



PRECISION MARTIAL ARTS ACADEMY

ROYAL GLENORA CLUB

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TAEKWONDO KYORUGI (SPARRING) at RGC

Taekwondo is the most popular and widely practiced Martial Art in the World. Taekwondo is an Olympic Sport and has two sport streams for competition, Sparring and Poomsae. Moreover, Taekwondo is a powerful tool that helps develop positive character and lifestyle habits for a healthy mind, body and spirit and instills humanity and being active for life... for ALL levels and abilities.

Precision Martial Arts Academy (PMAA) follows the National Coaching Certification Program (NCCP) and Coaching Association of Canada's Long Term Athlete Development (LTAD). All PMAA Instructors and Coaches have NCCP Training and are Taekwondo Canada (TC) and Kukkiwon Certified Black Belts, mentored personally by Master Derek Sadler, SAS-AP, ChPC, PFT, 7th Dan Black Belt and owner of PMAA.

TOURNAMENT INFORMATION FOR PARENTS & STUDENTS

PMAA students are encouraged to participate in tournaments throughout the year to test their courage and skills against other opponents in friendly competition. Regardless of outcome, win or lose... it is a learning experience to build confidence, sportsmanship and strong moral character. When a student humbly wins a medal or trophy, it is fantastic. When they lose or do not receive any medal or trophy, they must learn how to accept losing with humility, grace, good sportsmanship and determination to work harder to be better and stronger the next time.

Students who wish to compete are asked to inform Instructors so we may prepare them accordingly. Any student who wants to develop as an elite athlete is encouraged to join PMAA's High Performance Team (some restrictions apply). See PMAA's staff or speak to Master Sadler personally to discuss further.

WHAT to EXPECT on TOURNAMENT DAY

TEAM PRECISION MEETING

Students are asked to arrive at least 20-30 minutes before the scheduled start time to change, warm up and stretch out. Keep an eye out for PMAA Instructors/Coaches as we will gather everyone together to have a brief motivational chat and get everyone mentally ready for the day. Parents are welcome and encouraged to listen in and ask questions if any. We will always try to have a Team warm-up on the mats, usually conducted by a senior belt athlete. During this time, they will be informed of any particular information that may need to be discussed based on competition day rules being revised or modified. We usually try to get a group picture at this time. As the day gets going, it gets chaotic at times and it is hard to get everyone together.

BEHAVIOR EXPECTATIONS

- PMAA students are expected to be well mannered, respectful, courteous and considerate of others when out in public and at TKD events.
- Show a positive attitude when/if you lose or do not get a medal. Always show excellent sportsmanship when you lose **AND** win. Be the first to go shake your opponent and their coach's hand to say thanks and good job! Students will be seriously disciplined back at PMAA if attitude or behavior is negative or disrespectful in any way!
- In the stands, be sure to clean up after yourselves, find garbage or recycle bins and please do not leave garbage in the bleachers. This makes you and PMAA look bad.
- Be sure to bow to Master Sadler and any coaches and say thank you for volunteering their time to be there to support you. If Master Sadler ever introduces you to another Master/Coach, be sure to bow properly and say "very nice to meet you, Sir or Ma'am".
- No running around or horseplay of any kind. You represent Master Sadler and PMAA, therefore be well behaved and very respectful, helpful and thoughtful to others.

POOMSAE

Tournaments can be unpredictable in terms of time frame and can therefore be a long day of waiting around. Have a healthy, filling breakfast and bring lots of healthy snacks, food/lunch, water and juice. NO POP, NO JUNK FOOD on tournament days as they must be ready as an athlete! Typically, students will line up based on tournament start times. Poomsae divisions will be first. PMAA Coaches/Instructors will help our students to ensure they are in the correct ring. Students will line up based on age and belt rank for divisions to be made by referees. Top three competitors win medals. Some tournaments will give medals to top 4, depending on how many per division. There are many rings set up in tournament facility so our students may be separated which makes watching all our students difficult. As such... for Poomsae competition, students are "on their own" to simply focus and concentrate on doing their very best.

SPARRING

Sparring divisions are sometimes pre-determined the night before based on age, belt rank, height and weight. Typically, sparring divisions are made immediately after Poomsae divisions are written up. Referees usually re-organize the lines to ensure the fairest divisions possible. Sparring divisions are also made up by age and belt rank, except for Black Belt/Junior Black Belt divisions. These students must weigh in usually the night before and divisions (fight trees) are made up the night before competition based on age and weight category. Names are written on displayed whiteboards/white paper in **RED** or **BLUE** ink to represent what color hogo (TKD chest guard) they will wear.

The display boards will also have a fight number to know when they will be up. Sometimes, one ring moves faster than the others so fight sheets can be moved to other rings. PMAA tries to have several coaches and runners at every tournament to keep track as to when our students will be on deck (next to fight, in what ring, and what color will they be wearing). As such, if a PMAA student is up and there is no coach around, **PARENTS DO NOT COACH!** That student needs to simply tell the referee (they will ask anyways) that they are waiting for a PMAA coach and they will call for Master Sadler or a PMAA coach to that ring #. They will not start the match without us.

Please note: It is impossible for Master Sadler to be at every ring to coach every student! High Performance Athletes will be coached by Master Sadler personally, unless two athletes are fighting at same time. He will then delegate an appropriate coach. PMAA Instructors and HP Athletes will also be available for coaching to support our students.

COME to COMPETITION SITE PREPARED

For your convenience, the following is a checklist that is mandatory for each participant to compete or you risk being disqualified. Please ensure your child (ren) has the following mandatory items:

- Clean Uniform & Belt
- Head Gear
- Chest Protector
- Fist and Forearm Guards
- Shin & Instep Guards
- Groin Protector
- KPNP Socks - Mandatory for Black Belts (Special order item)
- *Mouth Guard (*Must be fitted properly, see insert directions. Best is a dentist mold especially if students have braces or special mouth/teeth concerns. For your convenience, we have listed the basic molding instructions below*).

Please note: Junior Black Belt/Black Belt students, senior belts (red +) and senior belt adult students who want to compete **MUST** have the WTF approved (Adidas) gear. This is a competition rule set forth by the WTF/ATA and Taekwondo Canada and is mandatory for Prov/Nat/Int. competition.

Further Recommendations:

- I also recommend bringing a pair of sandals, flip flops, or TKD Shoes to tournaments to wear around gym to keep feet clean and safe. Easy removal for warming up and competition preparation.
- Please wear "TEAM PRECISION / PMAA" Track Suits, Hoodies, T-shirts, etc. at ALL Tournaments to support and display our School/Team unity and spirit. Makes everyone look and feel like an Athlete which gives us a mental edge in competition.

*Mouth guard Fitting Instructions - The instructions should be inside the case when purchased, however, here they are if necessary:

1. Put the mouth guard in the mouth to determine the size. Trim the back off with scissors smoothly to ensure that it does not go back too far and cause gagging.
2. Prepare a cup of boiling water and a cup of cold water.
3. Put the mouth guard in the boiling water for 30-40 seconds.
4. Then put the mouth guard in the cold water for 1 second.
5. Place the mouth guard in the mouth around the upper teeth and press the lips with your fingers. Bite into mouth guard and hold while sucking the water out of the guard.
6. Hold the mouth guard in this position to mold the shield around the front teeth. TAKE CARE: DO NOT BITE TOO HARD INTO THE MOUTH GUARD.
7. Replace the mouth guard for 2 seconds in the boiling water and replace it again in the mouth.
8. Instantly secure the mouth guard by pressing the tongue against the back of the upper teeth. Bite cautiously, pressing the teeth together and again suck out the water.
9. Finally put the mouth guard into the cold water and store in the mouth guard case.

NUTRITION

-  Have a healthy, low fat, carb/protein combo supper with veggies and fruit the night before with plenty of water.
-  Get lots of sleep the night before competition.
-  Eat a well-balanced breakfast. NO Bacon, fried eggs... etc. Suggestion: Yogurt with bananas, berries, granola, brown toast, juice or chocolate milk.
-  Bring a cooler to the tournament site filled with healthy food and drinks. Lunch sandwiches, yogurts, granola, granola bars, bananas, apples/oranges, grapes, etc. Red/Yellow peppers, water, juice. Bring lots of hand sanitizer to stay healthy and to protect those who may have nut allergies. There are concessions on location however it is usually high fat food, sugar, etc.... that can hinder their performance.

FINAL THOUGHTS

Tournaments are supposed to be a fun, learning experience! ALL competitors will win and ALL competitors will lose. The TRUE winner is the one competitor that displays the best manners, etiquette and sportsmanship... the best humility and humbleness with either outcome. It is NOT about winning medals...that is a BONUS! It is about having the courage to put yourself out there, to try your best to focus, think positively and perform with confidence and conviction. Tournaments are great for meeting new friends, hanging out on a Saturday with their PMAA family/classmates/instructors and to see if Sport Taekwondo is something that they wish to take more serious to perhaps one day is on the podium representing Canada as Taekwondo is an Olympic Sport!

TAEKWONDO COMPETITION (SPARRING) BASICS

Ring Shape / Size: a) **Square** = 8m x 8m b) **Octagon** = 10m x 10m / 8m in diameter and each side shall have a length of 3.3m.

Permitted Techniques

1. Fist technique: A straight punching technique using the knuckle part of a tightly clenched fist
2. Foot technique: Delivering techniques using any part of the foot below the ankle bone

Permitted Scoring Areas

1. Trunk: Attack by fist and foot techniques on the areas covered by the trunk protector are permitted. However, such attacks shall not be made on the part of the spine.
2. Head: The area above the collar bone. Only foot techniques are permitted.

Duration of Contest

The duration of the contest shall be two rounds of 1 minute each, with a one-minute rest period between rounds. In case of a tie score after the completion of the 2nd round, a 3rd round of one minute will be conducted and is called the **Golden Round**. This format is for Colored Belt students at local events.

Scoring Valid Points

The valid points are as follows:

- One (1) point for a valid punch to the trunk protector
- One(1) point awarded for every one "Gam-jeom" given to the opponent contestant
- Two (2) points for a valid kick to the trunk protector
- Three (3) points for a valid kick to the head
- Four (4) points for a valid turning kick to the body
- Five (5) points for a valid turning kick to the head



Penalties/Prohibited Acts

- Penalties shall be declared by the Referee
- Prohibited acts shall be penalized with “Gam-jeom” (deduction penalty)
- A “Gam-jeom” shall be counted as one (1) additional point for the opposing contestant

1. Crossing the Boundary Line
2. Falling down
3. Avoiding or delaying the match
4. Grabbing or pushing the opponent
5. Lifting the leg to block, or/and kicking the opponent's leg to impede the opponent's kicking attack, or lifting a leg or kicking in the air for more than 3 seconds to impede opponent's potential attacking movements, or kick was aiming to below the waist
6. Kicking below the waist
7. Attacking the opponent after "Kal-yeo"
8. Hitting the opponent's head with the hand
9. Butting or attacking with the knee
10. Attacking the fallen opponent
11. Attacking trunk PSS with the side or bottom of the foot having the knee pointed out in clinch position
12. Following Misconducts of contestant or coach:
 - a) Not complying with the referee's command or decision
 - b) Inappropriate protesting behavior to officials' decisions
 - c) Inappropriate attempts to disturb or influence the outcome of the match
 - d) Provoking or insulting the opposing contestant or coach
 - e) Unaccredited doctor/physicians or other team officials found to be seated in the doctor's position
 - f) Any other severe misconduct or unsportsmanlike conduct from a contestant or coach

Referee Commands During a Match

1. Chung - Blue
2. Hong - Red
3. Cha-ryeot - Attention
4. Kyong-ye - Bow
5. Joonbi - Fighting Stance (ready to fight)
6. Shi-jak – Begin
7. Keu-man – Stop (end of round/end of fight)
8. Kal-yeo - Break
9. Kye-sok - Restart/begin
10. Shigan - Time
11. Kye-shi - 1 minute injury time
12. Gam-jeom - 1 point deduction (added to opponent's score)
13. Chong-son - Blue is winner
14. Hong-son – Red is winner

Decisions - Various Ways of Winning the Match

1. Win by Referee Stops Contest (RSC)
2. Win by final score (PTF)
3. Win by point gap (PTG)
4. Win by golden points (GDP)
5. Win by superiority (SUP)
6. Win by withdrawal (WDR)
7. Win by disqualification (DSQ)
8. Win by referee's punitive declaration (PUN)
9. Win by disqualification for unsportsmanlike behavior (DQB)

Golden Point and Decision of Superiority

- In the event the winner cannot be decided after 3 rounds, a 4th round (golden round) will be conducted in one minute round.
- In case of a contest advances to a golden point round, all scores awarded during the first three (3) rounds shall be void
- The first contestant to score a point(s) or whose opponent receives two “Gam-jeoms” in the golden point round shall be declared the winner
- In the event that neither contestant has scored a point after the completion of the golden point round, the winner shall be decided by superiority based the following criteria:

4.1 The contestant who achieved a higher number of hits registered by the PSS during the golden point round.

4.2 If number of hits registered by the PSS is tied, the contestant who won more rounds in first three rounds

4.3 If number of round won is tied, the contestant who received less numbers of a Gam-jeom during all four rounds

4.4 If the three above criteria are the same, the referee and judges shall determine superiority based on the content of the golden point round if the superiority decision is tied among the referee and judges.

