

2007 GOLD CUP

NATIONAL TAEKWONDO CHAMPIONSHIP

Dear Masters, Instructors, and Practitioners,

I would like to invite everyone to the 8th Annual Gold Cup National Taekwondo Championships being held at Queens College in Flushing, NY on Sun. Oct. 21, 2007.

Last year's Gold Cup was a huge success as we reached 500 competitors from 15 states and 2 countries. It would not have been possible without the outstanding support from all the Masters, Instructors, Referees, and competitors who continue to help keep the Gold Cup the premiere event in the East Coast. Your devotion and passion to the art and sport of Taekwondo is what keeps it alive. With the 2008 Olympics approaching, we expect this year's Championship to be even more successful and competitive.

This year, we are expecting competitors from New York, New Jersey, Connecticut, Massachusetts, Illinois, Texas, Rhode Island, New Hampshire, Pennsylvania, Maryland, Virginia, North Carolina, South Carolina, Florida, Minnesota, Washington, Ohio, Canada, Puerto Rico, and Guatemala. We will be utilizing 8 matted rings with electronic scoring and internationally and nationally certified referees. Cash scholarships of \$400 will be awarded to the Senior Black Belt Grand Champions. \$200 Cash scholarships will be awarded to the Junior Black Belt Grand Champions.

Come and test your skills as an athlete, coach and referee at this year's Gold Cup National Taekwondo Championships. Take your competition experience to the next level and compete with the best in the nation and the world.

I look forward to seeing everyone at the 8th Gold Cup Championship on Sunday, Oct. 21st. Please register as soon as possible to avoid any delays in organizing this great event. Applications will also be available on-line at www.highperformancetkd.com. Thank you in advance for all of your help and support.

"COMPETE WITH THE BEST"

Yours Truly,

*Master Jin W. Suh
World Championship Team Coach
Tournament Director*

GENERAL INFORMATION

Hosted & Sponsored by:	High Performance Taekwondo Center 25-06 31 st Street, Astoria, NY 11102 718-728-9699 / 631-462-0948 www.highperformancetkd.com
Tournament Director:	Master Jin W. Suh
Date:	Sunday, Oct. 21, 2007
Location:	Queens College
General Admission:	\$10 / Children under 5 Free
Rules:	WTF/USAT Rules

SCHEDULE OF EVENTS

- 7:30AM: Volunteer Meeting
- 8:00AM: Door Registration / Credential Pick up
- 8:30AM: Referee Meeting
- 9:00AM: All Forms & Breaking Competitors ages 4-9 report to holding area.
- 9:30AM: Forms & Breaking Competition begins for all 4-9 yr. olds
- 9:45AM: All Forms & Breaking Competitors ages 10-13 report to holding area.
- 10:00AM: Forms & Breaking Competition begins for all 10-13 yr. olds
- 10:30AM: All Forms & Breaking Competition ages 14 & up report to holding area.
- 10:45AM: Forms & Breaking Competition begins for all 14 yrs. old & up
- 11:15AM: All Black Belts ages 18 & up Sparring Competitors report to holding area.
- 11:30AM: Sparring Competition begins for 18 yrs. old & up Black Belts
- 12:30PM: All Sparring Competitors ages 4-9 report to holding area.
- 1:00PM: Sparring Competitions Begins for all 4-9 yr. olds
- 1:30PM: All Black Belt Sparring ages 14-17 report to holding area. All 10-11 yr. old sparring competitors report to holding area.
- 2:00PM: Sparring Competition begins for 14-17 yr. old Black Belts and 10-11 yr. old all belts.
- 2:30PM: All Sparring Competitors ages 12-13 all belts report to holding area.
- 3:00PM: Sparring Competition begins for 12-13 yr. old all belts
- 3:30PM: All Sparring Competitors ages 14-17 color belts report to holding area.
- 4:00PM: Sparring Competition begins for 14-17 yr. old color belts
- 4:15PM: All Sparring Competitors ages 18 & up color belts report to holding area.
- 4:30PM: Sparring Competition begins for 18 yrs. old & up color belts
- 5:00PM: Main Event Grand Championship Fight offs for Cash Scholarships ages 14-17 & 18-32 Black Belt Division Gold Medalist

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 per competitor from your school as your incentive for your support. For schools sending 20 or more students deduct \$15 per student from your school. For schools sending 30 or more deduct \$20 per student.
3. \$80 Cash for 1 Event Door Registration and \$10 more for each additional event.
4. Absolutely NO REFUNDS.
5. ALL FAX ENTRIES must have credit card info or they will have to pay door registration fee.

REGISTRATION EVENT FEE SCHEDULE

Competitors: Please send correct amount or you will be charged at door for any amount due.

Early Registration

- Entry Fee: 1 Event- \$70 2 Events- \$75 3 Events- \$80
- **Application Postmark Deadline: Tuesday, Oct. 16, 2007**

Door Registration

- Entry Fee: 1 Event- \$80 2 Events- \$90 3 Events- \$100

AWARDS

- ❖ **Senior Black Belt Championship Fight Offs for \$400 Cash Scholarships:** (Fly vs. Feather- 1 Male 18-32 yr. old Winner) (Welter vs. Heavy- 1 Male 18-32 yr. old Winner) (1 Overall Female 18-32 yr. old Winner)
- ❖ **Junior Black Belt Championship Fight Offs for \$200 Cash Scholarships:** 1 Overall Male 14-17 yr. old & 1 Overall Female 14-17 yr. old Winner
- ❖ **6 Ft. Trophies to all 1st Place Winners in all Divisions**

Forms & Breaking

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

Sparring

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

SPECIAL AWARD PRESENTATIONS

- Plaques to all Master Instructors who register by Oct. 1, 2007
- Plaques to all Referees who register by Oct. 1, 2007

RULES & REGULATIONS

Forms (Poomse) Regulations

Event/ Division Selection
WTF/ USAT Official Poomse
* Open Forms- Any TKD Form

Color Belt Division – All Ages

Divisions:

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

Black Belt Divisions

Age Divisions: (4-5) (6-7) (8-9) (10-11) (12-13) (14-17) (18-32) (33-40) (41 & up)

BREAKING (KYUKPA) REGULATIONS

1. You must supply your own boards. Boards may be purchased at competition site.
2. 1 minute time limit. 3 station max.
3. 2 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 5-13
2 Rounds, 1 Min. w/ 20 sec. Rest. No Head Contact
- Sparring Color Belts Age 14 & up
2 Rounds, 1 Min. w/ 20 sec. Rest. Controlled Head Contact. No Kicks to Facial Area or Back of Head
- Black Belt Sparring Age 6-9
2 Rounds, 1 Min. w/ 20 sec. Rest. No Head Contact.
- Black Belt Sparring Age 10-13
2 Rounds, 1.5 Min. w/ 30 sec. Rest. Controlled Head Contact.
- Black Belt Sparring Age 14 & up
2 Rounds, 2 Min. w/ 30 sec. Rest. Full Contact.
- Championship Fight off Matches
3 Rounds, 1 1/2 Min. w/ 30 sec. Rest.

*All Tie Matches will be decided by Sudden Death

Junior Sparring Divisions- All Belts ages 5-13

Divisions- Light, Middle, Heavy

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

Junior Sparring Divisions- Color Belts ages 14-17

Divisions- Light, Middle, Heavy

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

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

DIVISION	MALE	FEMALE
Fly	115lbs. & under	110lbs. & under
Feather	116-135lbs.	111-129lbs.
Welter	136-155lbs.	130lbs. & up
Heavy	Over 155	

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

DIVISION	MALE	FEMALE
Fly	127lbs. & under	114lbs. & under
Feather	128-149lbs.	115-132lbs.
Welter	150-176lbs.	133lbs. & up
Heavy	177lbs. & up	

2007 GOLD CUP

Competitor's Application

Sun. Oct 21, 2007 @ Queens College

PLEASE WRITE SCHOOL CHECKS/ MONEY ORDER/ CERTIFIED CHECKS ONLY TO:

High Performance Taekwondo Center (NO PERSONAL CHECKS ACCEPTED)

Mailing Address: 25-06 31st St. / Astoria, NY 11102

Type or Print all information (Illegible applications will not be processed)

NO REFUNDS. Correct amount MUST be paid or you will be charged at door for any amount due.

COMPETITORS MUST SIGN WAIVER & RELEASE FORM

******MUST BE POSTMARKED BY TUESDAY, OCT. 16, 2007******

Last Name: _____ First Name: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone #: _____

School Address: _____

School Phone Number: _____ Instructor: _____

Application will not be processed without the information below.

Circle one: Male Female Birth Date: _____ Age (as of Oct. 21, 2007): _____

Competition Weight: _____ (lb.) Height: _____ (ft, in) Belt Color: _____

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

Entry Fee: 1 event- \$70 2 events: \$75 3 events: \$80

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

Credit Card #: _____ Exp. Date: _____

Name as it appears on card: _____ Address: _____

Billing zip code: _____ Total Amount to charge: _____

Tournament Site: Queens College: 65-30 Kissena Blvd./ Flushing, NY 11367

LIABILITY WAIVER

I hereby submit my application for registration in the 2007 Gold Cup National Taekwondo 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 Taekwondo 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.

Competitor 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: _____

2007 Gold Cup National Taekwondo Championship

Oct. 21, 2007 @ Queens College: 65-30 Kissena Blvd. Flushing, NY 11367

Coaches Application Form

Applications are to be postmarked by Tuesday, Oct. 16, 2007

- ◆ **All Coach Application fee: \$20**
- ◆ Make Coach's fees by Cashier's Check/Money Order/School Check out to:
 Mail to & Attn.: High Performance Taekwondo Center
 25-06 31st Street
 Astoria, NY 11102

Please type or print all information:

Last Name: _____ First Name: _____

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

Belt Color: _____ Kub/Degree: _____

Home Address: _____ City: _____

State: _____ Zip Code: _____ Country: _____

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

Dojang/School: _____ Master Instructor: _____

School Address: _____ City _____

State: _____ Zip code: _____ Phone#: _____

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 High Performance Taekwondo Center, Queens College and all organizing Committees for the 2007 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: _____

2007 GOLD CUP

National Taekwondo Championships

Oct. 21, 2007 @ Queens College: 65-30 Kissena Blvd. Flushing, NY 11367

Masters attendance form

~**YOU MUST SEND IN THE APPLICATION BY OCT. 1, 2007 TO RECEIVE YOUR 2007 GOLD CUP PLAQUE. THANK YOU.**~

Name: _____

School Name: _____

Mailing address: _____

Telephone: _____

E-mail: _____

Dan Level: _____

T-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 High Performance Taekwondo Center, Queens College and all organizing Committees for the 2007 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: _____

2007 GOLD CUP

National Taekwondo Championships

Oct. 21, 2007 @ Queens College: 65-30 Kissena Blvd./ Flushing, NY 11367

REFEREE attendance form

~**YOU MUST SEND IN THE APPLICATION BY OCT. 1, 2007 TO RECEIVE YOUR 2007 GOLD CUP PLAQUE. THANK YOU.**~

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 High Performance Taekwondo Center, Queens College and all organizing Committees for the 2007 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: _____

All Referees must wear black slacks and TKD shoes. Polo's will be given at referees meeting.

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.

2007 GOLD CUP HOST HOTEL

- **Anchor Motor Inn** (www.anchormotorinn.com)
215-34 Northern Blvd.
Bayside, NY 11361
Toll Free 1-800-442-6246, 1-718-428-8000

Mention Gold Cup for group rates.

❖ **Ask For Daniel.**

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 High Performance Taekwondo Center, this athletic meet, it's organizing committee, Queens College, and 2007 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	LBS.	EVENTS: F-Forms B-Breaking S-Sparring	LIABILITY WAIVER SIGNATURE Under 18 Yrs- Parent/ Legal guardian must sign
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Team/School Name: _____

Master Instructor/ Coach: _____

Telephone & E-mail: _____