

Ultimate Martial Arts & Fitness
2011 Ultimate Championship Taekwondo Tournament

Masters, Instructors, Coaches, Athletes, and Spectators:

On behalf of the Tournament Organizing Committee, Officials, Volunteers, and Sponsors; it is my pleasure to invite you to participate in the 2011 Ultimate Championship Taekwondo Tournament. The Ultimate Championship is a family friendly environment designed to encourage all athletes at every level. This tournament offers family discounts in an effort to further promote Taekwondo as a Family Sport. We hope you will compete with us this year.

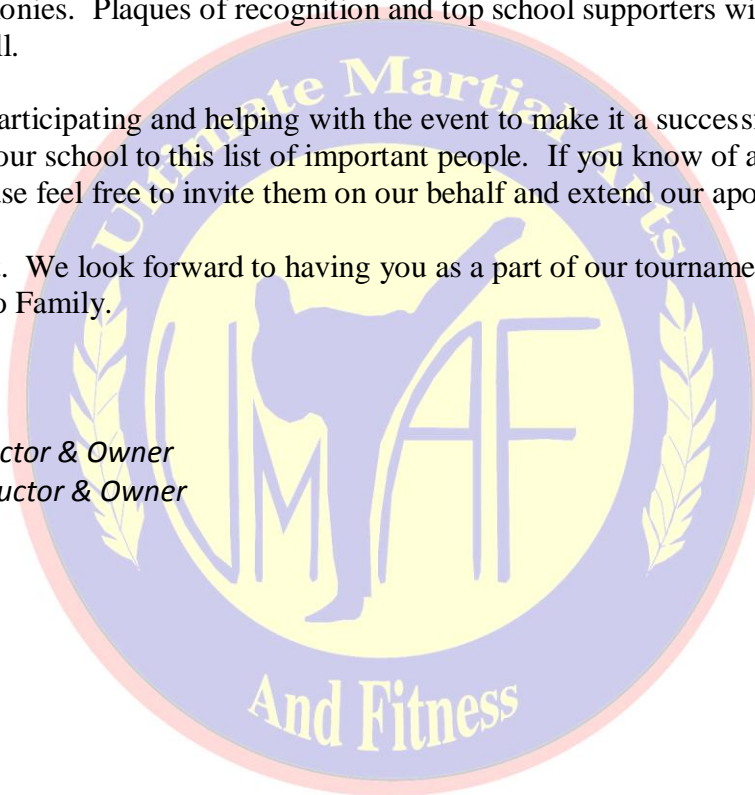
The Ultimate Martial Arts & Fitness Competition Demo Team will perform at the opening ceremonies as well as the students from the Ultimate Kidz Zone Class (ages 2 ½ - 6). They would be honored to have you as a guest at the opening ceremonies. Plaques of recognition and top school supporters will be presented in the opening ceremonies as well.

We have several schools participating and helping with the event to make it a successful tournament this year. We hope to add you and your school to this list of important people. If you know of a school that we have somehow overlooked, please feel free to invite them on our behalf and extend our apologies.

Thank you for your support. We look forward to having you as a part of our tournament and adding you as a member of our Taekwondo Family.

Thank you,

Tracy D. Long, Head Instructor & Owner
Shannon B. Edwards, Instructor & Owner



**Ultimate Martial Arts & Fitness
2011 Ultimate Championship Taekwondo Tournament
Credit Card Information Sheet**

This sheet will be destroyed after charging the card the appropriate amount

Name on Card: _____

Billing Address: _____

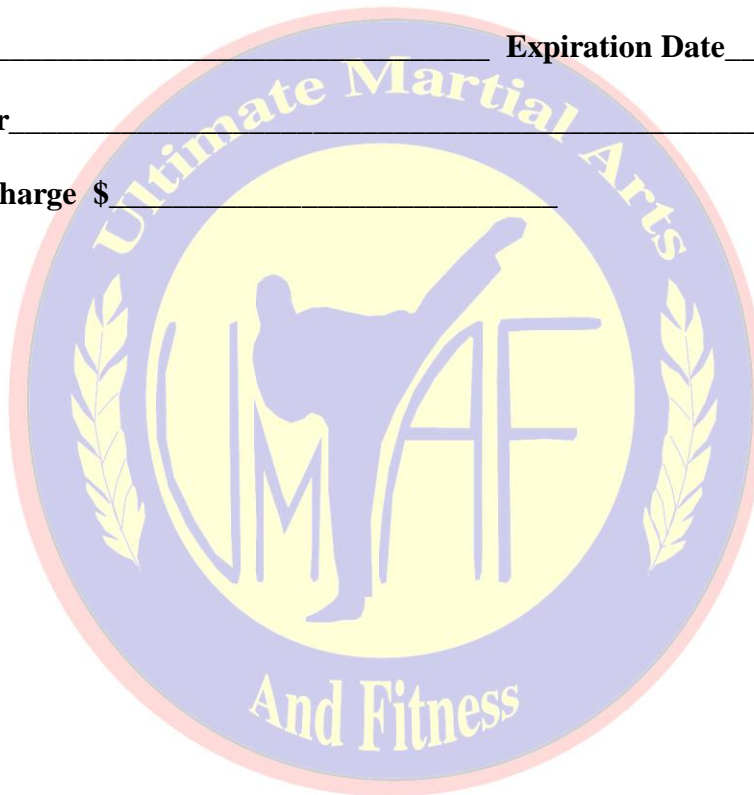
City: _____ **State:** _____ **Zip:** _____

Type of Card: Visa Mastercard Discover

Card # _____ **Expiration Date** _____

Signature of Card Holder _____

Amount Authorized to Charge \$ _____



**Ultimate Martial Arts & Fitness
2011 Ultimate Taekwondo Championship
Arbitrators, Referees, and Judges Application**

If you would like to serve as a tournament official as an Arbitrator, Referee, or Judge, please complete the information below and submit this form to Ultimate Martial Arts & Fitness. We will select the top qualified applicants. Referees and Judges will be provided a tee shirt, lunch, and refreshments.

T-Shirt Size: ____S ____M ____L ____XL ____XXL ____XXXL

Name	Age	Sex	Rank
Address	City	State	Zip
Contact Phone	Email		
USAT Referee Level	USAT Referee Certification #		
Previous Experience			
National TKD Association	Name of your TKD School		
Address (for TKD school)	City	State	Zip
Phone	Email		
Website	Name of your Instructor/Master		

As a referee or judge, you must attend the 9:00am official's meeting. Ring assignments, meal tickets, and t-shirts will be distributed at the official's meeting. Group Photos will also be taken during the 9:00am meeting.

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8:00am – 10:00am – Registration

10:00am – Opening Ceremonies

10:30 - Demo Teams, Creative Poomsae, Musical Creative Poomsae

11:00 – Family Poomsae

11:15 – 1:15 – Youth ages 12 and under – Poomsae and Kyorugi

1:15 – 1:45 – Lunch

1:45 – 5:00 – Ages 14 and up – Poomsae and Kyorugi





**Ultimate Martial Arts & Fitness
2011 Ultimate Championship Taekwondo Tournament**

**August 27, 2011
Graham Recreation Center
Graham, North Carolina**

Area Restaurants and Hotels

Comfort Suites

769 Woody Drive
Graham, NC 27253
336-221-9199

Approximately 10 minutes from tournament site
From hotel

1. Go back to Hwy 54 (Harden Street) – turn left on Harden St.
2. Turn Right onto Main Street which is also Hwy 87
3. Turn Left onto Parker Street – Parker Street is at a light
4. You will see Graham Recreation Center on the Left

Ramada Inn

2703 Ramada Road
Burlington, NC 27215
336-229-9969

Hotel located at exit # 143

Approximately 12 minutes from tournament site
From hotel – see directions from I-85/40 for tournament site directions

Country Suites

3211 Wilson Drive
Burlington, NC 27215
336-584-1115

Hotel located at exit #141

Approximately 15 minutes from tournament site
From hotel – see directions from I-85/40 for tournament site directions

Courtyard by Marriot

3141 Wilson Drive
Burlington, NC 27215
336-585-1888

Hotel located at exit #141

Approximately 15 minutes from tournament site
From hotel – see directions from I-85/40 for tournament site directions



Hampton Inn

105 Spring Forest Dr.

Mebane, NC 27302

919-563-5400

Hotel located at exit # 153

Approximately 15 minutes from tournament site

From hotel – see directions from I-85/40 for tournament site directions

RESTAURANTS

- There is a Ruby Tuesdays beside Hampton Inn
- Cutting Board is located beside Ramada Inn
- There are several chain type restaurants at exit # 141 and exit # 140
- Day of Tournament – there are three local restaurants within 5 minutes of the tournament site
 1. Carvers on Elm
 2. Barristers Café
 3. Graham Soda Shop

*For all three – leave the tournament site by going back down Main Street toward the interstate. All three restaurants are located around the traffic circle (locally known as court square if asking directions).

DIRECTIONS TO TOURNAMENT SITE

From Raleigh – Durham – Chapel Hill Area

1. Take exit # 147 from I-85/40
2. Turn Right off of the exit onto Main Street (Hwy 87)
3. You will come to a traffic circle with a large building in the middle of the circle – go ½ way around and stay on main street.
4. Turn Left onto Parker Street (Parker Street is at a light)
5. You will see Graham Recreation Center on the Left.

From Greensboro – Winston-Salem Area

1. Take exit #147 from I-85/40
2. Turn Left off of the exit onto Main Street (Hwy 87)
3. Follow # 3 - #5 above



Ultimate Martial Arts & Fitness
2011 Ultimate Championship Taekwondo Tournament
Competition Information

Registration

Pre-Registration Only. The entry form must be completed and accompanied by money order, certified check, or Dojang check. The entry form(s) must be received by August 13, 2011. Please include all information including your correct weight to insure that we create proper divisions and order the correct amount of medals and trophies.

Eligibility:

This tournament is open to all styles and systems. All athletes will be judged according to his/her technique on individual competitions and according to published rules in creative areas. Demo Teams will be judged according to published rules. All athletes must abide by and follow established Olympic-style rules of sparring that will govern this tournament (please visit the USAT website for a complete rule packet) – rules may be modified as necessary for complete brackets that are tournament friendly and safe for all competitors.

Competition Rules:

Current USAT rules and regulations, modified as necessary to create a competitive yet safe tournament, will govern this tournament. Rules and Regulations can be found on the USAT website.

Equipment

Protective equipment is mandatory for all competitors. All competitors must wear a clean white Dobok with a white V-Neck. Black V-Neck collars are only allowed for Black Belt Competitors. When sparring, all competitors must wear a reversible chest protector, shin & instep guard, forearm guards, headgear, and mouthpiece. Males must also wear a groin cup and supporter. Females have the option of wearing a groin guard and/or female chest protector.

Matches

Eliminations and finals for all Black Belt divisions will consist of (2) two minute rounds. All adult color belts and seniors (33&up) will consist of (2) two minute rounds. All junior competitor divisions will consist of (2) one minute rounds. All division for junior Black Belts age 14 – 17 will consist of (2) two minute rounds.

Poomsae & Kyorugi Divisions

Juniors will be divided into light, middle, and heavy weight divisions – ages 4-5, 6-7, 8-9, 10-11,12-13, 14-15, 16-17, all Black Belts ages 14-17 will compete under USAT adult rules.

Adults will be divided into light and heavy weight divisions – ages 18-32, 33-39, 40-44, 45-49, and 50+

Ranks

- White Belt - Gup 10-9
- Yellow Belt – Gup 8-7
- Green Belt – Gup 6-5
- Blue Belt – Gup 4-3
- Red Belt – Gup 2-1
- Black Belt – 1st Dan/Poom, 2nd Dan/Poom, 3rd Dan/Poom, 4th Dan/Poom, etc

Awards

Beautiful quality Olympic-style medals for 1st, 2nd, and 3rd place finish in Poomsae Division and 1st, 2nd, and two 3rd place finish in Kyorugi Division. Special Guests and Top School Supporters will receive plaques.

Lunch

Lunch will be provided for all tournament officials and volunteers. For all others, a concession stand is available throughout the day with snack foods, lunch foods, and drinks available for purchase. Participants may also choose to eat at any of the area restaurants. The tournament site is located within 15 minutes of several area restaurants.

Creative Poomsae (Modified)

No Taekwondo, Karate, Kung Fu, or any other established style of martial arts form will be allowed- the form must be creative. The maximum performance time is two minutes. For Creative Poomsae the performance must be solo. The poomsae should end in the same position as it starts and have at least 12 kicks included.

Creative Musical Poomsae

The performance can be solo, pairs, or family. No Taekwondo, Karate, Kung Fu, or any other established style of martial arts form will be allowed- the form must be creative and set to music. There is a 5 minute time limit.

Judging Criteria for Creative Poomsae & Creative Musical Poomsae

- Practicability, applicability and focus: Practical, applicable techniques with focus are superior to non-applicable techniques without focus.
- Balance, rhythm, and flexibility: Techniques with balance, rhythm and flexibility are superior to techniques without balance, rhythm, and flexibility.
- Accuracy, speed, power: Techniques with speed, power, and impact and without mistakes or hesitations are superior to techniques without speed, power, and impact and with mistakes or hesitations.
- Beauty, grace, and artistic performance: Techniques with beauty, grace, and artistic movements are superior to techniques without beauty, grace, and artistic movements.
- Technical superiority: flying is superior to jumping – jumping is superior to skipping – skipping is superior to sliding – sliding is superior to standing – spinning is superior to non-spinning – kicking is superior to any hand techniques – techniques with more combinations are superior to techniques with less or single techniques.
- Concentration and breath control: Performance with concentration and proper breath control is superior to the performance without concentration or proper breath control.
- Etiquette and manners: Courtesy and attitude of competitors during entrance, performance, and up to the finish will be counted.

Demonstration Team Guidelines

A demo team is composed of 2+ people (unlimited) to include board holders and support. The performance may be synchronized or unsynchronized with the use of a various forms of creativity – forms, breaking, music, self-defense techniques, etc. Non-standard WTF Doboks are allowed. There is an 8-minute time limit which includes setup. Judging is based on successful completion of breaking attempts, creativity, originality, plus audience appeal. Demo teams must provide their own materials (i.e. bricks, music, boards). Demo Teams can be composed of any belt color.

Creative Divisions Points Award Priority:

- Techniques Superiority, and Creativity 30%
- Applicability and Practicability 30%
- Accuracy, Speed, and Power 25%
- Balance, Rhythm, and Endurance 10%
- Spirit and Manner 5%
- **Total 100%**

Deduction Points for Creative Divisions:

- Time Violations: .5 deduction every 10 seconds over performance time – Maximum up to 2 minutes.
- Technical violation - .5 deduction each violation
- Boundary violation: .5 deduction each violation (running out of boundary).
- Spirit and Manner violation: .5 deduction each violation.

Family Poomsae

This division must have at least two related persons. The form cannot be at a level above the lowest ranking person competing. The form must be an established form – no creative forms for this division. The judging will be based on the same standards as traditional poomsae plus the synchronization of the persons on the mat.

