

2016 USA Taekwondo OREGON STATE CHAMPIONSHIPS



*Winners Qualify to compete at
2016 U.S. National Championships in Virginia!*

JANUARY 31, 2016

MT. HOOD COMMUNITY COLLEGE

26000 SE Stark St. Portland, OR 97030

Poomsae, Sparring, & Board Breaking

DAEDO PSS will be used for Red Belt & Above Sparring Divisions

Presented by:

USA Taekwondo Oregon Foundation

Tournament Chairman:

Chief Master Rick W. Shin

Referee Chairman:

Master Alexander Lim - Int'l Referee

Information:

Facebook: USA Taekwondo Oregon

www.usatoregon.com

Phone: 503.772.8000

Email: usatoregon@hotmail.com

Online Registration:

www.usatoregon.com

Official Supporters & Sponsors:



2016 Oregon State Taekwondo Championships



Dear Athletes, Coaches, Instructors & Parents,

Greetings!

Oregon State Taekwondo would like to welcome you to another exciting year in your Taekwondo journey. I would like to thank the officials, parents, spectators and all supporters who have dedicated their time and efforts to the success of this event. Again, my warmest congratulations and good wishes to all who are participating at the 2016 Oregon State Taekwondo Championships!

Rick W. Shin

USA Taekwondo Oregon Foundation - President

ONLINE REGISTRATION ONLY - www.usat.hangastar.com

•Registration: www.usatoregon.com •Information: (503)772.8000 •Email: usatoregon@hotmail.com

- DATE:** SUNDAY - JANUARY 31, 2016
- PLACE:** MT. HOOD COMMUNITY COLLEGE - MAIN GYMNASIUM 26000 SE Stark St. Gresham/Portland, OR 97030
- TIME:** COMPETITION SCHEDULE WILL BE ANNOUNCED ON JANUARY 25, 2016 through www.usatoregon.com.
Registration Desk Open 8:30AM
Referee Meeting 9:00AM
Coach Meeting 9:15AM
- HQ HOTEL:** Days Inn & Suites - Portland/Gresham (5 minutes to tournament venue)
24124 SE Stark St. Gresham, OR 97030 Tel:503-465-1515 www.daysinn.com
- REGISTRATION:** Early Bird Registration ENDS at 10:59pm MST JANUARY 16, 2016.
Online Registration will CUTOFF at 10:59PM MST JANUARY 25, 2016.
Online Registration through USA Taekwondo Hangastar - www.usat.hangastar.com
- USAT MEMBERSHIP:** All participants must be current USA Taekwondo members. Register or renew online at www.usat.hangastar.com.
- COMPETITION FEES:** By JANUARY 16, 2016: One Event \$80.00 Additional Event: add \$50.00
From JANUARY 17, 2016: One Event \$130.00 Additional Event add \$50.00
Door Registration IS NOT Available for Competitors.
ONLINE Registration ONLY - www.usat.hangastar.com Deadline is JANUARY 25, 2016.
- SPECTATOR FEES:** 6 Years & Over \$10.00 Under 5 years \$5.00 Infants Free
- COACHING FEES:** By JANUARY 16, 2016 - \$50.00 From JANUARY 17, 2016 - \$100.00
All Coaches must be, at minimum, Associate Coach certified by the USAT CIDP. AC Certification can be obtained through www.usat.hangastar.com. Coaching is Required for all Sparring Competitors.
Must be a current USAT Member prior to Registration. USAT Membership is Required.
- WEIGH-IN:** **Weigh-In is Required for all Sparring Athletes.**
Weigh - Ins will be held on SATURDAY, JANUARY 30, 2016 at:
Days Inn & Suites - 24124 SE Stark St. Gresham, Oregon 97030 (503)465-1515.
- Male Athlete Check In & Weigh In: 12:00pm - 2:30pm**
Female Athlete Check In & Weigh In: 2:30pm - 5:00pm

**Competitors may change weight on-site but must do so before stepping on the official weigh-in scale and must pay the \$100.00 administrative fee before weight category is changed.*



Where Olympic Dreams Begin!

AWARDS: Medals will be awarded to 1st, 2nd, and two 3rd places.

BOARD BREAKING: Flying Side Kick Only - Athletes who jump longest at their belt level height and break a board shall be the winner. One DEMO Board will be provided at ringside with breaking event registration.

EQUIPMENT: There is no requirement for athletes to use only USA Taekwondo brand gear and uniforms at State Championships. USA Taekwondo strongly encourages our athletes to use USA Taekwondo brand uniforms and gear so that our brand becomes more visible, but once again, there is no requirement to do so at State Championships, or at local USAT-sanctioned events. V-neck uniform only (no color trim except on black belt v-neck) All White, Yellow, Green and Blue Belt Kyorugi competitors must wear: white, red or blue head gear (red & blue headgear must be matched with chest protector color) and, red and blue reversible chest protector, forearm guard, shin and instep guard, groin cup (males only, worn inside) and CLEAR mouthpiece. Each competitor must provide his or her own equipment. **All Kyorugi competitors Red Belt & Above MUST HAVE DAEDO BODY PROTECTORS & DAEDO SOCKS. DAEDO Protectors must be rented for \$20.00 at the tournament site. Competitor must provide own DAEDO Socks.**

RULES: Current USAT Competition rules will govern this championships.

IMPORTANT NOTICE

All participants must be current USA Taekwondo members. All coaches, referees, club owner/instructors 18 and older are required to complete and pass the USAT background check prior to being a member of USAT and registered for USAT state sanctioned event (background checks must be completed every two years).

- Athletes must hold the appropriate U.S. citizenship or residency depending on the division in which he/she participates.
- All coaches must be, at minimum, AC certified within the USAT CIDP program.
- An athlete MAY qualify in the same WORLD CLASS weight Sparring & Poomsae category in MULTIPLE STATE CHAMPIONSHIPS.

12 YEARS AND OLDER BLACK BELTS - Those who are competing in Sparring or Poomsae **MUST be a U.S. Citizen.** Proof of Citizenship is fulfilled only by showing a U.S. Birth Certificate or U.S. Passport. Social Security Cards ARE NOT A VALID PROVE OF CITIZENSHIP. Athlete **MAY** qualify in the same WORLD CLASS weight (sparring) and/or age category (Poomsae) in **MULTIPLE STATE CHAMPIONSHIPS.**

FOR ALL OTHER DIVISIONS - Proof of Residency is fulfilled only by showing ONE of the following documents: Social Security Card, Green Card, School Report Card/Official U.S. College Transcript, and in some circumstances a valid U.S. driver's license.

If an individual is not a valid resident or U.S. citizen, he/she will not be allowed to compete at the State Championships period.

What We Need at Check In - DO NOT FORGET!

***Please bring "COPIES" of the following documents!**
Photo copy service will NOT be provided at check in desk!

1. Picture Identification Card - To pick up your credentials.
2. Proof of current year's USA Taekwondo Membership.
3. Proof of Medical Insurance Card (Make a photo copy front & back)
4. Proof of Athletes appropriate U.S. Citizenship or Residency depending on the division he/she participates in.
5. Signed Athletes / Coaches registration documents from Hangastar.
6. Black Belt Athletes - Copy of Black Belt Certificate or ID Card
7. If Minor, guardian must be present with an athlete to sign a waiver and release of liability form.



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FACEBOOK: USA TAEKWONDO OREGON



**SEE YOU SUNDAY - JANUARY 31, 2016 AT
MT. HOOD COMMUNITY COLLEGE!**



USA Taekwondo Referee Certification Program

Date: Saturday - January 30, 2016

Cost: \$50.00

Time: 9:30am - 5:00pm

Location: USA Taekwondo Oregon Foundation

8001 SE Powell Blvd. Suite O Portland, Oregon 97206

For More Information, please call 503.772.8000

Registration: www.usatoregon.com or Door Registration 8:45am on January 30, 2016.

What To Bring: Dobok, lunch, notepad, and pen.

USA Taekwondo Oregon would be honored to have you serve as an official Referee at the upcoming 2016 Oregon State Taekwondo Championships. *All Referees must be certified by USA Taekwondo and have completed the 2016 USAT Referee Seminar in order to officiate at the 2016 Oregon State Taekwondo Championships.*

All USAT referees who officiate at the 2016 Oregon State Championship will be provided with \$50 referee stipend, lunch, referee shirt, and participation certificate.