

Chang lee's Taekwondo Tournament Handbook

Taekwondo Tournament Handbook

Welcome to chang lee's Taekwondo! We are excited about your interest in competition, which is a great supplement and arena of application to your Taekwondo journey. Over the years, lee's Taekwondo has been highly involved in Olympic style Taekwondo competitions, ranging from local to national and international levels. We are proud to offer support and guidance to those who choose to pursue the sport aspect of Taekwondo, and in turn hope that you will represent Team lee, Tlx or peak proudly.

Whether you are preparing for your first tournament or you are a seasoned veteran, please read over this handbook of guidelines and familiarize yourself with the expectations of the team.

1. What you can realistically expect from typical tournaments in the metro plex-State Area.

While it would be ideal if everything always went by the book, there are certain realities that come with competitions generally and, more specifically, competition in a full-contact sport.

a. **Mats** – until a few years ago, all local tournaments had tape on the ground to mark the boundaries – nowadays it is common to have matted rings. Matted rings add to the safety of tournaments, and we try to promote those tournaments which we know will have matted rings – but there are some instances that tournament directors cannot provide mats, so please be prepared.

b. **Scoring** – in sparring, while there are guidelines to what makes a point and what does not, scoring remains highly subjective. The angle at which a referee sits, how well a fighter 'sells' points, or even factors like how tired a referee is from watching matches all day will affect how they push the buttons. We as coaches will advocate for our competitors when we feel a decision is grossly unfair, but in the end the referees ultimately reserve the right to address or dismiss outside opinions. In forms competition, the scoring is even more subjective, as beauty is in the eye of the beholder. Even so, our students tend to do very well even under these subjective standards, as we stress precision, power and clean technique in our basics and forms training.

c. **Caliber of referees** – at the local level, the referees have of a wide range of experience and views on the interpretation of rules. One focus of this year's ust is to offer training to referees through seminars prior to tournaments.

d. **Rules** – the rules of Taekwondo competition are constantly changing, even on the national and international level. The rules we have are guidelines, yet in the fine print the tournament organizers reserve the right to change the rules as they see fit. We train our students to the best of our knowledge of the current rules, but one must also to be adaptable to unexpected changes and circumstances

e. All help are volunteers – referees, ring runners, people running the computers, and the WS coaching staff. Chang lee’s coaching staff gives up our time and energy for our team because we enjoy and value the experience for our students.

f. Tournaments chooses to attend – tournaments will vary year to year. Some years will have better or worse management than others. We are intentional about the tournaments we choose to attend, and try our best to choose those which will offer the best competitive experience for our students.

g. Tournaments are an industry – we are not in a position to change how things are run, and if anything, it hurts the athletes to get in the organizers’ faces. Like many sports, there are no replays, even for a lousy call.

2. our philosophy and resources on competitions.

we focus is on teaching, and tournaments are run on a voluntary basis on the efforts of coaches. It has been a tremendous benefit for many adults and children over the years, and tournaments are a tool to supplement our teaching with real-life application. However, while they encourage and support competitions, Sabomnims have said “it’s not for everyone” and no one is obligated to compete.

a. **Tradition** – all children must compete in forms. We do not want our competitors to become one-sided Taekwondoists without regard for the traditional values of the martial art.

b. **Sportsmanship** – the focus for the competitors is on improvement and self-discovery. The tournaments we have attended have been successful because our children each learned valuable lessons in their matches and showed a lot of heart and drive. From these experiences, they have learned what it means to be a part of a team, how to overcome fears and obstacles, and how to handle unexpected situations with grace and dignity.

3. Roles of Coaches, Students, and Parents.

These are the roles that can/cannot be expected of the coaches, and what is expected of parents.

a. Coaches’ Roles

- At minimum, every competitor is provided a coach for sparring and a warm up before they compete
- Coaches advocate and navigate competitors through the tournament process
- Coaches try to make sure someone is aware that children are not overlooked or miss a match
- Aside from the role of coaching (a substantial job as it is), coaches cannot be responsible for the kids – children must come with a guardian and be supervised at competitions
- The Dojang provides a coaching staff of adults who are all experienced and approved by Sabomnims. The staff all have competition experience, are black belts and instructors at the Dojang, and know these tournaments well.

b. Parents’ Roles

- Decide whether their child will compete

- Ensure that children show up on tournament day ON TIME with proper gear
- Pay the coach's fee, which goes towards defraying the expenses of coach's passes and transportation
- Register their child for the competition and make transportation arrangements
- Parents are NOT allowed on the competition floor unless they have a coach's pass. Videotaping is only allowed from the stands.

4. "Teamsmanship"

EVERYONE (families, competitors, coaches) represents West Side in their conduct at competitions. The Dojang is a community, and we all give and take from it.

a. Competitors

- support and cheer for one another
- warm up together
- give your best effort

- ##### b. Families/Support
- support one another and every competitor to the extent possible
 - put forth a general sense of camaraderie and positive attitude
 - fill in the blanks, taking care of the athletes and coaches as needed (for example, making a run for water bottles, bringing snacks, getting an ice pack, etc.)

c. Sportsmanship.

The attitude of how you carry yourself reflects yourself, your family, and the Dojang

- Accept wins and losses graciously, whether they be yours, your teammates', or your childrens'
- Trust in the experience and judgment of the coaches

5. Tournament Checklist – what to bring

- Clean Dobok
- Belt
- Hogu (Chestpad)
- Headgear
- Mouthpiece (clear or white only)
- Armpads (white only)
- Shin and instep pads (white only)
- Groin cup (male)
- Hairties (if applicable)
- Water bottle/Gatorade
- Kicking paddles
- TKD shoes (optional)
- Nailclippers (nails MUST be cut to a reasonable length)
- Cameras/Camcorders
- Snacks (granola bars, etc.) – tournaments may or may not sell food
- A positive attitude!

TAEKWONDO - TOURNAMENT PROTOCOL

Read the Tournament Rules

All tournaments have rules and regulations, which are usually supplied with the tournament applications. Make sure that you read these rules in advance and memorize them as best as you can. The rules should be read and discussed in class prior to any tournament, and if you have any questions, don't hesitate to ask your instructors.

Be on time

Most tournaments will open their doors at 8:30 a.m.; you should arrive on time but no later than 9:00 a.m. You'll need the time to acclimate yourself to the environment and to warm up. Check in at the front desk and get your ring assignments. Competitors may receive ring assignment cards. **Keep the cards with you, tuck them in your belt or put them in your equipment bag.** If you arrive early enough, you'll have time to use the locker rooms to change into your **clean** uniform, otherwise you should wear your uniform pants and tee-shirt for the drive, but carry your jacket and belt on a hanger, then you can put them on at the tournament -- this will prevent your uniform from getting wrinkled.

Know and be where you have to be

Families should go immediately to their seats after check-in. We recommend that you try to sit with other families from our school, if possible. Parents: look for our instructors or senior ranking students to report that you are there. Your children may need to go with their team mates right away or may need to report to their rings. Please listen to announcements in case there are any ring assignment changes.

We recommend that competitors get together with their classmates before the tournament begins. The highest ranking students should take charge of the younger or less experienced students by gathering them together and beginning a stretching routine. This will help the younger ones to stay more focused and will help calm everyone's nerves.

It will be noisy and confusing at first, but things will settle down as we get closer to competition time. Be sure to listen to all announcements made over the loudspeakers. All competitors must go where they are directed. Most tournaments have an opening ceremony, usually at 10:00 am. Some tournaments require the schools to line up with their team mates and to enter in a procession; other tournaments may announce that all competitors report to their rings. The participating school names may be announced, if so, be sure to stand up and cheer loudly for our school!

Report to your ring

Competitors will be told when to report to their rings, so have your ring assignment cards with you. The cards will list your name, rank, division, and the ring numbers. You will not be called to your ring by name. Instead, they will announce each rank division and age group as well as the ring number. Keep your equipment bag with you and report immediately to your ring when you hear the announcement. Sometimes ring assignments may change, so make sure you know which division you are in, and follow directions. If you're not sure, ask one of the staff people or go to the main officials' desk

(in the gym) to ask for help. Pay close attention to any and all announcements you hear over the loud-speaker.

Proper behavior is essential at all times

Treat everyone (and everything) with respect. Pay attention and be courteous. Don't embarrass yourself or our school. Children should use the buddy system when going somewhere without their parents, and should notify their parent(s) or an adult from their school if they have to leave the gym. Go to the bathroom as soon as you get to the tournament so you won't have to leave unnecessarily. **DO NOT LEAVE THE GYM OR BUILDING AT ANY TIME UNTIL YOU ARE DONE WITH YOUR COMPETITION.** Be sure to let your instructors or coach know when you are done and are about to leave.

Bow and smile whenever you encounter a Black Belt

It would be very advisable that you treat any Black Belt with the proper respect due them, so bow! Since most Black Belts present will be acting as officials, it's twice as important -- they will notice you and may remember your courtesy if you are assigned to their ring. Some tournaments do not require black belts to wear uniforms, it won't hurt to bow to anyone you think might be one. Don't forget to bow to *our* Black Belts!

Practice whenever you have nothing to do

There may be long waiting periods between events. If you're not called to a ring, use your waiting time to stretch and to practice your techniques and forms. Get together with the other students from your school and practice with them.

GETTING READY TO COMPETE

Once you're in the ring, pay attention, don't get distracted by the noise and confusion. Listen to the ring officials and follow their directions - they are the ones who will tell you what to do. Be courteous at all times and **do not talk during the competition**. Watch the other competitors, see what they do, look for their strengths and weaknesses. Also, look for the judges' reactions and how they score the other athletes - this may help you to do better. Go over your forms and techniques in your head – visualize yourself doing them strongly and with intensity. This will help you to focus and stay sharp. Also try some deep breathing exercises to help you stay focused and alert.

When you hear your name called, yell out "YES, MA'AM" or "YES, SIR" (depending on the official's gender), then stand up immediately and wait for directions. They may tell you that it's your turn in the ring or that you're "on deck", which means you'll be up next.

Stepping into ring for Forms

SNAP to attention facing the judges and bow **before** you step into the ring. Immediately **run** up to within 1-2 feet of the judges, *snap* to attention and **bow again**. Look directly at the Center Judge, announce yourself: "*Judges my name is..., my school is..., my form is..., with your permission Judges, may I begin?*" Wait for them to either nod or say "yes" or "uss", then **snap to attention again, BOW and run backwards** to the middle of the ring. (Never turn your back to the judges!) **Bow again**, count to 3 in

your head and immediately begin your form. When you finish, count to 3 again and turn to face the judges. **Bow** once more and wait for directions. They will either motion you to sit down or to wait for your score. Usually, the first 3 are called up then each is called back for their scores. Then the 4th, 5th, 6th person will be scored right after their form. When *your* scoring is complete, **bow** again and exit the ring by **walking backwards**, step out of the ring, and bow again. (You can never bow too much!)

For **Team Forms**, *all three team members* will stand up and say “YES, MA’AM” or “YES, SIR”, *all three* will run up to the judges, *all three* will snap to attention, *all three* will bow, but only **one** person will announce the team and form. *All three* will then run **backwards** after permission to begin is given, and all three will bow again, count to three in their heads and will begin the form at the same time. Look straight ahead and don’t turn your head to look at the other team members. Listen for their breaths and try to see them out of the corners of your eyes. Timing is essential in team forms, so practice with your partners before the tournament.

Do your form with **INTENSE, STRONG, POWERFUL, PRECISE TECHNIQUES**, make them *crisp and with a snap to your uniform!* Don’t rush the form, let it flow smoothly. Eyes should be focused straight ahead, and each movement must be balanced and precise. Exaggerate the techniques, strongly, and *believe* that they are real attacks. Don’t forget to yell loudly when you have to. Above all, do the very best you can. Imagine you are a Black Belt about to win the Grand Championship with a magnificent performance!

Stepping into ring for Sparring

The same protocol is used as for forms: you will shout out “YES, MA’AM” or “YES, SIR” when your name is called, and wait for directions. The officials may have a chart with pre-determined matches, or they may “size you up” with the other competitors right there in the ring, whatever the case may be, do as the officials tell you and never show any disrespect to the officials or competitors.

Just stay focused and keep breathing. While you’re waiting for your turn, and if you are able to stand up, hop lightly on your toes to stay warmed up, keep breathing deeply to increase your heart rate, this will energize you a little bit. If you can’t stand up, keep breathing deeply, you should flex and relax your muscles repeatedly, so you don’t get too relaxed.

When it’s your turn, you will bow before stepping into the ring facing the **Center Referee**, then to the other officials. Wait for directions from the Center Referee. The officials may give commands in a foreign language, so watch their hand motions carefully. Be sure to tap gloves with your opponent before the match, and wait until the Center Referee commands you to begin.

Be fast, accurate, and carefully protect yourself at all times. You may not get a chance to score if you wait too long for the opponent to make a move. Move in quickly and look for an opening. Carefully move around the ring in a circular motion, do not run away or walk backwards out of the ring.

If the opponent comes at you fast, do not give up. Keep a continuous forward action - go at them even if they’re fast, it’s your only chance to score. Be sure to block their strikes and protect yourself at all times.

When a Referee yells out “STOP” stop immediately and follow the Center Referee’s instructions. Be sure to look ONLY at the Center Referee for the scoring of a point--**do not** look around at the other Referees, it’s considered disrespectful.

Do not celebrate a point by raising your fist or hands, it is considered disrespectful and unsportsmanlike.

Do not complain about a non-call, or if the opponent receives a point - this is also considered disrespectful or unsportsmanlike. In most tournaments it may be grounds for disqualification. Be gracious and respectful and a good sport.

Remember that you are there for the learning experience. It does not matter if you do not win - what matters most is how well you did and how good you feel about yourself. Also remember that your instructors will be proud of you - no matter what happens - it takes a lot of courage to enter into a ring to compete and all officials will respect that and you!

Be sure to shake hands with your opponent after a match and bow to all the officials. Above all, *DO YOUR BEST AND HAVE FUN!*

Tips

10 Do's for successful sparring ring management

1. Be in proper shape, so you are not concerned about losing your wind. If you do start to get tired, then move around your opponent without attacking until your wind is back.
2. Have a proper stance: 50/50 or weight slightly forward. A rear weighted stance implies defensive and defeated posture. Be on the balls of your feet and be prepared to move in any direction.
3. Be the first to score. If you are not first, then do whatever is necessary to get on top. Once you are ahead, then you can work on your counterattack game.
4. Defeat a charging opponent with circular movement, defeat a circular moving opponent by cutting off the ring.
5. Use body and movement faking to test how your opponent reacts. When you attack, do it directly and as fast as possible. Be random in your movements so you will not be timed.
6. Use faking and footwork to score first from a far range. Close the distance with techniques instead of charging in.
7. Always finish with the last technique (kick out) in any close quarters fighting, only move away upon an effective score, or break by the referee.
8. Have a positive and confident attitude. Project this attitude through your body language and eyes.
9. Klap when you score, as this can effect the judges opinion. If you get scored upon do not react, as this will ensure judges scoring against you.

10. Use simple techniques first, then move on to more complex techniques as the fight progresses. For example, strike to the body first with fast quick kicks, later go to the head with jumping or spinning techniques.

10 Do's for successful patterns competition

1. Know the pattern absolutely. This means diligent practice.
2. Pay no attention to the timing and movement of your opponent. Do your own pattern.
3. Relax and breathe in between movements.
4. Hold/pose all techniques for a brief moment in order to show that you are doing them properly.
5. Have a positive and confident attitude. Project this attitude through your body language and eyes.
6. If you make a mistake, do not react to it while performing the pattern, or after you are completed, the judges may not have seen it.
7. Speak the pattern's name with forcefulness and confidence.
8. Clarify the name of the pattern with the judges, if you are unsure what they have requested.
9. Visualize performing the pattern 'correctly' in your mind before you perform it physically. Do not visualize making mistakes.
10. Win or lose, ask the judges for suggestions after the bracket is completed, they can often give helpful advice after they have watched everyone. (Please note that tip number 10 is helpful for younger colored belt students trying to learn. However this might be inappropriate for national or international competitions where judges are restricted from talking to players.)