear contact lenses?..... Y / N

4. Do you have a history of any of the following conditions?

a. Epilepsy (seizures) Y / N

b. Lung disease Y / N

c. Heart disease Y / N

d. Diabetes Y / N

e. High blood pressure Y / N

If you answered YES to any part of question 4, please complete question 5.

5. I hereby state that I am under the care of a physician for the treatment of / for _____
_____ and that I have been medically cleared by that physician to participate in this
tournament.

❖ Please read carefully: I hereby certify that the above information is true and accurate to the best of my knowledge.

Signature: _____ **Date:** _____

(Parent/Guardian must sign if competitor is under 18 years of age)