

**Saturday, March 23, 2019**  
**APG Federal Credit Union Arena**  
**Harford Community College**  
**401 Thomas Run Road, Bel Air, MD 21015**



# **The 3rd MARYLAND GOVERNOR'S CUP TAEKWONDO CHAMPIONSHIP**

## **Celebrating Taekwondo Day in MARYLAND**



*Hosted by: Maryland State Taekwondo Association*

*Honorary Co-Chair : Governor Larry Hogan and First Lady Yumi Hogan*

*Tournament Advisors: Grand Master Se Yong Chang and Grand Master Chung Koo Nam*

*Tournament Director: Senior Master Chien Vuong*

*Tournament Chairman: Senior Master Joseph Pirczhalski III*

*Tournament Committee Chairman: Master Lee Henschel*

*Tournament Emcee: Senior Master Yong Seong CJ Chang*

**National Level Tournament  
Facility & Judging**

Weigh In Time: 8:00 – 8:45 AM

Championship: 9:00 AM – 4:30 PM

Opening Ceremony: 11:00 AM

**For Information**

Call: (410) 721-4400

E-Mail: [vuongsmartialarts@gmail.com](mailto:vuongsmartialarts@gmail.com)

Tournament Director:

Senior Master Chien Vuong



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



## 2019 Maryland Governor's Cup Taekwondo Championships

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Info: (410) 721-4400 [www.marylandtaekwondo.com](http://www.marylandtaekwondo.com)



### Letter from the Tournament Director

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Greetings Taekwondo Members,

I would like to welcome everyone to the **2019 Maryland Governor's Cup Taekwondo Championship**. We were blessed to have this opportunity to present such a prestigious tournament that will continue the tradition of providing the 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 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 second year 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.**

**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 Gen2 socks will be available for purchase on site.**

We will also showcase a **3-man Tag Team Sparring High School** division which will consist of 3 black belt competitors 14-17 in age that will compete in a single elimination bracket at 1-5 minute round each. Within each singular 5-minute round match, any of the 3 competitors may tag in/out as many times as they would like. It will be an exciting showcase!

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 Chien Vuong**

President of the Maryland State Taekwondo Association

Tournament Director of the 2019 Maryland Governor's Cup Taekwondo Championship



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## GENERAL INFORMATION

### COMPETITION:

### 2019 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 16, 2019. Credit Card (VISA/MC/DISCOVER) payment is only accepted for Mail-in registration.** There will be a \$10 processing fee incurred for all CC transactions. Only Cash, Cahiers checks, Money orders (**payable to MSTA**), or Pre-Approved School Checks will be accepted for Mail-in registration. **NO** Personal Checks Accepted!!

Mail Applications to:

**2019 MD Governor's Cup**  
**1117 MD-3, Gambrills, MD 21054**

3) On-site registrations will be accepted. **Credit Card Payments will NOT be accepted ON SITE. Only Cash, Cashiers check, money orders, or Pre-Approved School Checks accepted. NO** Personal Checks Accepted On Site!!

### TIME SCHEDULE:

8:00 – 8:30 AM	On-Site Registration & Pre-Registration pickup for all 12 & up
8:00 – 8:45 AM	WEIGH IN – 12 & 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
11:00 – 12:00 PM	Opening Ceremony & High School Black Belt Tag Team Sparring
12:00PM	Lunch
	Competition begins for ALL DIVISIONS 11 & under only starts immediately after Lunch (This will include Family Poomsae)

### 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 3/23/19 at the venue between 8-8:45 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 Gen2 Daedo Socks.**

### COMPETITOR AWARDS:

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

**GRAND CHAMPIONS GOVERNOR'S CUP** awarded to all 1<sup>st</sup> 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 31 at the venue between 8am - 8:45am. 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. Gen2 Daedo socks will be available for purchase on site.

#### **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 years 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: Taeguk / 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.

**FAMILY POOMSAE:** Based on the above criteria. All ages, all belts, Male & Female. Family Poomsae will be held during the 11 and under scheduled competition period.

**SPORT POOMSAE:** Sport Poomsae will only be available in 12-14, 15-17, 18-40, 41-50, 51+ black belt divisions. Competitors in these age categories will have a choice to compete in Sport Poomsae or Traditional Poomsae. Competitors can 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 [www.marylandtaekwondo.com](http://www.marylandtaekwondo.com)

## 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:**  
Maryland State Taekwondo  
1117 MD-3  
Gambrills, MD 21054

**Must be Post Marked**  
**No later than**  
**March 16, 2019**  
**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 POOMSAE    FAMILY POOMSAE    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:

\*Credit Card Payment is only applicable for Pre-Registration Only. You may make payment via Cash, Cashier's Check, Money Order or Credit Card for Pre-Registration. No Credit Card payment will be accepted On-Site. All Credit Card Transactions will incur a \$10 transaction fee.

Credit Card Number w/ Security Code:		Expiration Date:	
Signature:		Amount:	
<input type="checkbox"/> : Cash    Amount:		<input type="checkbox"/> : Money Order/Cashier's Check    Amount:	

**All Applications & Fees are  
Non-Refundable**

**Wavier & Release on Page 7 must be SIGNED 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 2019 Maryland Governor's Cup Taekwondo Championship, Grand Master Se Yong Chang, Master Chien Vuong, Master Joseph Pirczhalski III, Master Yong Seong Chang, 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.

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Participant's Printed Name

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Participant's Signature

---

Date

---

Parent/Guardian's Printed Name

---

Parent/Guardian's Signature

---

Date



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**Must be Post Marked**  
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## COACH ENTRY FORM

(Please Print legibly)

### COACH 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)	
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 signed

**I AM ENTERING IN THE FOLLOWING EVENTS (please circle)**  
**(\$50.00 for on-site Registration)**  
or  
**(\$30.00 for Pre-Registration)**

**COACH PASS**

**RANK (Circle One)**

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

### TAEKWONDO SCHOOL INFORMATION

Name of School :	School Address :		
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### COACHES 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.

\_\_\_\_\_  
Coach's Signature /Parent (Print and Sign) or Guardian(Print Name and Relationship, then sign)

\_\_\_\_\_  
Date: (MM/DD/YY)

### Payment Information:

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Credit Card Number w/ Security Code:		Expiration Date:
Signature:	Amount:	<b>All Applications &amp; Fees are Non-Refundable</b>
<input type="checkbox"/> : Cash	Amount:	
<input type="checkbox"/> : Money Oder/Cashier's Check	Amount:	

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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 can compete in all 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			

### Family Poomsae (Forms) – All Ages

Age	ALL AGES
Rank/Belt	ALL BELTS
Gender	Male/Female

### Open Sparring –All Ages

Age	4-5	6-7	8-9	10-11	12-14	15-17	18-32	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.
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## **Special Thanks to our Medical Staff**



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Bare Essentials Sports Medicine  
Is pleased to support the Maryland State Taekwondo Association and  
local tournament at Harford Community College

## **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

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**Company: i-Tiger TaeKwonDo**

**Contact: Mr. Bo Kwon**

**Phone: 703-674-8734**