



# 2016 Park's Martial Arts 19<sup>th</sup> Annual Tae Kwon Do Championship



**Saturday, April 23<sup>rd</sup>, 2016**

*Events: Form, Breaking, Sparring, Family Form*

**Where: Lafayette High School**

**17050 Clayton Road, Wildwood, MO 63011**

**Hosted by Park's Martial Arts Academy**

**677 Big Bend Rd, Manchester, MO 63021**

**1334 Clarkson Clayton Rd, Ellisville, MO 63011**

**More information call 636-227-3332**

Visit: [www.parksmma.net](http://www.parksmma.net)

## TOURNAMENT DIRECTOR Grand Master Tae Hyen Park

### Awards

1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places are awarded in the form, board breaking, free sparring, and Family Form events.

Grand Champion trophies are awarded in form & board breaking competition for black belt 5-12 years old divisions, and 13 & over division.

### Requirements

All competitors must be students of an established school or club whose instructor holds the rank of at least 2<sup>nd</sup> Dan Black Belt.

**Uniform- Only official White or Black colored Tae Kwon Do uniform is allowed.**

### Free Sparring

A uniform, chest guard, protective cup, mouthpiece, headgear, arm guards and shin guards are required. Other safety equipment is optional but strongly recommended. Note: Head contact will not be allowed at this competition.

### Board Breaking

Only wood boards are allowed in board breaking competition. A maximum of 3 boards for White to Purple belts, 4 board for Brown, High Brown and Red belts, 5 board for High Red to Black belts. Competitors must purchase approved boards at the tournament site.

<b>Schedule of Events</b>
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<p style="text-align: center;"><b>Time</b></p> <p><b>Registration:</b> 8:30 AM  <b>Black Belt (Referee) meeting:</b> 9:00 AM  <u>Meeting is <b>mandatory</b> for all Black Belts 16 years and older.</u>  <b>Competition begins:</b> 10:00 AM  <b>Opening Ceremonies &amp; Masters Demonstration:</b> 11:00 AM  <b>Competition resumes:</b> 11:30 AM</p> <p style="text-align: center;"><b>Location</b></p> <p>Lafayette High School  17050 Clayton Road  Wildwood, MO 63011</p> <p><b>Pre-Registered Entry Fees</b>  \$65 for one or two events, \$75 for three events, \$85 for four events</p>	<p style="text-align: center;"><b>Must post mark by April 15<sup>th</sup>, 2016</b></p> <p style="text-align: center;"><b>On or after April 15<sup>th</sup>, 2016</b></p> <p>\$75 for one or two events, \$85 for three events, \$95 for four events</p> <p style="text-align: center;"><b>General Admission:</b></p> <p>Adult \$5, Children \$3 (5 &amp; under free)  At door- Adult \$7, Children \$5 (5 &amp; under free)</p> <p style="text-align: center;"><b>Please pay cash or check to Park's Martial Arts</b></p>
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Rank(Belt)	Free Sparring	Form
	<b>Category: Men (Ages 17 - 34)</b>	
Black Belt	Light Middle Heavy	1st & 2nd Dan 3rd & Up
Red/Brown	Light Heavy	ALL
Blue	Light Heavy	ALL
Green	Light Heavy	ALL
Yellow/Orange	Light Heavy	ALL
White	Light Heavy	ALL
	<b>Category: Women (Ages 17 - 29 )</b>	
Black Belt	ALL	ALL
Advanced	ALL	ALL
Intermediate	ALL	ALL
Beginner	ALL	ALL
	<b>Category: Seniors</b>	
Men ( 35 and older )	Beginner Advanced Black	Beginner Advanced Black
Women (30 and older )	Beginner Advanced Black	Beginner Advanced Black
	<b>Category: 16 and under</b>	
<b>Ages 15-16</b>		
Black Belt	Boys Girls	ALL
Advanced	Boys Girls	ALL
Intermediate	Boys -----	ALL
Beginner	Boys Girls	ALL
<b>Ages 13-14</b>		
Black Belt	Boys (Lt/Hvy) -----	ALL
Advanced	Boys (Lt/Hvy) Girls	ALL
Intermediate	Boys (Lt/Hvy) -----	ALL
Beginner	Boys (Lt/Hvy) Girls	ALL
<b>Ages 11-12</b>		
Black Belt	Boys (Lt/Hvy) -----	ALL
Advanced	Boys (Lt/Hvy) Girls	ALL
Intermediate	Boys (Lt/Hvy) -----	ALL
Beginner	Boys (Lt/Hvy) Girls	ALL
<b>Ages 9-10</b>		
Black Belt	Boys (Lt/Hvy) -----	ALL
Advanced	Boys (Lt/Hvy) Girls	ALL
Intermediate	Boys (Lt/Hvy) -----	ALL
Beginner	Boys (Lt/Hvy) Girls	ALL
<b>Ages 7-8</b>		
Black Belt	Boys -----	ALL
Advanced	Boys Girls	ALL
Intermediate	Boys -----	ALL
Beginner	Boys Girls	ALL
<b>6 Years of age and under</b>		
Advanced	Boys Girls	ALL
Intermediate	Boys -----	ALL
Beginner	Boys Girls	ALL
Beginner- White, Yellow, Orange, Green		
Intermediate- Blue, Purple, Brown, High Brown		
Advanced- Red, High Red, Recommendation Black, Temp Black		
Black Belt		

*Note: Additional divisions can be made by size and weight as needed by tournament officials. Each form, board breaking, and free sparring event will award first, second and third place trophy.*

# Board Breaking Divisions

Color belts follow direction, but Black belts do their own routine.

You must buy your own boards at the tournament. There are three chances for each break.

Age	Belt					
	White, Yellow, Orange	Orange, Green, Blue, Purple	Brown, High Brown, Red	High Red, Rec. Black, Temp Black	Black Belt	
<b>4-6</b>	3 Board 1. Hammer fist 2. Front snap kick 3. Hammer kick (axe kick)	3 Board 1. Punch 2. Front snap kick 3. Hammer kick (axe kick)	4 Board 1. Knife hand 2. Hammer kick (axe kick) 3. Sliding side kick 4. Jumping front snap kick	5 Board 1. Palm punch 2. Knife hand 3. Back kick 4. Spinning heel kick 5. Jumping front kick	<i>5 Board Free style</i>	
<b>7-9</b>	3 Board 1. Hammer fist 2. Front snap kick 3. Hammer kick (axe kick)	3 Board 1. Punch 2. Front snap kick 3. Hammer kick (axe kick)	3 Board 1. Knife hand 2. Hammer kick (axe kick) 3. Sliding side kick 4. Jumping front snap kick	5 Board 1. Palm punch 2. Knife hand 3. Back kick 4. Spinning heel kick 5. Tornado round house kick		
<b>10-13</b>						
<b>14-17</b>						
<b>18-32</b>						
<b>33 &amp; up</b>						
<b>Breaking Order</b>	<p style="text-align: center;"><b>Judge Table</b></p>		<p style="text-align: center;"><b>Judge Table</b></p>		<p style="text-align: center;"><b>Judge Table</b></p>	

# Map and Directions

**Lafayette High School  
17050 Clayton Road  
Wildwood, MO 63011**

**From 70 go 270 South, go 40 West then left (south) on Clarkson, right (west) on Clayton Rd. School is on the left.**



**From 40 East go left (south) on Clarkson, right (west) on Clayton Rd.  
(About 3 miles up the road) School will be on the left.**