Saturday May 31st 2003

Stanford Taekwondo Spring Open
Stanford University – Maples Pavilion

Hosted by the Stanford University Taekwondo Program

Sponsored by:
Vision USA    Impact Measurement Inc.
Associated Students of Stanford University (ASSU)
Graduate Student Council (GSC)

For more information contact:

Mr. Tim Ghormley, Tournament Director, or Mr. Vincent Lo, Assistant Tournament Director at:

Stanford University Taekwondo Program
Dept. of Athletics
375 Santa Teresa Street
Stanford, CA 94305-8125
http://tkd.stanford.edu/spropen2003
E-mail: stanfordtkd@yahoo.com
(650) 482-9727
Athletes, Instructors, Coaches and Parents,

The Stanford University Taekwondo Program would like to cordially invite you to attend our Spring Open tournament on May 31st, 2003 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 Foundation 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 2003 Stanford Taekwondo Spring Open!

Tim Ghormley
Stanford Taekwondo
Tournament Information

Schedule:

8:00 am   Check 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
6:00 pm (Est. time)  Distribution of Team Awards – Closing Ceremony

Eligibility:

All competitors must be members of the U.S. Taekwondo Union (USTU). Proof of USTU membership in the form of a copy of your current USTU card or a signed affidavit (enclosed) must be submitted with the registration.

Rules:

✓ Competitors must have checked in by Saturday, May 31st at 8:45 am.
✓ Weight divisions will be determined according to registration, and every effort will be made to fairly match competitors according to age, weight and rank.
✓ Standard USTU (modified WTF) sparring rules will apply, including differential scoring in appropriate divisions.
✓ Single elimination.
✓ 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:

✓ 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 (white only), and forearm protector (white only).
✓ Groin protection (required for males), worn under uniform.
✓ Foam USTU or WTF head protector (white only).
✓ Mouth guards.

Belt Divisions:

<table>
<thead>
<tr>
<th>Competition Category</th>
<th># Rounds</th>
<th>Time Limit</th>
<th>Rest Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>Color Belt Adults (ages 18-34)</td>
<td>2</td>
<td>2 minutes</td>
<td>1 minute</td>
</tr>
<tr>
<td>Executive (age 35+) Adults</td>
<td>2</td>
<td>2 minutes</td>
<td>1 minute</td>
</tr>
<tr>
<td>Black Belt Adults (ages 18-34)</td>
<td>3</td>
<td>2 minutes</td>
<td>1 minute</td>
</tr>
<tr>
<td>All Juniors (ages 6-17)</td>
<td>2</td>
<td>1.5 minutes</td>
<td>30 seconds</td>
</tr>
</tbody>
</table>
Attention Elite Athletes!

If you have ever placed 1st - 4th at the U.S. Senior National Championships in the Black Belt Division and you are competing in this year’s Spring Open, the Stanford University Taekwondo Program will provide free lodging at the official tournament hotel (more info under the Accommodations page). Your (shared) room will be paid for by us for one night at the beautiful Creekside Inn. Just contact us by May 16th and we will reserve your room.

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 and/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 free with Stanford University ID. Enclosed are promotional fliers for you to post, copy, and distribute at your discretion.

Directions/Parking:

From Highway 101 North & South:
Take the Embarcadero Road exit west toward Stanford. At El Camino Real, Embarcadero becomes Galvez Street as it enters the university. Lean left at the fork, and 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:
Exit Sand Hill Road east toward Stanford. Continue east, turning right at the traffic light on Santa Cruz Avenue. Make an immediate left onto Junipero Serra Boulevard. Turn left at the second stoplight, Campus Drive East. Continue around Campus Drive East. Maples Pavilion will be on your right shortly after you pass the intersection with Serra Street. Parking is available on both sides of Campus Drive.

Parking is free after 4 PM Friday and all day Saturday in lots marked A, C, or P. Please refer to the enclosed campus map for additional detail.
Accommodations

Lodging:

There are numerous places to stay in and around the Stanford area. Many places can be quite expensive; however, a few places are reasonable. On the next page is a short list of the hotels and motels in the local area. Included in the list are price ratings and the location’s proximity to Stanford. Also listed below are a number of web sites that list many of the local lodging options.

Please make arrangements as soon as possible because the number of reasonably priced rooms that are available in this area is limited. Lodging information can be found at the following websites:

http://www.creekside-inn.com (official tournament hotel – see ad included)

http://silicon.valley.experess-hotel-guide.com/
http://www.funtastikcalifornia.com/Palo/Alto/PaloAltoHotel.html
http://www.cyberstars.com/city/palo-alto.ca.us/hotels-motels/
http://www.stanford.edu/home/visitors/index.html
STANFORD TAEKWONDO SPRING OPEN 2003 HOTEL

THE CREEKSIDEN INN "Be your home away from home"

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

RATES: $89.00 SINGLE, $99.00 TWO DOUBLE BEDS PER NIGHT PLUS 10% TAX

Rates are valid through June 2nd and subject to availability

Standard, superior and deluxe rooms

Complimentary high speed Internet connection, refrigerators, hairdryers, coffee maker, iron & ironing boards & terry robes in every guestroom, outdoor heated pool, 24 hour fitness center, complimentary Lincoln town car local shuttle service, free parking, "and more" please visit our website at www.creekside-inn.com

For reservations please call (650) 493-2411

Email: res@creekside-inn.com

Please refer to the "Stanford Taekwondo" rate

Transportation:

The Stanford 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. 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 Tressider 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
Official Entry Form
Stanford Taekwondo Spring Open
Saturday, May 31st, 2003  Stanford University, Maples Pavilion
Hosted by the Stanford University Taekwondo Program

Online registration also available!  http://tkd.stanford.edu/spropen2003
For more information call 650-482-9727 or e-mail: stanfordtkd@yahoo.com

All registrations must be postmarked by Friday, May 23, 2003

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 ____________________________________ Zip/State____________________
Phone (        )____________________________  Email___________________________________

Please check or fill in the appropriate spaces below

Poomsae ________  Kyoroogi ________

Male_______ Female________ Age ________

Rank:     Yellow____ (8-7th Gup)     Green____ (6-5th Gup)     Blue____ (4-3rd Gup)     Red____ (2-1st Gup)     Black____

Weight ________ lbs.      T-Shirt Size (circle one)   Small   Med   Lrg    X-Lrg

Note: Instructor, Competitor and/or Parents are responsible for the accuracy of the stated weight. Any inaccuracy may result in immediate disqualification without refund.

ENTRY FEE

Kyoroogi (Sparring) and/or Poomsae (Forms) $40 Enter Online – Only $35!
(Same price, one or two events!)
http://tkd.stanford.edu/spropen2003

Please make checks payable to: Stanford University Taekwondo Program

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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 TKD Club.
3. Attach a photocopy of your USTU membership card, or sign and return the USTU affidavit attached.
4. Entry forms must be postmarked by Friday May 23rd, 2003.
5. Mail to: Stanford University Taekwondo Program
       Dept. of Athletics
       375 Santa Teresa St.
       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 and/or doctor 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 ________________ Signature of parent or _________________________________
Guardian if under 18 years of age

Address ________________________________________________________________

City __________________________________________ Zip __________________________

Phone ( ) __________________ Please put phone number in case we need to contact you.
USTU Affidavit

[Note: You must fill this out and mail it in with the rest of the materials as listed in the checklist of the Official Entry Form, unless you are registering online or you are enclosing a copy of your current USTU Competitor membership card.]

I, ___________________________________, do hereby certify that an application along with the required fee for the year 2003 Competitor membership to the United States Taekwondo Union (USTU) has been completed and submitted to the USTU by me or someone acting on my behalf.

I also understand that the USTU Competitor membership requirement is meant for my own benefit in that it provides limited supplementary medical insurance.

Additionally, I agree that if it is discovered that the statements above are false, I will freely relinquish all awards, including but not limited to medals, obtained by my participation in Stanford Taekwondo Spring Open 2003.

_________________________________________    __________________
Competitor’s signature       Date

_________________________________________    __________________
Parent’s or Guardian’s signature      Date

Referees and Judges Needed

Would you like a free pass to the Stanford 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 USTU 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 one of our referee and judge training seminars on either Saturday May 17th, Saturday May 24th, or Friday (evening) May 30th and then help out during the tournament on Saturday, May 31st. That's it. Please contact our Referee Committee Chair, Mr. Kent Noble (tkdrefereemgr@lists.stanford.edu), if you have any questions or wish to volunteer. Thank you!