



Southeastern AAU Taekwondo District Championship March 19, 2022 Lebanon, Tennessee

Complete Information and
On-line Registration www.seaautkd.org



COMPETITION EVENTS

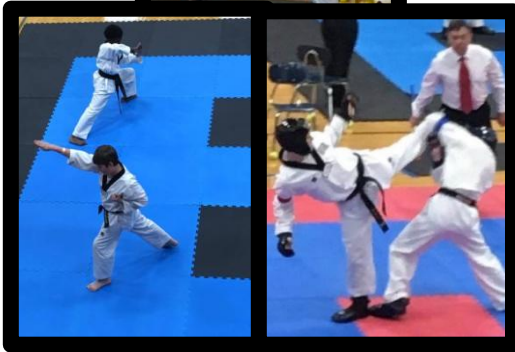
Qualifying Events

Olympic Sparring
Point Sparring
Bracketed Forms

Non-Qualifying Events

Board Breaking
Traditional Weapons
Creative Weapons
Me + 1 Ages 5 & Under

Special Needs Competition



Registration deadline: Monday, March 14, 2022
Late Registration: Thursday, March 17, 2022
Event - \$85.00; Additional Events - \$10 each
Coaches Pass - \$15
Late Registration Fee - \$20 Athlete & Coach

Special Non-Qualifying
Me + 1 Division (ages 5 and under)
1 Event - \$35; Additional \$10
Contact

achievingssuccessma@gmail.com
to register directly with tournament director.

For more information contact Debra Hooper, Tournament Director
achievingssuccessma@gmail.com or 615-310-0020

This event is licensed by the Amateur Athletic Union of the U.S., Inc. All participants must have a current AAU membership. AAU membership may not be included as part of the entry fee to the event. AAU membership must be obtained before the competition begins, except where the event operator has a laptop available with an internet connection.

BE PREPARED: Non-Athlete memberships (required for coaches and officials) are no longer instant and cannot be applied for at the event. Please allow up to 10 days for memberships to be processed.

Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership



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Wilson Central High School
419 Wildcat Way
Lebanon, TN 37090

Ages 5 & Up Entry Fee:

\$85 for any 1 event
\$95 for any 2 events
\$105 for any 3 events
Team Forms - \$15/Team

Me + 1 Division Fee:

\$35 for any 1 event
\$35 for any 2 events
\$45 for any 3 events

Registration Deadline:

March 14, 2022

Late Registration Closes:

March 17, 2022

Late Registration Fee \$20

Coaches Pass \$15

Coaches who have not completed the AAU Coaches Certification by the day of competition will not receive a coaches pass.

Instructors who bring 20 or more athletes receive 2 coach's passes free and instructor will be provided a complimentary double occupancy hotel room for one night. Contact achievingssuccessma@gmail.com by March 1, 2022 to notify tournament director if you will register these numbers so arrangements can be made.

**This is a qualifying event for the
2022 AAU Nationals held in Las Vegas at the
MGM Grand Hotel, July 3rd – 9th**

2022 Junior Olympics, Greensboro, NC

Athletes may compete in up to 4 events.

Olympic Sparring red belt and black belt competitors ages 10-32 will use KPnP electronic hogus and headgear. KPnP E-socks will be required for competition. Go to MyKick.com to purchase prior to the event.

Color restrictions for Olympic Sparring equipment and uniforms for all competition will be waived for this tournament only. National competitions will require adherence to all equipment and uniform restrictions outlined in the AAU Taekwondo rule book.

Competitors in Weapons Forms and Board Breaking must follow rules outlined in the following pages.

No Athletes, Coaches or Officials will be allowed to participate in this event without a current AAU Membership. AAU number is required before registration will be processed.



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Important Information For Coaches and Competitors

Both Athletes and Coaches MUST be current 2022 AAU members

AAU Membership:

Youth & Adult Athlete Membership: All competitors youth and adult, must have a current 2022 AAU Membership. Youth membership is \$14.00 and adult is \$24.

Adult Non-Athlete Membership: All coaches and officials 18 years and older must have a current 2022 AAU Non-Athlete Membership. Adult Non-Athlete Membership is \$16. . Additionally, as part of AAU's commitment to youth safety, all adults who request non-athlete membership, required for coaches and officials, will have a background check. Please allow for at least 10 working days for the membership to be completed.

Go to www.aautaekwondo.org to join.

Coaches Certification:

The AAU Taekwondo Online Coaches Certification is required annually in order to coach at any sanctioned AAU Taekwondo event, including this District Tournament. This certification is for the current competition year only so the coach must have completed after September 1, 2021. The cost is \$50.

Certification/Recertification is required each year. No one will be allowed to coach without successfully completing this online course. Anyone who will be 14 any time during 2022 may take this course and upon passing will be allowed to coach at any AAU Taekwondo event.

Go to <http://www.aautaekwondo.org/RulesInfo/CoachesCertification.aspx> to complete course. The tournament director will only provide coaches passes to those who are reflected on the AAU website as having completed the coaches certification or that can provide their 2022 Certification card at check-in.

All athletes and coaches must register on line for the tournament prior to the LATE registration deadline of March 17, 2022. Anyone not registered by this deadline will be unable to compete or coach in the tournament.



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Point Sparring Competition New Rules

In 2020, new rules were implemented for Point Sparring. Please read the full rules outlined in the 2022 AAU Taekwondo Handbook.

Divisions:

Competition shall be divided by Age, Belt, Weight (lbs) or Height (in), and Gender. Depending upon the number of athletes, the tournament director may combine divisions by age and belt, where appropriate. If height is used to divide competitors within a division, a divisional grand champion round will be run between the shorter and taller division winners in each division. If divisional grand champion rounds are held, an overall grand champion round may be run. If weight is used to divide competitors, a divisional grand champion round may be run between the light and welter weight divisions and the middle and heavy weight divisions. If divisional grand champion rounds are held, an overall grand champion round will be run. If an athlete does not wish to participate in the divisional or overall grand champion round, they are not required to compete. Nationals qualification will be determined based on the finishes in the initial divisions.

Match Times:

All preliminary matches will be one two minute round or a 7-point gap, whichever occurs first. If the match runs the full two minutes, the competitor ahead on score will be declared the winner. If a match is tied at the end of the two minutes, a Golden Round will determine the match. A competitor must win the Golden Round by a two (2) point net change in the score.

All Divisional Grand Championship matches will be one (1) two-minute round but a competitor must win by two points. The Overall Grand Championship matches will be two (2) two-minute rounds but a competitor must win by two points.

Points:

One point will be awarded for any valid hand technique executed to the legal body or head area.

One point will be awarded for any valid foot technique executed to the legal body area.

Two points will be awarded for any valid foot technique executed to the legal head area.

Three points will be awarded for any valid spinning foot technique executed to the legal head area.

All contact must be made with light contact.



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Special Needs Competition

Special Needs Competition follows the rules for Forms/Patterns and Point Sparring with the following modifications. Please refer to the 2022 AAU Taekwondo Handbook for these rules.

Divisions: Besides age, belt and weight, competition shall also be divided by categories.

Level 1: Competitors have limited mobility of arms and/or legs (do not kick above the waist, do not extend arms fully for hand technique) or have a lower level of cognitive skills.

Level 2: Competitors have full mobility of arms and legs (competitor can kick above waist and extend arms fully for hand technique) or have a higher level of cognitive skills.

Level 3: Competitors compete from a wheelchair (Sport Wheel Chair required – No other mobility aid will be allowed, such as crutches or cane)

Point Sparring Scoring Criteria:

Level 1: (No Head Contact Allowed) (limited mobility) One point shall be awarded for any valid hand technique executed to the legal body area within 1 inch or light contact and good technique. Two points shall be awarded for any valid foot technique executed to the legal body area within 1 inch or light contact and good technique. Points may be awarded for intent based on the physical limitations of the competitor to raise foot.

Level 2: (No Head Contact Allowed) (full mobility) One point shall be awarded for any valid hand technique executed to the legal body area with light contact and good technique. Two points shall be awarded for any valid foot technique executed to the legal body area with light contact and good technique.

Level 3: (Head Contact Allowed) (wheelchair) - Additional Mandatory Equipment and modifications
Foot protectors are not required for Category Level 3 (wheel chair) Sport Wheel, basketball style with wheelie bar (Category Level 3). One point shall be awarded for any valid hand technique executed to the legal head area with light contact and good technique. Two points shall be awarded for any valid hand technique executed to the legal body area with light contact and good technique.

For all techniques to be awarded a point or points, the contact must be light or within allowable limits as described above. A majority of the Judges and Referee must also concur that a valid point was indeed scored.

Board Breaking and Weapons Forms will have no modifications to existing rules. Special Needs Competitors will compete in Special Needs divisions determined by age and belt rank.



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Board Breaking Guidelines Non-Qualifying Event

Breaking will be bracketed and single elimination. Competitor should have sufficient boards for advancing through as many matches as necessary to reach finals. Depending upon division size, there may be multiple matches.

Board Breaking Rules- Boards must be purchased at registration, the event site or from our National Sponsor AAMA by visiting website www.aamasupply.com. See Board Sizes Below.

Board Breaking: Repetitive Spin Hook - Allowed technique is spinning hook kick

- Single break format; One board per strike – See Board Sizes Below
- 10 board competition
- Winner based on time required to break 10 boards

Board Breaking: Repetitive Side Kick - Allowed technique is side kick

- Single break format; One board per strike – See Board Sizes Below
- 10 board competition
- Winner based on time required to break 10 board

Board Breaking: Repetitive Hand Technique (human hold)

- Single break format; One board per strike – See Board Sizes Below
- Allowed technique is hammer fist, palm, knife or fist (punch)
- 10 board competition
- Winner based on time required to break 10 boards

Board Breaking: Power Technique - may be hand or foot technique

- Single break format; (one station)
- Allowed technique is hammer fist, palm, knife or fist (punch) or any part of the foot below the ankle
- Athlete may choose any number of boards for breaking attempt
- Spacers allowed – 1 min set up limit
- One (1) attempt allowed
- Winner based on competitor who breaks the most boards or highest percentage of boards attempted

BOARD SIZES: 5 to 13-year-old athletes = AAMA Demo Small 14 and older athletes = AAMA Demo Medium

Coaches must be prepared to hold boards for their athletes. Blocks will be available for power technique breaks. Coaches must have a coaches pass to be on the floor to hold boards



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Weapons Forms Non-Qualifying Event

Weapons Forms Competition:

Weapons Forms: Traditional

- Brazilian Repechage Format
- No live blades will be allowed
- Minimum one hand must remain in contact with the weapon at all times
- Inverted aerial maneuvers are not allowed
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, & Technique

Weapons Forms: Creative

- Brazilian Repechage Format
- No live blades will be allowed
- Weapon releases are allowed in creative division
- Inverted aerial maneuvers are allowed in creative division
- 90 second time limit
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, Technique & Creativity



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Staging Times

Arrive and Check in 1 hour before Staging Time

	8:00 am	Doors Open for Athlete Check – In
7:30 am Officials Meeting with Hand Signals Update Req	9:00 am	Olympic Sparring Staging – Advanced and Black Belts Ages 15 & Up (KPNP Footwear required)
	9:30 am	Opening Ceremonies
8:30 am Officials Rules Review & Ring Assignment	10:00 am	Olympic Sparring Staging – Advanced and Black Belts Ages 10-14 (KPNP Footwear required)
9:00 am Olympic Coaches Meeting	11:30 am	Olympic Sparring Staging – Black and Advanced Belts Ages 5-9 Novice and Intermediate Belts Ages 5-17 Board Breaking Staging – All Adults
1:00 pm Special Needs Coaches Meeting	12:00 pm	Board Breaking Staging - All Belts 10-17
3:00 pm Point Sparring Coaches Meeting	12:30 pm	Olympic Sparring – Novice and Intermediate Adult Belts Board Breaking Staging – All Belts 5-9
	1:00 pm	Special Needs Staging ME + 1 Ages 5 & Under Staging
	1:30 pm	Forms Staging – Novice & Intermediate Belts
	2:00 pm	Forms Staging Advanced Belts
	2:30 pm	Forms Staging Black Belts
	3:00 pm	Weapons Forms – All Belts All Ages
	3:30 pm	Point Sparring Staging – All Belts All Ages

Actual staging times may vary slightly. Staging times are not the time the match will start, but when divisions are confirmed.



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**WILSON CENTRAL HIGH SCHOOL
419 WILDCAT WAY
LEBANON, TN 37090**

Directions to Venue



Wilson Central High School is located just east of Nashville, TN.

Located off Interstate 840, it is easily accessible from any direction. There will be plenty of visitor parking and seating available all day.

Directions:

From Atlanta/Chattanooga/Southeast: Take I24W to I840E towards Knoxville. Take Exit 72B—Central Pike. At the first red-light, turn right onto Wildcat Way.

From Knoxville/Lebanon/East: Take I40W to I840W towards Chattanooga. Take Exit 72—Central Pike. At the first red-light, turn right onto Wildcat Way.

From Nashville/Mt Juliet/West: Take I40E to Exit 232A—Highway 109S. Go to the first red-light (approximately 3 miles and turn left onto Wildcat Way.



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Two Hotels with Group Rates for Athletes



La Quinta Inn & Suites
140 Dixie Avenue
Lebanon, Tennessee 37090
\$124.95 Plus Tax per night -double or single room
Call 615-470-1001
Use Group Code – Taekwondo Competition
Expires 2/17/2022



Sleep Inn & Suites
150 S. Eastgate Court, Building
A Lebanon, TN, 37090, US
\$109.49 Plus Tax per night - double or single room
Call (615) 449-7005
Use Group Code – AAU Taekwondo
Expires 3/15/2022