



Championship Karate and Taekwondo

proudly presents the
1st Annual

Twin Dragons Tournament

Dear Colorado Martial Arts Family,

We hope this letter finds you well. On behalf of Championship Karate and Taekwondo, we'd like to invite you to the first ever Twin Dragons Tournament, held January 23rd, 2010 at Orchard Road Christian Center.

The tournament will feature great competition in Sparring (Olympic, Point, and Blaster Pad), Grappling (Gi and no Gi), Forms (Traditional, Team, Creative, Weapons, XMA) and Board Breaking. Those students who win the most medals overall will also receive beautiful "Fighting Dragons" Grand Champion Trophies.

We aim to make this tournament one of the premier events in Colorado which will bring together schools from the Karate, Grappling, and Taekwondo communities with students of all martial arts backgrounds in a day of fellowship and fun. All Little Dragons (age 6 and below) will win a medal in each event.

Please do not hesitate to contact us if you have any questions or concerns.

Sincerely,

Sensei Melinda Beaumont
Tournament Chair
senseimelinda@championshipkaratetkd.com

Master Bill Pottle
sbn@kattaekwondo.com

The official tournament webpage is
www.kattaekwondo.com/tdt.htm

See pictures and other information on Facebook
(Search for Twin Dragons Tournament).



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General Tournament Rules

Overall Grand Champion Trophies

Points will be awarded to every competitor who finishes in the top three in his/her division as outlined below. The competitor at the end of the tournament with the most points wins.

We have some beautiful dragon statue trophies!

1 st Place	3pts	
2 nd Place		2pts
3 rd Place		1pt

* Therefore, competitors who enter more divisions stand the greatest chance of winning the Overall Grand Champion dragon statues.

Overall Grand Champion awards will be given with the following breakdown:

Under 14yrs old Color Belts Under 14yrs old Black Belts 14+ Color Belts 14+ Black Belts

Blaster Pad Sparring

This fun event requires no experience! Competitors face off holding kicking shields and try to knock their opponent out of a 3x3 ring. No punching or kicking allowed. If a competitor steps with two feet out of bounds or touches any part of his/her body or the kicking shield to the ground, their opponent receives a point. First competitor to 3 pts or the one with the most points after 3 min wins.





General Tournament Rules

Olympic Style TKD (Continuous) Sparring Breaking

All matches will follow Official USAT/WTF rules.

Each match will be scored using electronic scoring.

Two 2-minute rounds for black belts above 14yrs.
Two 90-second rounds for all others.
(30 sec break between rounds)

Standard USAT equipment required: hogu, head protector, shin and forearm protectors, mouth piece, and groin protection (for males). Taekwondo gloves required for 14 and up black belts.

No hand techniques to the face/head in any division.
Head contact per USAT rules (adult, junior safety and children's rules, as age and rank appropriate).

Complete USAT rules can be found at

http://assets.teamusa.org/assets/documents/attached_file/filename/16471/USAT_Rules_REVISE_July09.pdf

Board

All competitors must bring their own boards. *(Boards will also be available to purchase at the tournament.)*

Competitors will be divided into age and belt rank divisions.

Breaks must be planned ahead of time and set up within a few minutes.

Breaks will be judged on difficulty, success on first attempt, and flow of techniques.

Competitors will only be given three chances to break each board.





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Tournament Schedule

Note, check tournament web page as the date gets closer for an updated schedule
**Report to the holding area 30 minutes before your scheduled event. **

8:30 am Referees' and Coaches' Meeting

9am Forms

10:30am Blaster Pad Sparring

11am Board Breaking

11am Point Sparring

12:30pm Grappling (Gi and No Gi)

2:30pm Olympic Style Taekwondo (Continuous) Sparring

**Overall Grand Champion Trophies will be
awarded**

All Little Dragons guaranteed a Medal

Questions? Please contact Sensei Melinda at:
senseimelinda@championshipkaratetkd.com





Forms Rules

Forms Divisions

- Traditional Forms
- Group Traditional Forms
- Creative Forms /Musical Forms
- XMA Forms
- Group Creative/Musical/XMA Forms

- Traditional Weapon Forms
- Creative/Musical Weapon Forms
- XMA Weapon Forms

Multiple Divisions

The Overall Grand Champion trophies go to the competitors with the most wins in the tournament. **Traditional Forms**

Therefore, competitors are encouraged to enter as Traditional forms from any system will be many divisions as possible. allowed.

If a competitor is currently competing in a division when another of the competitor's divisions is called, simply notify the tournament officials and that division will be held for a reasonable amount of time.

Double Elimination Forms

Divisions with 10 or fewer competitors will be judged in double elimination rounds.

Competitors will be bracketed and rather than receive a score for their form, judges will pick a winner from each bracket. The winner will be the competitor who best executes their form with balance, power, stances, and technique.

Every competitor is guaranteed to perform their form at least twice in double elimination.

Please note that judges will rate traditional forms based upon solid stances, powerful techniques, focus, and balance.

Overall Grand Champion Point Values

1 st	Place	Place	3 pts
2 nd			
3 rd			



2pts
Place
1pt



Forms Rules

Scheduling Restrictions

A competitor may register for either Creative/Musical/*or* XMA forms (not all three), and either Creative/Musical/*or* XMA weapons forms due to time constraints.

Teams of two or more competitors will only be allowed to compete in *one* group division: either Traditional group forms, Creative group forms, Musical group forms, *or* XMA group forms (but not all four divisions). However, schools are free to enter a different team of students in each event.

*So a competitor could theoretically register for Traditional forms, Creative forms, Group Musical forms, and XMA weapons for example.

Weapons

All weapons used in competition must be deemed safe and appropriate by the center referee.

XMA

Forms that include any gymnastic techniques and acrobatics (more than 360 degree spins) must be entered in an XMA division.

Rank Divisions

All color belt competitors will compete against students within two ranks of themselves. For example, a green belt might compete against a purple belt or a blue belt. Likewise, all black belt competitors will compete against black belts within two ranks of themselves.

Introductions

All students will be given the opportunity to introduce themselves to the judges prior to competing. However, due to the double elimination style, students will be asked not to introduce themselves more than once per division.

Questions? Please contact Sensei Melinda at:
senseimelinda@championshipkaratetkd.com



Grappling Rules

Points

Takedown	2pts
Side Control	2pts
Knee on Stomach	2pts
Mount	4pts
Pass Guard	2pts
Sweep from bottom	2pts
Escape from mount	2pts
Submission	Win

* If a competitor pulls guard to avoid a takedown, opponent will be awarded 2pts for takedown.

Starting Position

Beginner	knees
Intermediate	knees
Advanced	knees or standing

* If a competitor in Beginner or Intermediate division stands during a match, he or she will be asked to return to knees. failure to comply will result in a warning or possible disqualification. Any takedown that occurs from standing in these two divisions may result in immediate disqualification.

Legal Submissions

- arm, shoulder, elbow, wrist locks
- chokes that don't manipulate the spine
- ankle locks (Int/Adv divisions only)
- knee bars (Adv divisions only)

Length of Matches

Youth age 5-12yrs	3min
Beginner ages 13+	4min
Intermediate ages 13+	5min
Advanced ages 13+	6min

*all matches 1 round each

Divisions

Beginner: less than 9 months training
 Intermediate: less than 2 yrs training
 Advanced: 2 or more yrs training

*We reserve the right to change your division at our discretion to create fair and appropriate brackets.

Submissions

No Submissions in any Beginner Division!

No neck cranks, neck compressions, spinal compressions, or vertebrae manipulation

(including guillotine chokes). No twisting knee

A locks (no heel hooks).

Attempting such a submission will result in a verbal warning followed by an immediate disqualification if the competitor fails to abide by the warning.

No small joint manipulations. Only

Intermediate and Advanced divisions may perform ankle locks. Only Advanced division may perform knee bars.

When applying a submission, the grappler must

opponent the opportunity

the

disqualification regardless of if the

to submit before fully applying

submission. Failure to do so may result in

opponent taps.



Grapppling Rules

Illegal Techniques

Use of the following will result in immediate disqualification: All competitors must weigh-in before

- biting, spitting
- striking or kicking, eye gouging
- neck cranks (including guillotine choke)
- twisting knee locks, heel hooks
- hands or elbows to throat, smothering
- slamming an opponent

* The referee can at anytime disqualify a competitor that he/she feels is displaying unsportsmanlike conduct, deliberately trying those registered to injure their opponent, or behaving disrespectfully. The referee's decision is final.

Stalling/Stalemate

When both competitors are in a stalemate for 15 seconds, the referee will bring them back to the center and restart the competitors from their original starting position.

*For example, if a competitor achieves mount, he/she may not simply hold that position for the remainder of the match.

Mercy Rule

A grappler that gains a 16 point lead in a single match will be declared the winner.

Weight Divisions

All competitors must weigh-in before competing.

Matches will be determined at the tournament. Tournament officials will do their best to keep all competitors within 15 pounds of each other.

*Therefore, rather than a set weight division of 125-139.9 lbs there might be a division of 133-148lbs to accommodate

Uniform/Equipment

Full Gi (uniform) and belt required for all Gi grappling competitors. No rash guard shirts or shorts will be allowed unless worn under gi.

*Grapplers who do not have a full gi and belt on at the time his/her Gi match is called will be given 5 min to meet the uniform requirements before being disqualified.

Mouthguards and cups are required for all grappling competitors.

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