

**Saturday May 26<sup>th</sup> 2007**



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

**Hosted by the Stanford University Taekwondo Program**

Sponsored by:

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Associated Students of Stanford University (ASSU)  
Club Sports, Department of Athletics, Stanford University

For more information contact:

**Mr. Tim Ghormley**, Tournament Director, or **Mr. Filip Paun**, Assistant Tournament Director

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

<http://tkd.stanford.edu/spropen2007>  
E-mail: stanfordtkd@yahoo.com  
(408) 674-2370

**\*\*\*Full Olympic-size 10x10 matted rings with 4 corner judges\*\*\***

**\*\*\*Online registration only\*\*\***



## STANFORD UNIVERSITY TAEKWONDO PROGRAM

STANFORD UNIVERSITY STANFORD, CALIFORNIA 94305-8125

Tel. (408) 674-2370

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 May 26<sup>th</sup>, 2007 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, 10-by-10 matted rings with 4 corner judges, 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 2007 Stanford Taekwondo Spring Open!

Tim Ghormley  
Head Coach/Director  
Stanford University Taekwondo Program

# Tournament Information

## Schedule:

Saturday, May 19 <sup>th</sup>	10:00 am – 2:00 pm	Referee Seminar (Studio, Arrillaga Center for Sports & Recreation)
Friday, May 25 <sup>th</sup>	5:00 – 9:00 pm 7:00 – 9:00 pm	Weigh-in Referee Refresher (Maples Pavilion)
Saturday, May 26 <sup>th</sup>	7:00 – 8:30 am 8:30 am 9:00 am 9:15 am 6:00 pm (Est. time)	Weigh-In / Competitors Match Card Pick-Up Referee Meeting (Main Floor) Opening Ceremony (Mandatory All Competitors) Poomsae Competition Begins (Kyorugi follows immediately) Distribution of Team Awards – Closing Ceremony

## Rules:

- **All kyorugi competitors must weigh in** on Friday, May 25<sup>th</sup>, from 5 – 9 pm, or Saturday, May 26<sup>th</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 point gap, point ceiling, and sudden death rules will apply in all 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.
- Properly-fitting chest protector with red and blue scoring zones that **wraps around and covers the entire back except the spine of the athlete in the valid scoring area.** This rule will be **strictly enforced** for the safety of every competitor.
- Foam, cloth, or vinyl shin protector and forearm guard. Forearm guards with hand protectors attached are *not* allowed.
- WTF-approved open-finger gloves are optional.
- Either WTF-approved foot protectors or foam, cloth, or vinyl instep pads, but not both. If instep pads are taped on, they must adhere to the rules published below.
- Knee pads and elbow pads are optional, but if worn, they must be made of foam, cloth, or vinyl.
- Groin protective cup (required for males), worn under uniform.
- Properly-fitting foam head gear, with no damage or cracks.
- Mouth guard.
- Head gear, gloves, and foot protectors can be white, red, or blue, and, if not white, must correspond to the color of the chest protector. If both foot protectors and gloves are worn, they must be of the same color (white, red, or blue).

## 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

### Belt Divisions:

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

Kyorugi 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.

### Athletic Taping Rules:

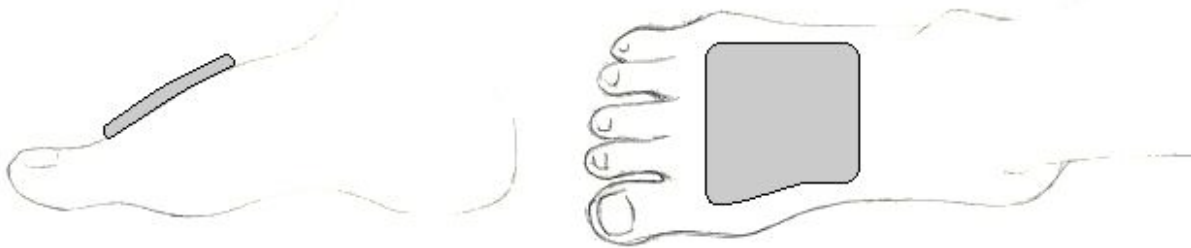
- \*\* **The minimal amount of tape may be used to protect/support an injury**
- \*\* All outer layers of athletic tape must be **white**
- \*\* Elastikon/elastic tape must be covered with at least 2 layers of white tape
- \*\* Only **two layers of white tape** are allowed on the forefoot/arch of the 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 1/2" 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. Stay on the left, 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:***

After exiting onto Sand Hill Road from 280, 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>.

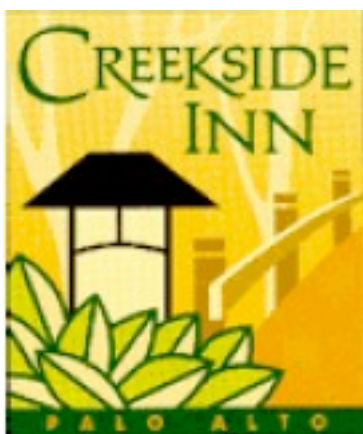
### **Transportation:**

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> .



## **2007 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: \$99.00 King-size bed, or 2 Queen/Double-size beds per night plus 10% tax**

Rates are valid through May 31<sup>st</sup> and subject to availability.

Standard, superior and deluxe rooms

Bottled water, in-room wireless Internet access, wine service and continental breakfast in lobby, *all complimentary*; refrigerators, hair dryers, coffeemaker, 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 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

**All competitors must register and pay  
(\$50 for 1 or 2 events) online at  
<http://tkd.stanford.edu/spropen2007>  
by 11:59 PM Monday, May 21<sup>st</sup>.**

### **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 Saturday, May 19<sup>th</sup> from 10 am to 2 pm, or the **Referee Refresher** at Maples Pavilion on Friday, May 25<sup>th</sup> from 7 to 9 PM, and then help out during the tournament on Saturday, May 26<sup>th</sup>. That's it. Please contact our Head Referee, Mr. Vincent Lo ([vlo@cs.stanford.edu](mailto:vlo@cs.stanford.edu)), if you have any questions or wish to volunteer. Thank you!

# **STANFORD TAEKWONDO SUMMER CAMP 2007!**

**RESIDENTIAL CAMP – AUGUST 11-15  
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**WEB SITE: <http://tkd.stanford.edu/summercamp>  
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