

**Saturday June 3<sup>rd</sup> 2006**



**Stanford Taekwondo Spring Open**  
**Stanford University – Maples Pavilion**

**Hosted by the Stanford University Taekwondo Program**

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Club Sports, Department of Athletics, Stanford University

For more information contact:

**Mr. Tim Ghormley**, Tournament Director, or **Ms. Sharon Cu**, Assistant Tournament Director

Stanford University Taekwondo Program  
Dept of Athletics  
Stanford CA 94305-8125

<http://tkd.stanford.edu/spropen2006>  
E-mail: stanfordtkd@yahoo.com  
(650) 482-9727



# STANFORD UNIVERSITY TAEKWONDO PROGRAM

DEPT. OF ATHLETICS STANFORD UNIVERSITY STANFORD, CALIFORNIA 94305-8125

Tel. (650) 482-9727 E-mail: stanfordtkd@yahoo.com

Athletes, Instructors, Coaches and Parents,

The Stanford University Taekwondo Program would like to cordially invite you to attend our Spring Open tournament on June 3<sup>rd</sup>, 2006 at Maples Pavilion on the beautiful Stanford University campus in Palo Alto, California.

As the Head Coach and Program Director of Stanford Taekwondo, it has been my honor to work with the Stanford University Taekwondo Program and Stanford Athletics in building a taekwondo program that we hope reflects the high standards and tradition of excellence that are associated with the University. As part of this program, we will be hosting the Stanford Taekwondo Spring Open annually, on the last weekend of May or the first weekend in June.

It is my belief that tournament competition, although not mandatory for taekwondo students, provides an opportunity for learning and experience as well as an outlet for competitive energy, technical development and social interaction between athletes. It is the philosophy of our program that the organizational theory behind the running of a successful event should play an important role in the students' overall development through taekwondo.

Most importantly, our guiding principle will always be that "The tournament exists for the benefit of the competitor."

With that in mind, we have planned a tournament that will include quality refereeing (the most important officials at the event), match numbering, matted rings, the highest quality electronic scoring system and trained tournament committee members who will reflect our commitment to a safe, efficient and friendly event.

Please join us for the 2006 Stanford Taekwondo Spring Open!

Tim Ghormley  
Head Coach/Director  
Stanford University Taekwondo Program

# Tournament Information

## Schedule:

Saturday, May 20	10:00 am – 2:00 pm	Referee Seminar (Studio, Arrillaga Center for Sports & Recreation)
Friday, June 2	5:00 – 9:00 pm	Weigh-In (Maples Pavilion)
	7:00 – 9:00 pm	Referee Refresher (Maples Pavilion)
Saturday, June 3	7:00 – 8:30 am	Weigh-In / Competitors Match Card Pick-Up
	8:30 am	Referee Meeting (Main Floor)
	9:00 am	Opening Ceremony (Mandatory All Competitors)
	9:15 am	Poomsae Competition Begins (Kyorugi follows immediately)
	6:00 pm (Est. time)	Distribution of Team Awards – Closing Ceremony

## Rules:

- ✓ **All competitors must weigh in.** There will be weigh-ins Friday, June 2<sup>nd</sup> from 5 – 9 pm and Saturday, June 3<sup>rd</sup> from 7 – 8:30 am.
- ✓ Competitors that are not at or below their registered weight will be subject to disqualification.
- ✓ Standard USAT (modified WTF) sparring rules will apply, including differential scoring in appropriate divisions.
- ✓ The match numbering system will apply. **Competitors must arrive at the ring with their coach three matches prior to their match number. Match numbers will be posted at the rings and in the warm-up area.**  
**Competitors who are not present at the time of their match may be disqualified.**

## Mandatory Equipment for Sparring (all ages):

- ✓ Standard white, V-neck taekwondo uniform (black trim for black belts only) in good condition.
- ✓ White USTU or WTF chest protector with red and blue scoring zones.
- ✓ Foam shin protector and instep pad, and forearm protector.
- ✓ Groin protection (required for males), worn under uniform.
- ✓ Foam USTU or WTF head protector (white, red or blue only).
- ✓ Mouth guard.

## Belt Divisions:

Age	Belt	Contact	Rounds	Duration	Break
Junior: 6-7	All belts	No head contact	2	90 sec	30 sec
Junior: 8-11	Color belts	No head contact	2	90 sec	30 sec
Junior: 8-11	Black belts	Light head contact	2	90 sec	30 sec
Junior: 12-13	All belts	Light head contact	2	90 sec	30 sec
Junior: 14-17	Color belts	Light head contact	2	90 sec	30 sec
Junior: 14-17	Black belts	Full head contact	2	2 min	1 min
Adult: 18-34	Color belts	Full head contact	2	2 min	1 min
Adult: 18-34	Black belts	Full head contact	3	2 min	1 min
Exec: 35+	All belts	Light head contact	2	2 min	1 min

Kyorigi divisions will be formed around these belt levels: Yellow/Green, Blue/Red, and Black. **The Tournament Director reserves the right to modify divisions at his discretion.** A sudden death overtime match will be used to determine the winner in case of a tie score.

### **Adult Black Belt Weight Divisions:**

Weights are in pounds.

<b>Men</b>	135.5 and below	135.6 - 150.5	150.6 - 165.5	165.6 - 180.5	180.6 - 195.5	195.6 and above
<b>Women</b>	105.5 and below	105.6 - 120.5	120.6 - 135.5	135.6 - 150.5	150.6 - 165.5	165.6 and above

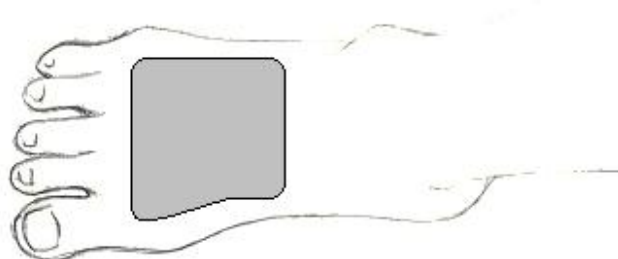
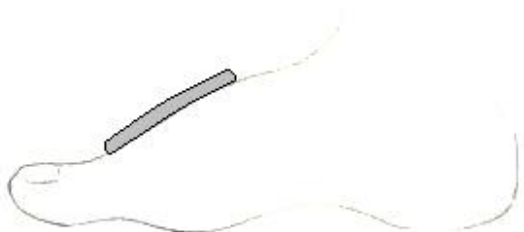
### **Athletic Taping Rules:**

- \*\* **The minimal amount of tape may be used to protect/support an injury**
- \*\* All outer layers of athletic tape must be **white**
- \*\* Elastikon/elastic tape must be covered with at least 2 layers of white tape
- \*\* Only **two layers of white tape** are allowed on the forefoot/arch of the athletes
- \*\* No hard substances (metal, plastic, etc.) are to be used at any time
- \*\* No shoestrings, hinges, etc. are allowed on braces—**only neoprene**
- \*\* It is **not recommended** to put tape on the balls of the feet or the heels
- \*\* There are no stipulations for padding or taping on any other part of the body except the foot & hand
- \*\* Taping of the hand/wrist—**NO BOXER’S TAPING**, no hard substances
  - tape wrist and thumb to comfort, hand only to be taped in injured and cannot compete without it—**NO TAPING OF ALL KNUCKLES**
  - **NO ABRASIVE TAPE**, such as elastikon, can be visible, only white
  - no excessive taping of wrist or hand—minimally necessary to compete
- \*\* **ALL** tape jobs, no matter how small **must have signature stamp** by medical team
- \*\* Use the least amount of tape which is medically necessary for the athlete to continue competing with their injury, nothing extra

### **Padding rule**

- \*\* Stanford Taekwondo strictly enforces adequate padding. WTF approved sparring equipment must be worn. Foot pads that are taped on must cover the entirety of the foot from the ridge to the fifth metatarsal (small toe bone), and from the ankle to the toe line. Padding must be ¼” or thicker and soft. The pads may be individually wrapped in minimal tape as long as they remain soft. Athletes violating these taping rules will not be allowed to compete.

The following diagrams depict the minimum coverage of the padding across the foot. Stanford Taekwondo will not have extra padding on hand, and you must bring your own.



If you have any questions or concerns about properly taping or padding an athlete, or about a brace, please don't hesitate to ask the medical coordinator at the event.

## **Coaches:**

The Stanford Taekwondo Spring Open will be issuing one **Coaching Pass** to every competitor at the time of check-in. Each competitor will be allowed one coach. Coaches/Instructors will have access to the competition floor **only** while accompanying a competitor three matches prior to the competitor's match and **must** present the pass at that time. **Coaches/Athletes must leave the competition floor immediately after their match. Disruptive or disrespectful behavior on the part of the coach may result in disqualification of the competitor and/or expulsion from the tournament.**

## **Spectator Information:**

All spectators and coaches (unless designated VIP or referee) must purchase an admission ticket. Spectators may not enter the arena floor at any time. Tickets will be available at the door the day of the tournament. Prices are as follows: \$5 general admission, \$3 with Student ID and kids under 18, and free with Stanford University ID. Enclosed are promotional fliers for you to post, copy, and distribute at your discretion.

### ***From Highway 101 North & South:***

Take the Embarcadero Road exit west toward Stanford. After El Camino Real, Embarcadero turns into Galvez Street as it enters the university. Turn left onto Campus Drive East. Maples Pavilion will be on your left after 1/4 mile. Parking is available on both sides of Campus Drive.

### ***From Highway 280 North & South:***

From 280, exit onto Sand Hill Road towards Stanford. Turn right on Stock Farm Road, and then left on Campus Drive West. Maples Pavilion will be on your left after you have passed Galvez Street. Parking is available on both sides of Campus Drive.

The Stanford University's Visitor Information provides maps online at <http://www.stanford.edu/home/visitors/maps.html> .

## **Transportation:**

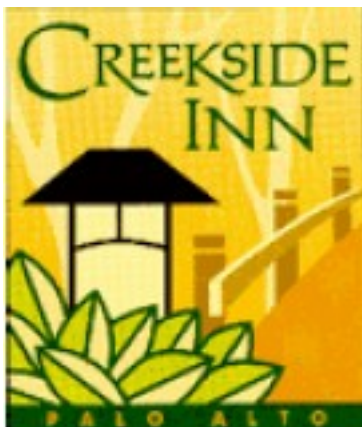
The Stanford University Taekwondo Program will not be providing transportation from your hotel to the tournament site on campus. Please make sure that you arrange transportation to and from your hotel to Stanford campus. Parking areas designated A, C, or P are free all day Saturday and Sunday. Public transportation information can be found at <http://www.vta.org> .

## **Food:**

A concession stand located at Maples Pavilion will be selling beverages, snacks, and lunch items for the duration of the tournament. Other dining options on Stanford University campus are the Coffeehouse and the Treehouse, both located at the Tresidder Student Union.

There are several restaurants in Palo Alto and the surrounding towns that can provide you with any type of food that you may be looking for. No matter where you are staying, you can find numerous restaurants of all price ranges. Many hotels will be providing a complimentary breakfast. Info and reviews of local restaurants can be found at <http://www.dine.com> .

# Accommodations



## **2006 Stanford Taekwondo Spring Open Official Hotel**

THE CREEKSIDE INN -- *Your home away from home"*

Enjoy a lush, soothing creek-side setting on over 3 acres of landscaped gardens while being 2 miles away from downtown Palo Alto, Stanford Shopping Center and Stanford University.

**Rates: \$89.00 King-size bed, or 2 Queen/Double-size beds per night plus 10% tax**

Rates are valid through June 3rd and subject to availability.

Standard, superior and deluxe rooms

Complimentary high speed Internet connection, refrigerator, hair dryer, coffeemaker, iron & ironing board, and terry robes in every guestroom, outdoor headed pool, 24-hour fitness center, complimentary Lincoln town car local shuttle service, free parking, *and more.*

Please visit our Web site at <http://www.creekside-inn.com> .

For reservations please call (650) 493-2411.

E-mail: [res@creekside-inn.com](mailto:res@creekside-inn.com)

Please refer to the **Stanford Taekwondo** rate.



# Official Entry Form

## Stanford Taekwondo Spring Open

Saturday, June 3, 2006 Stanford University, Maples Pavilion  
Hosted by the Stanford University Taekwondo Program



**Online registration also available! <http://tkd.stanford.edu/spropen2006>**

For more information call 650-482-9727 or e-mail: [stanfordtkd@yahoo.com](mailto:stanfordtkd@yahoo.com)

**→ → → All registrations must be postmarked by Friday, May 26, 2006 ← ← ←**

### COMPETITOR INFORMATION (PLEASE PRINT CLEARLY)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State/Zip \_\_\_\_\_ E-Mail \_\_\_\_\_  
 Day Phone ( ) \_\_\_\_\_ Evening Phone ( ) \_\_\_\_\_

### CLUB INFORMATION

Taekwondo Club \_\_\_\_\_ Instructor \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State/Zip \_\_\_\_\_  
 Phone ( ) \_\_\_\_\_ E-mail \_\_\_\_\_

Please check or fill in the appropriate spaces below.

Poomsae _____	Kyorugi _____	Weight _____	lbs.
Male _____	Female _____	Age _____	
<b>Rank/Division:</b> (Yellow _____ Green _____) (Blue _____ Red _____) Black _____			
(8-7 <sup>th</sup> Gup) (6-5 <sup>th</sup> Gup) (4-3 <sup>rd</sup> Gup) (2-1 <sup>st</sup> Gup)			
<b>Note:</b> Instructor, Competitor and/or Parents are responsible for the accuracy of the stated weight. Any inaccuracy may result in immediate disqualification without refund. <u>Tournament Director reserves the right to modify divisions as necessary.</u>			

### ENTRY FEE

Kyorugi (Sparring) and/or Poomsae (Forms) **\$50**  
 (Same price, one or two events!)

**Enter Online – Only \$40!**  
**<http://tkd.stanford.edu/spropen2006>**

You are responsible for understanding and abiding by the rules of the *Stanford Taekwondo Spring Open* (including those on athletic taping and padding), posted online at <http://tkd.stanford.edu/spropen2006/rules.html>.

### SCHEDULE

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### Adult Black Belt Weight Divisions

<b>Men</b>	<b>Women</b>
135.5 lbs. and below	105.5 lbs. and below
135.6 – 150.5 lbs.	105.6 – 120.5 lbs.
150.6 – 165.5 lbs.	120.6 – 135.5 lbs.
165.6 – 180.5 lbs.	135.6 – 150.5 lbs.
180.6 – 195.5 lbs.	150.6 – 165.5 lbs.
195.6 lbs. and above	165.6 lbs. and above

### APPLICATION CHECKLIST (if not registering online)

1. Complete all items of this entry form and **sign liability waiver on back.**
2. Enclose a check for entry fees payable to **Stanford University Taekwondo Program.**
3. Entry forms must be postmarked by **Friday May 26th, 2006.**
4. Mail to: **Stanford University Taekwondo Program**  
**Dept of Athletics**  
**Stanford University**  
**Stanford CA 94305-8125**

# **Stanford Taekwondo Spring Open Liability Waiver, Release and Indemnification Agreement**

In consideration for the privilege of participating in the Stanford Taekwondo Spring Open and in further consideration of being accepted to participate, I do hereby acknowledge that because of my participating in, traveling to, and returning from the Stanford Taekwondo Spring Open, I may suffer bodily injury or death, and loss of property, and I do hereby for myself, for my heirs, parents, guardians, executors, administrators, personal representatives and assigns, I do hereby release, acquit, waive, forever discharge, hold harmless, and agree to indemnify the sponsors of the Stanford Taekwondo Spring Open, The Board of Trustees of the Leland Stanford Junior University, its officers, agents and employees, the Stanford University Taekwondo Program and any other persons or organizations connected with the same of and from any and all liability, claims, demands, costs, damages, actions, causes of action, or suits of any nature or kind whatsoever that I, my heirs, parents, guardians, executors, administrators, personal representatives, and assigns may now or hereafter have or claim to have on account of or rising out of personal injuries, death, or damage to my person or property, or loss of time, loss of service, or for expenses incurred, accruing to me because of or in any way related to my training with, my traveling to, my participation in, and my returning from the Stanford Taekwondo Spring Open or through use of any and all facilities connected therewith.

\_\_\_\_\_ (Initials)

Further, I hereby grant permission in the case of injury to have an athletic trainer, doctor, EMT, paramedic, and/or otherwise trained medical personnel residing in the United States provide me with medical assistance and/or treatment. In consideration for such medical assistance or treatment, I do hereby for myself, my heirs, parents, guardians, executors, administrators, personal representatives, and assigns, release, acquit, waive, forever discharge the Stanford Taekwondo Spring Open, The Board of Trustees of the Leland Stanford Junior University, its officers, agents and employees, the Stanford University Taekwondo Program, the instructors, their agents, representatives, officers and directors, of and from any and all liabilities, actions, claims, demands or suits whatsoever, which I may now or hereafter have or claim to have on account of any injury sustained and suffered by me in connection with said medical assistance and treatment.

\_\_\_\_\_ (Initials)

I certify that a physician has examined me and certified that I am in good physical condition and have no disease or injury that would impair my performance or physical condition in training for and participating in the Stanford Taekwondo Spring Open.

\_\_\_\_\_ (Initials)

I also certify that I am familiar with the rules and sport of Taekwondo and the nature of Taekwondo training and practice. I am aware that there is a high risk of injury or possibly death from the very nature of the activity due to the physical contact and I assume all risk relating to the participation in the activities of Taekwondo and of the Stanford Taekwondo Spring Open.

\_\_\_\_\_ (Initials)

I agree that this is compulsory and mandatory that this liability waiver, release and indemnification agreement be fully completed as a precedent to my participation, and the completed liability waiver, release and indemnification agreement is incorporated by reference as part of my registration with the Stanford Taekwondo Spring Open.

\_\_\_\_\_ (Initials)

## **Important! Fill out this portion completely!**

Dated \_\_\_\_\_ Signature of participant \_\_\_\_\_

Dated \_\_\_\_\_ Name and Signature of parent or \_\_\_\_\_  
Guardian if under 18 years of age

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone (     ) \_\_\_\_\_ Please write your phone number in case we need to contact you.



## Referees and Judges Needed

Would you like a free pass to the Stanford Taekwondo Spring Open and a complimentary spectator's pass? Would you like to see the action close up? Would you like a chic Stanford Taekwondo polo shirt? If you are a red or black belt and would like to volunteer to participate as a judge or a center referee, read on.

If you have never volunteered before or are an old hand, whether you want to judge poomsae or sparring, you are invited to join the tournament team. Besides learning or brushing up on USAT regulations and gaining insights into best practices for judging poomsae and sparring, you will be trained in the use of TrueScore, a state-of-the-art, electronic, wireless scoring gear provided by Impact Measurement Inc. Practice what you learn in an intense session dedicated solely to improving your skills.

For volunteering you will receive a special recognition souvenir and complimentary shared accommodation at our official tournament hotel. During the tournament you will also receive a complimentary lunch and unlimited access to our concession stand. Afterward, revel with other special guests at our invitation-only banquet. Don't miss this opportunity.

What we ask of you: Attend our **Referee Seminar** at Stanford's Arrillaga Center for Sports and Recreation on Friday, May 20<sup>th</sup> from 10 am to 2 pm, and then help out during the tournament on Saturday, June 3<sup>rd</sup>. That's it. Please contact our Referee Committee Chair, Vincent Lo (vlo@cs.stanford.edu) if you have any questions or wish to volunteer. Thank you!

# **STANFORD TAEKWONDO SUMMER CAMP 2006!**

**ADVANCED RESIDENTIAL CAMP – AUGUST 14-18  
(RED AND BLACK BELTS AGES 11-17)**

**FOR MORE INFORMATION**

**WEB SITE: <http://tkd.stanford.edu/summercamp>**

**E-MAIL: [stanfordtkd@yahoo.com](mailto:stanfordtkd@yahoo.com)**

**TELEPHONE: (650) 482-9727**



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