

University of Cincinnati Taekwondo
Invitational

Thank you for your interest in the University of Cincinnati Taekwondo 2nd Annual Invitational! The University of Cincinnati Taekwondo Club is run by Master John Ritter and Master Nicole Dangelo. Master Ritter is a 7th Dan in Taekwondo and has been with the UCTKD club since 2002. Master D'Angelo is a 6th Dan in Taekwondo, 4th Dan in Hapkido and has been with the club since 2011. UCTKD is a student organization and student leadership is a key part of our success.

Finally, we would like to say that this tournament is for friendly competition and for meeting Taekwondo practitioners from other universities. This is to build relationships between the various clubs and will be a great opportunity for beginners who are nervous about larger tournaments as well as a good tournament for students who are concerned about injuries. Safety and fun are the primary focus and therefore, excessive contact will NOT be tolerated. We look forward to hosting your club. Let's have an amazing experience together.

Master John Ritter and
Master Nicole Dangelo

Requirements to Compete:

- ❖ Student must be in good standings with their university and their university Taekwondo/Martial Arts Club
- ❖ A roster must be submitted before 5:00 p.m. Eastern Sunday February 4th due to UC policy. A roster form is attached. All coaches and competitors must be listed.
 - There will be NO day-of registration allowed.
- ❖ A University of Cincinnati Waiver must be signed by all (ahead of time or at the door). If a competitor is under 18 years of age on the day of the tournament, then a parent or legal guardian must sign the waiver.
- ❖ Spectators must pay entry fee of \$12
- ❖ Competitors must pay \$50 for 1-2 events and then an additional \$5 for every event added on.
- ❖ Payment can be made by cash, venmo or check (made out to University of Cincinnati Taekwondo Club) upon arrival at the event.

Divisions:

- ❖ All divisions will have 4 competitors. 1st place, 2nd Place, and (2) 3rd places will be awarded.
- ❖ Beginners: 10th gup through 7th gup
- ❖ Intermediate: 6th gup through 4th gup
- ❖ Advanced: 3rd through 1st gup
- ❖ Black Belts: all Dans (may be split depending on division size)
- ❖ Forms are co-ed and sparring will be separated by gender

Poomsae(Forms):

- ❖ This is an open style tournament so any style of form will be accepted
- ❖ Judging will be based on technique, accuracy, power, consistency, concentration, form difficulty, and martial arts attitude
- ❖ Competitors will choose their own form with no rank restrictions.
- ❖ Two competitors will perform a form at the same time and a winner will be declared by a show of hands from three judges
- ❖ Winner of each preliminary round will perform again to compete for 1st place
 - The winning round form does NOT need to be the same as the preliminary round form.

Sparring:

Olympic Style Sparring With Head Contact:

- ❖ Modified AAU rules. Excessive contact may be grounds for disqualification at referee's discretion.
- ❖ Black Belts will be (2) 1:30 minute rounds with a 45 second break between
- ❖ Color Belts will be (2) 1:00 minute rounds with 30 second break between
- ❖ Coaches must be respectful when coaching. Violators will be given a warning then the competitor will be disqualified if behavior continues
- ❖ 3 corner judges will judge. Averages for each round will be taken to declare the winner. If there is a draw, then the judges and center referee will determine the winner based on aggression, level of techniques and martial arts spirit
- ❖ Points will be as follows:
 - Punch 1 point
 - Kick to the body 1 point
 - Spinning kick to the body 2 points
 - Head kick 3 points
- ❖ Competitors must have the following equipment to compete:
 - Chest protector, color to be assigned
 - Shin/instep guard
 - Cup required for males, highly recommended for females
 - Head gear (white or color matching assigned chest protector color)
 - Forearm guard
 - Mouthpiece
 - Gloves are optional
- ❖ Competitors must have trimmed fingernails and toenails for safety
- ❖ Push Rule is allowed if 1) the push is followed immediately by a kick and 2) the push does not push the opponent out of bounds

Olympic Style Sparring WITHOUT Head Contact:

- ❖ Modified AAU rules. Excessive contact may be grounds for disqualification at referee's discretion.
- ❖ NO head contact will be allowed.
- ❖ Black Belts will be (2) 1:30 minute rounds with a 45 second break between
- ❖ Color Belts will be (2) 1:00 minute rounds with 30 second break between
- ❖ Coaches must be respectful when coaching. Violators will be given a warning then the competitor will be disqualified if behavior continues
- ❖ 3 corner judges will judge. Averages for each round will be taken to declare the winner. If there is a draw, then the judges and center referee will determine the winner based on aggression, level of techniques and martial arts spirit
- ❖ Points will be as follows:
 - Punch 1 point
 - Kick to the body 1 point
 - Spinning kick to the body 2 points
- ❖ Competitors must have the following equipment to compete:
 - Chest protector, color to be assigned
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 - Cup required for males, highly recommended for females
 - Head gear (white or color matching assigned chest protector color)
 - Forearm guard
 - Mouthpiece
 - Gloves are optional
- ❖ Competitors must have trimmed fingernails and toenails for safety
- ❖ Push Rule is allowed if 1) the push is followed immediately by a kick and 2) the push does not push the opponent out of bounds

Point Sparring:

- ❖ Modified AAU rules. Excessive contact may be grounds for disqualification at referee's discretion
- ❖ Black belts and colored belts will have (1) 2:00 round but will stop if there is a point gap of 10
- ❖ Coaches must be respectful when coaching. Violators will be given a warning then the competitor will be disqualified if behavior continues
- ❖ 3 corner judges will judge. If there is a draw, then the judges and center referee will determine the winner based on aggression, level of techniques and martial arts spirit
- ❖ Pushing will not be allowed during the match
- ❖ Points will be as follows:
 - Punch 1 point
 - Kick to the body 1 point
 - Kick to the head 2 points

- ❖ Competitors must have the following equipment to compete:
 - Shin/instep guard
 - Cup required for males, highly recommended for females
 - Head gear (white or color matching assigned chest protector color)
 - Forearm guard
 - Mouthpiece
 - Gloves
 - Chest protector is optional

Schedule of Events:

- ❖ 8:30 am: Doors open for tournament at University of Cincinnati Rec Center
- ❖ 9:30 am: Opening Ceremonies
- ❖ Black Belt Forms
- ❖ Color Belt Forms
- ❖ Lunch Break
- ❖ Color Belt Sparring
- ❖ Black Belt Sparring
- ❖ Closing and group picture