



# 25TH ANNUAL INVITATIONAL TAE KWON DO TOURNAMENT

**Saturday, October 19<sup>th</sup> 2024**

**Registration starting at- 9:00**

**Rules meeting – 10:00**

**Competition – 10:30**

**First Family Church**

**317 SE Magazine Rd**

**Ankeny, IA 50021**

**(QUESTIONS- CONTACT US AT [MAAankeny@outlook.com](mailto:MAAankeny@outlook.com))**

or check out our web page at

**[www.martialartsamerica.net](http://www.martialartsamerica.net)**

Alternate email [maa.ankeny@gmail.com](mailto:maa.ankeny@gmail.com)

# MARTIAL ARTS AMERICA

## 25th ANNUAL INVITATIONAL

### TAE KWON DO TOURNAMENT

## Saturday, October 19<sup>th</sup> 2024

**Time: Registration – 9:00 a.m.**  
**Rules Meeting – 10:00 a.m.**  
**Eliminations – 1030 a.m.**

**Location: First Family Church**  
**317 SE Magazine Rd**  
**Ankeny, IA 50021**

**General Admission: Spectators**  
**Children \$1.00      Adults \$5.00**

#### REGISTRATION

**\$40 for 1-2 events, \$50 for 3 events, \$60 for 4 events**

**\$110.00 maximum cost per family**

**Tiny Tigers [4 to 6 year olds] \$30 .00**

**Tournament Director: Master Bob Sledge**

**Mailing Address: 621 S. Ankeny Blvd**

**Ankeny, Iowa 50023 Phone: 515-963-3494**

**(Email us at MAAAnkeny@outlook.com)**

#### TOURNAMENT RULES

**How a Winner is Determined:** In Free Sparring competitions, the contestant who scores the most points at the end of two minutes or gains a three-point lead is the winner. These points are awarded by decisions of the four corner judges and referee. One point is awarded for a hand or foot technique to a legal mid-section target. One point is awarded for a foot technique to a legal high-section target.

**Legal and Illegal Target Zones:** The only legal target areas are the high section (from neck up) for foot techniques, and middle sections (from lower abdomen to neck) including both sides of the torso and the armpit, for hand and foot techniques. Techniques are to be controlled to 2 ½ cm, or under. Light uniform contact indicates this. Illegal target areas are the whole of the spinal column, back of head & neck backbone, groin, knees, throat and eyes. Blind techniques are prohibited.

**Attacking Weapons:** The only attacking tools to be used are the front fist, ball of the foot, heel, knife foot, and instep of the foot.

**Warnings, Point Loss & Disqualification:** Warnings will be issued for rule infractions. Three warnings constitute one minus point. Quarreling with any judge, attempting to end a match by injury of opponent, or the infliction of bruising, swelling, cut or bleeding will result in disqualification.

**Grand Championship:** The Grand Championship match shall consist of two, two-minute rounds with a one-minute rest between rounds.

**Forms:** Forms will be judged by a panel of up to five judges. Each judge may award a possible ten points. The highest and lowest scores will be disregarded, and the total reached from the remaining points. **Groups may be combined or broken down further depending on the number of participants in each belt color.**  
**Open forms no live weapons allowed.**

**Breaking:** Breaking competition is available at all belt levels.

One Board	White through Orange
Two Boards	Green and Blue
Three Boards	Brown
Four Boards	Black

**Appearance:** Each contestant will compete in a clean uniform. Male competitors must wear groin protection. Hand and foot protection is required of all Black Belt competitors and hand and foot protection is highly recommended for all.

**Miscellaneous:** Anything that is not covered by these rules shall be decided by the Tournament Directors, as shall any dispute over the interpretation of the rules.

**\*\*HEADGEAR REQUIRED FOR ALL SPARRING PARTICIPANTS** (available for sale at tournament)

# TOURNAMENT DIVISIONS FORMS

MEN'S	White	Yellow	Orange
	Green	Blue	
	Brown		
	Black		
	Instructors		

SENIOR MEN'S (35 and Over)	White	Yellow	Orange
	Green	Blue	
	Brown	Black	

WOMEN'S	White	Yellow	Orange
	Green	Blue	
	Brown		
	Black and Instructors		

SENIOR WOMEN'S (35 & Over)	White	Yellow	Orange
	Green	Blue	
	Brown	Black	

OPEN FORMS	CREATIVE, WEAPONS GROUPS Etc.		
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## BOARD BREAKING

MEN'S	White	Yellow	Orange
	Green	Blue	
	Brown		
	Black		
	instructors		

SENIOR MEN'S (35 and Over)	White	Yellow	Orange
	Green	Blue	
	Brown	Black	

WOMEN'S	White	Yellow	Orange
	Green	Blue	
	Brown		
	Black and Instructors		

SENIOR WOMEN'S (35 & Over)	White	Yellow	Orange
	Green	Blue	
	Brown	Black	

## FREE SPARRING

MEN'S	White	Yellow	Orange
	Green	Blue	
	Brown		
	Black Lightweight		
	Black Heavyweight		
	Grand Champion Sparring Men BB		

SENIOR MEN'S (35 and Over)	White	Yellow	Orange
	Green	Blue	
	Brown	Black	

WOMEN'S	White	Yellow	Orange
	Green	Blue	
	Brown		
	Black		
	Grand Champion Sparring Women BB		

SENIOR WOMEN'S (35 & Over)	White	Yellow	Orange
	Green	Blue	
	Brown	Black	

JUNIORS (14, 15, 16)	White	Yellow	Orange
	Green	Blue	
	Brown	Black	

GRIZZLIES (11, 12, 13)	White	Yellow	Orange
	Green	Blue	
	Brown	Black	

LIONS (8, 9, 10)	White	Yellow	Orange
	Green	Blue	
	Brown	Black	

BOBCATS (5, 6, 7)	White	Yellow	Orange
	Green	Blue	
	Brown	Black	

**(\* Groups may be combined or broken down further  
Depending on number of participants in each belt  
Color.**

**Grand Champion Forms – Adults (17 & over)  
Grand Champion Forms – Children (16 & under)**

JUNIORS (14, 15, 16)	White	Yellow	Orange
	Green	Blue	
	Brown	Black	

GRIZZLIES (11, 12, 13)	White	Yellow	Orange
	Green	Blue	
	Brown	Black	

LIONS (8, 9, 10)	White	Yellow	Orange
	Green	Blue	
	Brown	Black	

BOBCATS (5, 6, 7)	White	Yellow	Orange
	Green	Blue	
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LIONS (8, 9, 10)	White	Yellow	Orange
	Green	Blue	
	Brown	Black	

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or check out our web page at www.martialartsamerica.net

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
Belt Rank \_\_\_\_\_ School Name \_\_\_\_\_ Division \_\_\_\_\_  
Instructor's Name \_\_\_\_\_ TKD School City \_\_\_\_\_  
I wish to compete in:  Forms  Open Forms  Breaking  Free Sparring  Special Needs

**RELEASE FORM- (cut this out and present in person)**

I hereby submit my application for registration in the Martial Arts America Invitational Tae Kwon Do Tournament. I agree to waive claims against any person, schools or associations connected with Hammer Fitness Ltd D/B/A Martial Arts America for any injuries I may sustain and likewise will assume full responsibility for all my actions in connection with said tournament.  
I understand further that I shall strictly observe and obey the rules and regulations governing this tournament.  
I further agree that any pictures taken of or by me in connection with said tournament can be used by the tournament director for publicity or promotion without compensation at this time or any other time.

Date \_\_\_\_\_ Signature \_\_\_\_\_ Co-Signature (under 18) \_\_\_\_\_

In case of emergency: Name of Person to contact \_\_\_\_\_ Phone # \_\_\_\_\_

TAE KWON DO TOURNAMENT  
**MARTIAL ARTS AMERICA**

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
Belt Rank \_\_\_\_\_ School Name \_\_\_\_\_ Division \_\_\_\_\_  
Instructor's Name \_\_\_\_\_ TKD School City \_\_\_\_\_  
I wish to compete in:  Forms  Open Forms  Breaking  Free Sparring  Special Needs

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Date \_\_\_\_\_ Signature \_\_\_\_\_ Co-Signature (under 18) \_\_\_\_\_

In case of emergency: Name of Person to contact \_\_\_\_\_ Phone # \_\_\_\_\_

**To Students and Parents,**

**On October 19th we will host our 25th Annual Martial Arts America Tournament at the First Family Church. 317 SE Magazine Rd Ankeny, IA 50021 Come and make new friends and challenge yourself!**

**Registration begins at 9:00am, but if you get your registration forms & payment in early then you just need to be there in time for the rules meeting at 10:00. Register and pay at our website under STUDENTS.**  
**<http://www.martialartsamerica.net>**

**The Adult and Junior Black Belt forms competition and breaking competition will begin after the rules meeting.**

**Immediately after the black belts competition the rest of the rings will be set up. All other students doing forms and breaking will compete next.**

**Open forms (weapons, team forms, musical forms etc.) is next.**

**All 1st place winners in traditional forms will then have the opportunity to participate in the Forms Grand Championship.**

**We will finish the day with free sparring for all belts.**

**Our tournament information is also available at [www.martialartsamerica.net](http://www.martialartsamerica.net) online or talk to your instructor.**

**Pilsung,  
Grandmaster Bob Sledge  
621 South Ankeny Blvd.  
Ankeny, IA 50023  
515-963-3494  
email [MAAankeny@outlook.com](mailto:MAAankeny@outlook.com)**

## **Tiny Tiger Tournament Participation**

**What differentiates a Tiny Tiger from any other Tae Kwon Do student? These little martial artists are generally between the ages of 4-7 years old. They participate in a modified version of class including the basic foundational techniques, however, are not yet capable of remembering.**

**a large sequence of movements necessary to complete a traditional form. These kiddos also have a ton of energy which will make sparring quite exciting but lack the control to do so safely. So, their tournament participation includes board breaking and flag football style sparring.**

**Board breaking: each student will have 1 board to break with a technique of their choice. Generally, this includes a break they have previously completed during class time or during a test.**

**Sparring: each student will wear two flags, one by each hip. They will bow in as normal and assume a fighting stance. Instead of traditional sparring, they will attempt to retrieve each of the flags from their opponent. Each time a flag is retrieved, the judge will yell "stop" and the students will turn to their fighting stances until told to resume. The first student to obtain both flags wins that match.**