



2017 MARYLAND GOVERNOR'S CUP TAEKWONDO CHAMPIONSHIP

Celebrating Taekwondo Day in MARYLAND



Hosted by: Maryland State Taekwondo Association
Supported by: Maryland Korean Taekwondo Association



All proceeds will be donated to the Children's Cancer Foundation(CCF)



**Saturday, March 25th, 2017
APG Federal Credit Union Arena
Harford Community College
401 Thomas Run Road, Bel Air, MD 21015**

Honorary Chair : Governor Larry Hogan
Honorary Co-Chair : First Lady Yumi Hogan
Tournament Director: Senior Master Yong Seong Chang

NATIONAL LEVEL TOURNAMENT FACILITY & JUDGING
Weigh In Time: 8:00 – 9:45 AM
Championship: 9:00 AM – 4:30 PM
Opening Ceremony: 12:00 PM

For Information
Call: (443) 243-4124
E-Mail: USTA012@gmail.com
Tournament Director:
Senior Master Yong Seong Chang - CJ



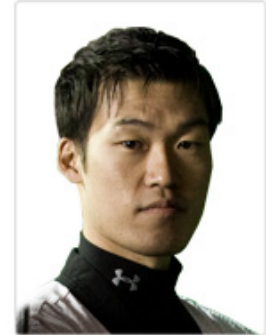


2017 Maryland Governor's Cup Taekwondo Championships



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Info: (443) 243-4124 www.ustachang.com

Letter from the Tournament Director



Greetings Taekwondo Members,

I would like to welcome everyone to the **2017 Maryland Governor's Cup Taekwondo Championship**. This prestigious tournament will mark the first and finest in competition as well as refereeing and judging for the Maryland State Taekwondo Association immediately following the USAT Qualifier. This remarkable tournament will be such an important event since all proceeds from this tournament go directly to the **Children's Cancer Foundation (CCF)**.

On behalf of the Maryland State Taekwondo Association, it gives me great honor to announce this year's competition to officially mark the first of its kind to celebrate **Taekwondo Day in the State of Maryland**. **Governor Larry Hogan and the First Lady will honor us with their presence and participation in this momentous occasion**. This will also be the first event in Maryland where the Korean Taekwondo Association, led by President and Master Jae Hyun Lee, will join forces with the Maryland State Taekwondo Association in making this competition an amazing event!

We will have two categories of black belt divisions in 12-14, 15-17, & 17-32: World Class and Open Sparring. Daedo scoring will be available for black belt world class divisions in 12-14, 15-17 and 17-32 divisions and Ring Master scoring for Open Sparring and all other age categories. Daedo socks will NOT be available for purchase on site. Please go to www.tkdscor.com to purchase your socks if you are competing in the World Class black belt divisions and allow enough time for shipment.

Remember Taekwondo competition is an essential part of martial arts training. Competition allows you to put your individual skills to the test against another individual of similar experience and level. But keep in mind Taekwondo competition is ultimately a learning experience. And with every experience in life you gain knowledge, strength, courage, and confidence. So through your experience at this competition, you will become a better Taekwondo student overall.

Look forward to seeing all of you at this great tournament, so keep practicing and good luck.

"It's not whether you get knocked down; it's whether you get up."

-Vince Lombardi

Master Yong Seong Chang - CJ

President of the Maryland State Taekwondo Association
Tournament Director of the 2017 Maryland Governor's Cup Taekwondo Championship



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GENERAL INFORMATION

COMPETITION:

2017 Maryland Governor's Cup Taekwondo Championships

COMPETITION FEES:

1) Sparring, Traditional & Sport Poomsae (Forms) & Breaking. **Pre-Register: \$75** for one events, \$15/each additional event. **On-Site Registration: \$95** for one event, \$15/each additional event.

2) Mail-in registration will be accepted but must be **Postmarked by March 17, 2017**. Cahiers checks, Money orders (**payable to MSTA**), or Pre-Approved School Checks will be accepted for Mail-in registration only.
NO PERSONAL CHECKS ACCEPTED!!!! NO CREDIT CARDS ACCEPTED!!!!

Mail Applications to:

2017 MD Governor's Cup
1101 Many Lane, Bel Air, MD 21014

3) On-site registrations will be accepted. **Only Cash, Cashiers check, money orders, or Pre-Approved School Checks accepted.**
NO PERSONAL CHECKS ACCEPTED!!!! NO CREDIT CARDS ACCEPTED!!!!

TIME SCHEDULE:

8:00 – 8:30 AM On-Site Registration & Pre-Registration pickup for all 12 & up
8:00 – 9:45 AM **WEIGH IN – 14 & Above BLACK BELTS ONLY**
8:00 AM Referee Meeting (MANDATORY)
8:00 AM Report Time for ALL DAEDO BLACK BELT Competitors
9:00 AM Report Time for ALL DIVISIONS 12 & up only
10:30 – 11:00 PM On-Site Registration & Pre-Registration pickup for all 11 & under
11:30 – 12:00 PM Lunch
12:00PM Opening Ceremony and Kukkiwon Demonstration
Competition begins for ALL DIVISIONS 11 & under only starts immediately after Opening Ceremonies

ADMISSION FEES:

\$10 (CASH ONLY) *Children 4 & under / 65 & over Free*

COACHING:

Pre-Registration \$30. On-Site \$50. Applications will be available for Coaches to register at the door. 1 free Coach pass for (10) competitors or more. (**Only 1 free coach pass per School/Club**)

COMPETITION RULES:

The current modified USAT & modified WTF competition rules will govern this championship.

WEIGH-IN:

Weigh-In required only for Black Belts who are competing in the (12-14), (15-17) & (17-32) sparring divisions. **Weigh-in will take place on Saturday 3/25/17 at the venue between 8-9:45 AM.**

MANDATORY EQUIPMENT:

All Sparring competitors must wear: white, red or blue headgear (red & blue headgear must be matched with chest protector color) and, red and blue reversible chest protector, forearm guard, shin and instep guard, groin cup (male only, worn inside) and mouthpiece. Each competitor must provide his or her own equipment. Some equipment will be sold at the tournament site. **12-14, 15-17 & 17-32 World Class Black Belt Divisions must provide their own Daedo Socks.**

COMPETITOR AWARDS:

Beautiful trophies will be awarded to:
Traditional & Sport Poomsae / Breaking: one 1st, one 2nd & one 3rd place winners. Sparring: one 1st, one 2nd and two 3rd place winners.

Special Invitations to meet with the Maryland Governor for all GRAND CHAMPIONS (1st place winners in all 3 events: Forms/Breaking/Sparring divisions)

HOTEL:

Holiday Inn Express Aberdeen-Chesapeake House
1007 Beards Hill Road, Aberdeen, MD 21001 - 410-272-8100



Competition Rules and Regulations

Sparring Competition Rules	
Age	Rules
11 & under	USAT/WTF Modified rules. No Head Contact for all belts except BB Ages (8-11) Junior Safety rules for Black Belts (ages 8-11)
12 - 14	USAT/WTF Modified rules. Junior Safety Rules for All Belts
15 - 17	USAT/WTF Modified rules. Junior Safety Rules for Color Belts Senior Rules for Black Belts
18 & up	USAT/WTF Modified rules. Senior Rules for All Belts

Important

Ages (12-32) Black Belt sparring Divisions ONLY:

Weigh-in required only for BLACK BELTS who are competing in the (12-14, 15-17 & 18-32) year old sparring divisions. Weigh-in will take place on Saturday March 25th at the venue between 8am - 9:45am. Competitors will be allowed two opportunities to stand on the scale, during this time if unable make weight on the 2nd try, Competitors will be moved up/down to next weight divisions.

We will have two categories of black belt divisions in 12-14, 15-17, & 17-32: World Class and Open Sparring. **Daedo scoring will be available for black belt world class divisions in 12-14, 15-17 and 17-32 divisions** and Ring Master scoring for Open Sparring and all other age categories. Daedo socks will NOT be available for purchase on site. Please go to www.tkdscore.com to purchase your socks if you are competing in the World Class black belt divisions and allow enough time for shipment.

All Color Belts Divisions, Black Belt Divisions (11 & under), Black Belt Divisions (33 and up):

There will be **NO** weigh-in for All Color Belt divisions, Black Belt divisions (11 and under), or Black Belt divisions (33 and up.) You must enter your correct weight during your registration. If there seems to be a purposeful falsifying of weight information, you will risk disqualification. Competitors unable to meet the weight division listed during registration will not be allowed to compete and be disqualified. (Competitors will not be moved up or down divisions due to this falsification).

***If there are less than four athletes in a weight division, the organizing committee may combine weight divisions.

***Athletes ages 15 - 17 (**Sparring division ONLY**) may compete in their own division or an older age division for their respective weight.

***Athletes 33 years and up (**Sparring division ONLY**) have the option to compete in their own division or the 17-32 year old division for their respective weight.



Poomsae

ALL Taekwondo Forms will be allowed

Rank (Kub)	10 - 9	8 - 7	6 - 5	4 - 3	2 - 1	Poom-Dan: 1 - 2 - 3
Belt Colors	White/Yellow/Orange		Green	Blue/Purple	Red/Brown	Black
Poomse: Taeguek / Palgwae / Chang Hon / Pyung Ahn / etc..	Basic Form / 1 or 2		3 or 4	5 or 6	7 or 8	Koryo-Keumgang-Taebaek etc.,

TRADITIONAL: Poomsae competitors must perform only the Poomsae designated for their specific rank. ALL Taekwondo poomsaes will be allowed. Scores will be based on: proper order, beauty, grace, rhythm, accuracy, power, technique and attitude. Poomsae will be bracket competition like Sparring.

SPORT POOMSAE: Sport Poomsae will only be available in 12-14, 15-17, 18-30, 30+ black belt divisions. Competitors in these age categories will have a choice to compete in Sport Poomsae or Traditional Poomsae. Competitors CANNOT compete in both forms events. Designated forms will be posted on the morning of competition but will be limited to the following:

Poomsae selection will take place one week prior to the event and will be posted on the MSTA website – www.marylandtaekwondo.org

Kuk-pa (Breaking)

1. Competitors must provide their own boards and holders.
2. **Only Pine Boards** will be allowed. **No** bricks, cinder blocks, or fruit.
3. Competitors can choose the kind of techniques and number of boards to break.
4. The maximum number of stations is 3 with 1-3 kicking techniques per station.
5. The maximum set-up time is 1 minute.
6. The maximum time to complete the performance is 1 minute.
7. The maximum number of tries is 2 times.
8. The performance must be done within the regulation ring size.

*** Boards will be available for purchase at the Venue. ***



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Mail To:
2017 Taekwondo
1101 Many Lane
Bel Air, MD 21014

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**Must be Post Marked
No later than
March 17, 2017
for Pre-Registration**

COMPETITOR ENTRY FORM

(Please Print legibly)

ATHLETE INFORMATION

Athlete's Last Name:		First Name:		Middle Name:	
Street Address:					
City:		State:		Zip Code:	
Home Phone #		Cell Phone:		Email (Send information for events and seminars)	
Approximate Weight (LBS) :		Birth date: MM/DD/YY / /		Age:	Sex: <input type="checkbox"/> :M <input type="checkbox"/> : F

THE FOLLOWING IS REQUIRED TO BE ATTACHED TO THIS FORM (Athlete to check box indicating task is complete)

- : Liability Waiver form on back signed
- : Division Form with respective divisions competing in circled

I AM ENTERING IN THE FOLLOWING EVENTS (please circle)
(\$95.00 for One and \$15 for each additional Event on-site Registration)
or
(\$75.00 for One and \$15 for each additional Event Pre-Registration)

TRADITIONAL FORMS SPORT POOMSAE BREAKING SPARRING

RANK (Circle One)

WHITE-YELLOW-ORANGE / GREEN / BLUE-PURPLE / BROWN-RED / BLACK BELT-DAN RANK:

TAEKWONDO SCHOOL INFORMATION

Name of School :		School Address :			
City,	State	Zip Code	School Phone #		

ATHLETES ACKNOWLEDGEMENT

(Parent or Guardian must complete if competitor is 17 years or younger)

I have read, understood, signed and attached to this form the Liability Waiver form. The above information is true to the best of my knowledge.

Athlete Signature /Parent (Print and Sign) or Guardian(Print Name and Relationship, then sign)

Date: (MM/DD/YY)

Payment Information:

<input type="checkbox"/> Waiver & Release of Liability, Assumption of Risk & Parental Consent & Indemnity Agreement					
Cost (Pre-reg/On-Site): <input type="checkbox"/> 1 Event (\$75/\$95) <input type="checkbox"/> 2 Events (\$90/\$110) <input type="checkbox"/> 3 Events (\$105/\$125) <input type="checkbox"/> 4 Events (\$120/\$140)					
Signature:			Amount:		All Applications & Fees are Non-Refundable
<input type="checkbox"/> : Cash	Amount:	<input type="checkbox"/> : Money Order/Cashier's Check	Amount:		

Please Turn to back of THIS page. Must SIGN back in order to Process.



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

- In consideration of your acceptance of my participation 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, 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 the 2017 Maryland Governor's Cup Taekwondo Championship, Grand Master Se Yong Chang, Master Joseph Pirczhalski III, Master Yong Seong Chang, United States Taekwondo Scholarship Foundation, APG Federal Credit Union Arena, and for this martial arts function, its organizing committee, and all members of this martial arts function, or their respective officers, committees, medical committee, agents, representatives, successors, sponsors, advertisers, volunteers, owners and lesser of premises on which the martial arts function takes place, assignees and against any student for any and all damages which may be sustained by me or the minor child, in connection with me or entry in the above stated function, or which may arise out of traveling to, participating in, and returning from this martial arts function. I understand that all entry fees are nonrefundable.
- 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 martial arts function. 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, and/or the actions or inactions of others participating in the martial arts function.
- 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.

Participant's Printed Name

Participant's Signature

Date

Parent/Guardian's Printed Name

Parent/Guardian's Signature

Date



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Tournament Divisions

Traditional Poomsae (Forms) – All Ages

Age	7 & Under	8-9	10-11	12-14	15-17	18-32	33 & Up
Rank/Belt	White / Yellow / Orange		Green	Blue / Purple	Brown / Red	Black	
Gender	Male			Female			

Sport Poomsae for Black Belts Only

Age	12-14	15-17	18-30	30+
Rank/Belt	Black			
Gender	Male		Female	

Competitors cannot compete in both poomsae divisions

Breaking – All Ages

Age	7 & Under	8-9	10-11	12-14	15-17	18-32	33 & Up
Rank/Belt	White / Yellow / Orange		Green	Blue / Purple	Brown / Red	Black	
Gender	Male			Female			

Open Sparring – All Ages

Age	4-5	6-7	8-9	10-11	12-14	15-17	33-39	40 & Up	
Rank/Belt	White / Yellow / Orange		Green	Blue / Purple	Brown / Red	Black			
Weight	Light		Middle			Heavy			
Gender	Male				Female				

Daedo Sparring – Ages (17-32) Black Belts

Divisions	Men's Weight	Women's Weight
Fin/Fly	000.0 – 127.9 lbs.	000.0 - 108.0 lbs.
Bantam/Feather	128.0 – 149.9 lbs.	108.1 – 125.7 lbs.
Light/Welter	150.0 – 176.4 lbs.	125.8 - 147.7 lbs.
Middle/Heavy	176.5 - 999.9 lbs.	147.8 – 999.9 lbs.

Daedo Sparring – Ages (12-14) Black Belts

Divisions	Men's Weight	Women's Weight
Fin	000.0 – 72.8 lbs.	000.0 – 63.9 lbs.
Fly	72.9 – 81.6 lbs.	64.0 – 72.8 lbs.
Bantam	81.7 – 90.4 lbs.	72.9 – 81.6 lbs.
Feather	90.5 – 99.2 lbs.	81.7 – 90.4 lbs.
Light	99.3 – 108.0 lbs.	90.5 – 97.0 lbs.
Welter	108.1 – 116.8 lbs.	97.1 – 103.6 lbs.
Light Middle	116.9 – 125.7 lbs.	103.7 – 112.4 lbs.
Middle	125.8 – 134.4 lbs.	112.5 – 121.3 lbs.
Light Heavy	134.5 – 143.3 lbs.	121.4 – 130.1 lbs.
Heavy	143.4 – 999.9 lbs.	130.2 – 999.9 lbs.

Daedo Sparring – Ages (15 - 17) Black Belts

Divisions	Men's Weight	Women's Weight
Fin	000.0 – 99.2 lbs.	000.0 - 92.6 lbs.
Fly	99.3 – 105.8 lbs.	92.7 – 97.0 lbs.
Bantam	105.9 – 112.4 lbs.	97.1 – 101.4 lbs.
Feather	112.5 – 121.3 lbs.	101.5 – 108.0 lbs.
Light	121.4 – 130.1 lbs.	108.1 - 114.6 lbs.
Welter	130.2 – 138.9 lbs.	114.7 – 121.3 lbs.
Light Middle	139.0 – 149.9 lbs.	121.4 – 130.1 lbs.
Middle	150.0 – 160.9 lbs.	130.2 – 138.9 lbs.
Light Heavy	161.0 – 172.0 lbs.	139.0 – 149.9 lbs.
Heavy	172.1 – 999.9 lbs.	150.0 – 999.9 lbs.

Competitors cannot compete in two sparring divisions

ALL DIVISIONS ARE SUBJECT TO CHANGE



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TOURNAMENT SITE DIRECTIONS



Directions

From South Of Campus (Baltimore, Washington, D.C.)

1. Take Interstate 95 N. to exit 80 Churchville (Rte. 543).
2. Travel north toward Churchville for approximately 6 miles to the traffic light at the intersection of Rte. 543 and Rte. 22.
3. Turn right on Rte. 22 and continue to the light at Thomas Run Road.
4. Turn left on Thomas Run Road.
5. The College campus is on the right.
6. The Chesapeake Theater is located at Entrance #2 and is the first building on the left.
7. The Amoss Center is located at 200 Thomas Run Road which is on the left side of Thomas Run Road directly across from Entrance #2.
8. The Arena is located at Entrance #1 and is the large building on the right. Parking for the Arena is in the S lot with overflow into the T or C lots.

From North of Campus (Elkton, Wilmington, New York)

1. Take Interstate 95 S to Exit 85 Aberdeen (HWY 22 West).
2. Travel Rt. 22 West to the light at Thomas Run Rd.
3. Turn right onto Thomas Run Rd.
4. The College campus is on the right.
5. The Chesapeake Theater is located at Entrance #2 and is the first building on the left.
6. The Amoss Center is located at 200 Thomas Run Road which is on the left side of Thomas Run Road directly across from Entrance #2.
7. The Arena is located at Entrance #1 and is the large building on the right. Parking for the Arena is in the S lot with overflow into the T or C lots.

Special Thanks to our Medical Staff



UNIVERSITY *of* MARYLAND UPPER CHESAPEAKE HEALTH

Upper Chesapeake Orthopedic Specialty Group
Is pleased to support the Maryland State Taekwondo Association and
local tournament at Harford Community College



Edward O'Mara, MD

Orthopedic Surgeon



Sumit Bassi, MD

Fellowship Trained in Sports Medicine

510 Upper Chesapeake Drive, Suite 417
Bel Air, Maryland 21014
443-643-3130
443-643-3133 Fax
upperchesapeakeorthopedics.org

Our multidisciplinary team approach for sports medicine brings together orthopedic surgeons, primary care sports medicine physicians, athletic trainers and physical and occupational therapists to treat a wide range of sports related injuries. Upper Chesapeake Orthopedic Specialty Group specializes in a full range joint replacement procedures including the anterior hip replacement and the Mako™ robotic assisted procedures.

Taking Physical Therapy to a Higher Level



Bel Air Office
2021 A Emmorton Rd Suite 110
Bel Air, Md. 21015
Phone: 410-515-0006
Fax: 410-515-0027
WEB: <http://www.atipt.com/locations/bel-air-md>

Special Thanks to our Vendors



Web: <http://aamausa.com/>

ADDRESS: 31399 Lorain Rd. North Olmsted, OH 44070

TOLL FREE: 1-888-668-6355

PHONE: 1-440-734-6990

FAX: 1-440-734-6980

BUSINESS HOURS: Mon-Fri 09:00 ~ 18:00



Company: i-Tiger TaeKwonDo

Contact: Mr. Bo Kwon

Phone: 703-674-8734