

2011 GOLD CUP

NATIONAL TAEKWONDO CHAMPIONSHIP

Dear Masters, Instructors, Athletes, and Referees:

It is my honor to officially invite everyone to the 12th Annual Gold Cup National Taekwondo Championships. This year's championships will be held on Saturday, October 1, 2011 at the Fitzgerald Gymnasium at Queens College in Flushing, Queens, New York

Since 2000, the Gold Cup Championship has grown to become the premier Taekwondo tournament in the east coast and is recognized throughout the country and around the world. The Gold Cup has been showcasing some of the most exciting competitors, top teams and coaches, and outstanding referees from all around the country. Olympic Champions, World Champions, National Team Members, National Champions, and Junior Olympians have all stepped onto the mat to compete to become Gold Cup Champion. With the 2011 Pan-Am Games and the 2012 Olympic Games approaching upon us we are expecting this year's championship to be another amazing and memorable event for all. .

I would like to thank in advance all the Taekwondo Masters and Instructors for their outstanding support and contribution to the Gold Cup and to the growth of sport Taekwondo in our country. It is your leadership, commitment and dedication that leads the way for tomorrows champions. I would like to thank all the athletes for their support to the Gold Cup and all the hard work, perseverance and preparation to becoming the best that they can be. And of course, I would like to thank all the referees for their support to the Gold Cup and the endless and dedicated service to giving the athletes and coaches the best experience possible each and every year.

I look forward with much anticipation to seeing and meeting everyone at the 12^h Gold Cup National Taekwondo Championship on Saturday, October 1, 2011. Get ready, train hard and come test your skills as an athlete, coach and referee against the best at this year's Gold Cup Championship.

“COMPETE WITH THE BEST”

Yours Truly,

*Master Jin W. Suh
World Championship Team Coach
U.S. National Team Member
Tournament Director*

GENERAL INFORMATION

Hosted & Sponsored by:

High Performance Taekwondo Center
www.highperformancetkd.com

718-728-9699 or 631-462-0948

Tournament Director:

Master Jin W. Suh

Date:

Saturday, October 1, 2011

Location:

Queens College Fitzgerald Gymnasium
65-30 Kissena Blvd. Flushing, NY 11367

General Admission:

\$10 / Children under 5 Free

Rules:

WTF/USAT Rules

SCHEDULE OF EVENTS

- 8:00AM: Volunteer Meeting
- 8:30AM: Referee Meeting
- 9:00AM: Door Registration / Credential Pick-Up
- 10:00AM: Forms & Breaking Competition ages 4 - 11 All Belts
- 10:45AM: Forms & Breaking Competition ages 12 and up All Belts
- 11:30AM: Sparring Competition ages 4 - 7 All Belts
- 12:00PM: Sparring Competition ages 8 - 11 All Belts
- 1:00PM: Sparring Competition ages 12 - 13 All Belts
- 2:00PM: Sparring Competition ages 14 - 17 All Belts
- 3:00PM: Sparring Competition ages 18 and up All Belts

REGISTRATION INFORMATION

1. For schools sending 10 or more competitors, please send in a Team Roster Form instead of individual entry forms.
2. For schools sending 10 or more competitors please deduct \$10 rebate per competitor.
3. For schools sending 20 or more competitors please deduct \$15 rebate per competitor.
4. \$90 Cash for 1 Event Door Registration and \$10 more for each additional event.
5. Absolutely NO REFUNDS for any reasons.
6. ALL FAX ENTRIES must have credit card info or they will have to pay door registration fee.

REGISTRATION EVENT FEE SCHEDULE

Early Registration Postmarked by Monday, September 26, 2011

➤ Entry Fee: 1 Event- \$70 2 Events- \$80 3 Events- \$90

Door Registration Fee: 1 Event - \$90 Each Additional Event - \$10

Coaches Early Registration Fee Postmarked by Monday, September 26, 2011 : \$20

Door Registration Fee: \$30

AWARDS

- ❖ 6 Feet Trophies to all 1st Place Winners in All Divisions All Ages (Must have 4 Competitors)
- ❖ Medals to all 2nd and 3rd Place Winners

Forms & Breaking

1 – 1st Place
1 – 2nd Place
2 – 3rd Place

Sparring

1 – 1st Place
1 – 2nd Place
2 – 3rd Place

FORMS/POOMSAE REGULATIONS

1. Open Forms WTF/ITF
2. All Black Belts will be in same division regardless of Dan ranking.
3. Males and Females may be combined if there are less than 3 competitors.

BREAKING (KYUKPA) REGULATIONS

1. Boards must be purchased at tournament site.
2. 1 minute time limit. 3 station max.
3. 3 attempts only.

SPARRING REGULATIONS

WTF-Recognized Dobok and Mandatory Equipment

All Contestants must wear WTF-approved Taekwondo V-neck uniform (Dobok)

Mandatory Safety Equipment required for all Sparring Contestants:

- ◆ WTF-approved Forearm Guard & WTF-approved Shin Guard
- ◆ Headgear
- ◆ Trunk Protector (1 w/Red Markings; 1 w/Blue Markings)
- ◆ Groin Protector
- ◆ Mouthpiece

Competition Rules

Current WTF/ USAT Competition Rules

- Sparring Color Belts: Age 4-11
2 Rounds, 1 Min. w/ 20 sec. Rest. No Head Contact
- Sparring Color Belts Age 12 & up
2 Rounds, 1.5 Min. w/ 20 sec. Rest. Controlled Head Contact. No Kicks to Facial Area or Back of Head
- Black Belt Sparring Age 8 - 13
2 Rounds, 1.5 Min. w/ 20 sec. Rest. Controlled Head Contact. No kicks to Facial Area or Back of Head.
- Black Belt Sparring Age 33 and up
2 Rounds, 1.5 Min. w/ 20 sec. Rest. Controlled Head Contact.
- Black Belt Sparring Age 14 & up
3 Rounds, 1.5 Min. w/ 30 sec. Rest. Full Contact.

Head Kicks = 3 points

Spinning Head Kick = 4 points (14 and up Black Belts Only)

Spinning/Turning Kicks = 2 points

- Time limit may be changed according to Tournament Director.

Junior Sparring Divisions- All Belts ages 4-13

2 Divisions- Light and Heavy

- White/ Yellow/ Orange Belts
- Green/ Blue/ Purple Belts
- Brown/ Red Belts
- Black

Junior Sparring Divisions- Color Belts ages 14-17

2 Divisions- Light and Heavy

- White/ Yellow/ Orange Belts
- Green/ Blue/ Purple Belts
- Brown/ Red Belts

Junior Sparring Divisions – Black Belts (Age 14-17)

DIVISION	MALE	FEMALE
Fly	115lbs. & under	110lbs. & under
Feather	116-138lbs.	111-129lbs.
Welter	139-159lbs.	130lbs. & up
Heavy	160lbs. & up	

Senior Sparring Divisions – All Belts (Ages 18-32)

DIVISION	MALE	FEMALE
Fly	129lbs. & under	114lbs. & under
Feather	130-149lbs.	115-132lbs.
Welter	150-175lbs.	133lbs. & up
Heavy	176lbs. & up	

2011 GOLD CUP

COMPETITOR'S APPLICATION

Saturday, October 1, 2011 @ Queens College

PLEASE WRITE SCHOOL CHECKS/MONEY ORDER/PERSONAL CHECKS TO: MASTER SUH
MAILING ADDRESS: High Performance Taekwondo Center
28-45 Steinway Street, Astoria, NY 11103
MUST BE POSTMARKED BY MONDAY, SEPTEMBER 26, 2011
NO REFUNDS. Correct amount **MUST** be paid or you will be charged at door for any amount due.
COMPETITORS MUST SIGN WAIVER & RELEASE FORM

Last Name: _____ First Name: _____

Home Address: _____

Email: _____ Cell Phone #: _____

TKD School Name: _____

TKD School Address: _____

TKD Phone Number: _____ Master: _____

Application will not be processed without the information below.

Circle one: Male Female Birth Date: _____ Age: _____ Weight: _____ Belt: _____

Circle Your Division: White/Yellow/Orange Green/Blue/Purple Brown/Red Black Belts

Circle the events you will be competing in: Forms Breaking Sparring

Entry Fee: 1 event- \$70

2 events: \$80

3 events: \$90

MUST BE POSTMARKED BY MONDAY, SEPTEMBER 26, 2011

All Fax Applications must have credit card info. Or you will have to pay door registration rates.

Please Call 718-728-9699 to send your fax.

Credit Card #: _____ Exp. Date: _____

Name on card: _____ Address: _____

Billing Zip Code: _____ Amount to charge: _____

Tournament Site : Queens College Fitzgerald Gymnasium: 65-30 Kissena Blvd. Flushing NY 11367

LIABILITY WAIVER

I hereby submit my application for registration in the 2011 Gold Cup Championship. I understand that this martial art competition is a body contact sport, and that my participation in this sport involves some risk of injury. I knowingly and voluntarily assume all risk of injury. I hereby release High Performance TKD Center and its instructors, employees, coaches, organizers, and administrators for any responsibility for injury suffered during the competition. I understand further that I shall strictly obey the rules and regulations governing this tournament. In the event of such injury, I hereby give my consent to receive the appropriate medical treatment. I further agree that any pictures taken of or by me in connection with the tournament can be used by the organizers for publicity or promotion without compensation at this time or any other time.

I acknowledge that I have read carefully the above and understand it fully, and I voluntarily agree to be bound by the terms specified herein.

COMPETITORS SIGNATURE: _____ DATE: _____

****IF UNDER 18 YEARS, PARENT OR LEGAL GUARDIAN MUST SIGN BELOW.**

The undersigned, the parents or legal guardian of the above mentioned participant, has read the foregoing, and do hereby agree to the terms, conditions, and provisions of the foregoing agreement, and agree to release the said organization and organizers for any responsibility for injury to my child suffered during this competition. In the event of such injury, I hereby give my permission for my child to receive appropriate medical treatment.

PARENT/LEGAL GUARDIAN SIGNATURE: _____ DATE: _____

2011 GOLD CUP NATIONAL TAEKWONDO CHAMPIONSHIP

OCT. 1, 2011 @ QUEENS COLLEGE: 65-30 KISSENA BLVD./ FLUSHING, NY 11367

COACHES APPLICATION FORM

Applications are to be postmarked by Monday, September 26, 2011

- ◆ All Coach Application fee: \$20 if postmarked by September 26, 2011
- ◆ At the door fee: \$30
- ◆ Make Coach's fees by Cashier's Check/Money Order/Check to: MASTER SUH
Mail to.: High Performance Taekwondo Center
28-45 Steinway Street
Astoria, NY 11103

Please type or print all information:

Last Name: _____ First Name: _____

Birth date (Month/Day/Year): _____ Age: _____ Circle one: Male Female

Belt Color: _____ Degree: _____ If Black Belt WTF Dan #: _____

Home Address: _____ City: _____

State: _____ Zip Code: _____ Country: _____

Phone #: _____ Fax #: _____ E-mail: _____

Dojang/School: _____ Master Instructor: _____

School Address: _____ City _____

State: _____ Zip code: _____ Country: _____

Phone#: _____ Fax #: _____ E-mail: _____

LIABILITY WAIVER

I understand that Taekwondo is a body-contact sport, which involves the risk of injury. I agree that I will be responsible for all case of accident such as any damage, loss and any injury etc. which may occur when coaching my students during physical exercise and competition of Gyroogi (Sparring) Breaking and Poomse (Form) and by my carelessness until the finish of the tournament. I agree that J.W. Suh's High Performance Taekwondo Center, Queens College and all organizing Committees for the 2011 Gold Cup National Taekwondo Championship including organizers, officials, staff and volunteers, as well as referees, competitors, staff of sports arena and others, except coach herself/himself, will be indemnified from all accidents as above and release and forever discharge from any claims for damages. I, also agree that the medical treatment provided by the Organizing Committee, if necessary will be a first aid type only.

Printed Name: _____ Signature: _____ Date: _____

2011 GOLD CUP
NATIONAL TAEKWONDO CHAMPIONSHIPS
OCT. 1, 2011 @ QUEENS COLLEGE: 65-30 KISSENA BLVD./ FLUSHING, NY 11367

REFEREE ATTENDANCE FORM

Name: _____

School Name: _____

Mailing address: _____

Telephone: _____

E-mail: _____

Dan Level: _____

Referee Level: _____

Polo Shirt Size: _____

LIABILITY WAIVER

I understand that Taekwondo is a body-contact sport, which involves the risk of injury. I agree that I will be responsible for all case of accident such as any damage, loss and any injury etc. which may occur when coaching my students during physical exercise and competition of Gyroogi (Sparring) Breaking and Poomse (Form) and by my carelessness until the finish of the tournament. I agree that J.W. Suh's High Performance Taekwondo Center, Queens College and all organizing Committees for the 2011 Gold Cup National Taekwondo Championship including organizers, officials, staff and volunteers, as well as referees, competitors, staff of sports arena and others, except coach herself/himself, will be indemnified from all accidents as above and release and forever discharge from any claims for damages. I, also agree that the medical treatment provided by the Organizing Committee, if necessary will be a first aid type only.

Printed Name: _____ Signature: _____ Date: _____

DIRECTIONS TO QUEENS COLLEGE

*****65-30 KISSENA BLVD./ FLUSHING, NY 11367*****

From Manhattan and Points West – Take the Long Island Expwy. eastbound to exit 24 (Kissena Blvd.). Make a right at the light and the school will be on your right side.

From Long Island and Points East – Take the Long Island Expwy. westbound to exit 24 (Kissena Blvd.). Make a left at the light and the school will be on your right side.

From Southern New Jersey, Staten Island & Brooklyn – Take the Verrazano Bridge into Brooklyn. Continue on I-278 to Exit 35E (I-495/L.I.E.) Stay left, follow signs to Eastern Long Island. Take the Long Island Expwy. eastbound to exit 24 (Kissena Blvd.) Make a right at the light and the school will be on your right side.

From Northern New Jersey – Take the George Washington Bridge and stay straight on I-95N. Merge onto I-678 South via Exit 10 towards Whitestone Bridge (Portion toll). Take the College Pt. Blvd. exit – Exit 12A- toward I-495 East/ L.I.E./ Eastern L.I. Turn right onto College Point Blvd. Turn left onto Horace Harding Expwy. South. Merge onto Long Island Expwy./ I-495 East via the ramp on the left toward Eastern L.I. Take the L.I.E. eastbound to exit 24 (Kissena Blvd.) Make a right at the light and the school will be on your right side.

From Bronx – Merge onto I-678 via Exit 10 toward Whitestone Bridge toll. Take the College Pt. Blvd. exit- Exit 12 A toward I-495 East/ L.I.E./ Eastern L.I. Take the L.I.E. eastbound to exit 24 (Kissena Blvd.) Make a right at the light and the school will be on your right side.

TEAM REGISTRATION FORM: FOR SCHOOLS WITH 10 OR MORE STUDENTS
YOU MUST SIGN WAIVER: 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 many accrue to me against J.W. Suh's High Performance Taekwondo Center, this athletic meet, it's organizing committee, Queens College, and 2011 Gold Cup National Taekwondo Championship and all members of this athletic meet, or their respective officers, committees, medical committee, agents, representatives, successors, sponsors, advertisers, volunteers, owners, and lessor on premises on which the athletic meet takes place, assignees and against any competitor for any and all damages which may be sustained by me or out of traveling to, participating in, and returning from this athletic meet.

I understand the nature of the Gold Cup National Taekwondo Championship Activities and believe that my experience and capabilities, or that of the minor child, to be qualified to participate in this athletic meet. I understand that the Gold Cup Taekwondo Championship 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, and/or the actions or inactions of others participating in the athletic meet.

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 intend it to be a complete and unconditional release of all liability to the greatest extent allowed by the law and agree that if any portion of this agreement is held to be invalid that the balance, notwithstanding, shall continue in full force and effect.

NAME	M or F	AGE	BELT DIVISION	LBS.	EVENTS: F-Forms B-Breaking S-Sparring	LIABILITY WAIVER SIGNATURE
						Under 18 Yrs- Parent/ Legal guardian must sign
1.						
2.						
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19.						
20.						

School Name: _____

Master Instructor: _____

Contact Tel.Number: _____ Email: _____

