



Welcome!

Dear Taekwondo community,

We are pleased to announce the 6th annual Stars & Stripes Taekwondo Championships held on Saturday, October 24, 2009 at South Valley Junior High School in Liberty, MO.

In the fall of 2004, with the support of our students and a few close friends, we launched our first annual tournament. Over the years the Stars & Stripes Taekwondo Championships has become known as a competitive and organized event for both experienced Black Belts and grass root level players. As always, our goal is to provide a top quality event and a great experience for everyone involved! New for 2009, are our upgraded scoring systems for Olympic Sparring. All rings will be equipped with **RingMaster** Electronic Scoring.

Thank you for your continued support of the Stars & Stripes Taekwondo Championships. Please make your hotel reservations today in order to get the best selection and rate, you will find hotel selections within this packet. Also, be sure that all information on the applications is complete and accurate in order to avoid delays. We encourage team leaders to send all information together as one complete packet. Remember **NO ENTRIES WILL BE ACCEPTED AT THE DOOR**. Please have all applications postmarked by Saturday, October 17. However, we would like to encourage everyone to register online at starsandstripeskd.com.

Our goal is to make this tournament a positive and educational experience. It is our hope that all participants and spectators will come to this tournament with an open mind and positive attitude and leave with a renewed and positive appreciation of Taekwondo.

Master France Pruter *Master Kevin L. Pruter*

Master France Pruter
Tournament Chairperson

Master Kevin L. Pruter
Tournament Chairperson

Stars & Stripes Tournament Director
Master Daniel Doering
mrdoering@yahoo.com

Stars & Stripes Tournament Referee Co-Chairs
Master Dan Henthorn dan.henthorn@bcbskc.com
Mr. Joe Witkowski tkdbb42004@yahoo.com

General Information

DATE Saturday October 24, 2009

LOCATION

FEES

South Valley Junior High School
800 Midjay Dr, Liberty, MO 64068

• **ATHLETE ENTRY FEE:**

Pre-registration is strongly recommended.

Pre-registration: *Deadline: Oct. 7 (postmarked)*

\$60 for one or two events

\$15 for additional event

Late Registration: *Deadline: Oct. 17 (postmarked)*

\$80 for one or two events

\$15 for additional event

NO ENTRIES ACCEPTED AFTER OCTOBER 17!!

MO State TKD Organization Members \$10 Discount

• **COACHING FEE:**

\$20 per coach; **FREE COACHING PASS**
for teams who bring a full-time judge.

• **SPECTATOR FEE:**

Adults (13+) **\$8**

Children (6-12) **\$6**

Children (under 6) **Free**

BOARDS

Must be purchased at the tournament site \$2 each
(Board breaking for black belt divisions only)

AWARDS

High quality "Stars & Stripes" medallions will be awarded to 1st, 2nd, and 3rd, places in forms and board breaking. 1st, 2nd, and two 3rd places will be awarded in sparring.

MANDATORY EQUIPMENT

All participants must wear a white uniform in good condition. Protective Gear: forearm pads, shin & instep pads, mouthpiece, headgear, chest protector, groin cup (male students only). Eyeglasses are not recommended for the safety of both competitors.

Breaking

Procedures for board breaking competition:

1. Board Breaking will be for **Black Belt Divisions** only.
2. Divisions will be determined by participation.
3. Boards must be bought at the tournament site the day of competition.
4. Black Belt competitors may have a maximum of 10 boards and 5 stations.
5. You will be allowed a maximum of 1 minute to set up.
6. Competitors will be allowed only two attempts to break.
7. Shoes will not be permitted.
8. No other demonstration of skill will be permitted (i.e. breaks involving weapons or bricks.) Boards only please.

Forms

Head to Head Forms Competition: All forms competitors will be bracketed and will compete in head to head competition. Two competitors at a time will compete and the competitor with the superior form will continue to the next round. Winners will advance to the next round until the top three winners of the division are determined.

All forms competitors will compete in a double elimination format, with a true second place determined.

Black Belt Forms Competition: In order to encourage a broader knowledge of forms the Black Belt forms competition format will change for 2009. Black Belts must state on their registration form if they will be doing WTF or ITF/Other Poomse, and will only compete against competitors doing WTF or ITF/Other Poomse.

WTF Poomse competitors ages 14 and above will be required to know their current belt level poomse along with their previous two WTF Poomse.

Colored Belt Forms Competition: Colored belts may compete using the form recognized by their current belt color, or the form immediately before their current belt color. Divisions ages 17 and under may be divided into boys and girls if needed.

Don't forget to indicate which poomse division you are competing in (WTF or ITF/Other) on your entry application!!!

Sparring

All Black Belts 32 and under will compete in three 90 second rounds with a 30 second rest. (Double elimination)

Black Belts 33 and over will compete in three 60 second rounds with a 60 second rest (Double elimination format, with a true second place determined)

Black Belts may choose to compete in an additional age division other than their actual division. If you wish to compete in two sparring divisions please mark the appropriate box on your entry form.

All other competitors will compete in two 90 second rounds with a 30 second rest. (Double elimination format, with a true second place determined.)

WEIGH-IN: All sparring competitors **must** weigh-in. Weigh-in will be available October 23 and 24, please see the schedule for detailed times.

RULES: A complete explanation of rules and answers to all questions will be given at the **MANDATORY** coaches and officials meeting. However current USAT/WTF rules as well as house rules will apply depending on the division.

COLORED BELTS & BLACK BELTS AGE 13 AND BELOW

Division	Age	Level	Gender
Tiny Tot	5-7	Beg / Int / Adv	M & F
Pee-Wee	8-9	Beg / Int / Adv / Black	M & F
Pee-Wee	10-11	Beg / Int / Adv / Black	M & F
Youth	12-13	Beg / Int / Adv / Black	M & F
Junior	14-15	Beg / Int / Adv	M & F
Junior	16-17	Beg / Int / Adv	M & F
Open	18-32	Beg / Int / Adv	M & F
Ultra	33-44	Beg / Int / Adv	M & F
Executive	45+	Beg / Int / Adv	M & F

BLACK BELTS AGE 14 - 32

USAT/WTF Rules
 USAT weight divisions will be applied
 14-17 & 18-32 yr old divisions will be run by and the responsibility of the Director of the Missouri State Taekwondo Organization.

Black Belts Age 33 +

	Light	Middle	Heavy
33-44 male	Up to 149	149.1-176.9	177+
33-44 female	Up to 125	125.1-148.9	149+

Please Note:

Any division with fewer than 4 competitors may be eliminated and combined with another division closest in size and/or rank level. Any division with more than 10 competitors may be divided into smaller divisions. A change of any division and all byes are done at the discretion of the Tournament Chairperson and/or Tournament Director and/or Division Coordinator.

Also: If there is only one competitor in a division in any event, that competitor has the option of receiving 1st place or being moved into the next division.



New in 2009

RingMaster
Scoring in
Every ring!!!



Officials

All Stars & Stripes officials will receive a complimentary Stars & Stripes Championships tournament t-shirt, however all officials **please wear dark pants with white shirt and tie**. We have arranged a hospitality room for all officials with complimentary lunch and drinks throughout the day. Please remember to fill out your official's applications completely and have it postmarked by October 17 so that we can register you as an official and reserve your t-shirt. Also please arrive before 8:30am for the mandatory coaches and officials meeting.

Coaches

All Stars & Stripes coaches will be required to attend the judges and officials meeting on Saturday morning before the start of the tournament. Please arrive at least 5 minutes prior to the start of the meeting to receive your coaching credentials.

DIRECTIONS

From East I-70, South I-435, & South I-35:

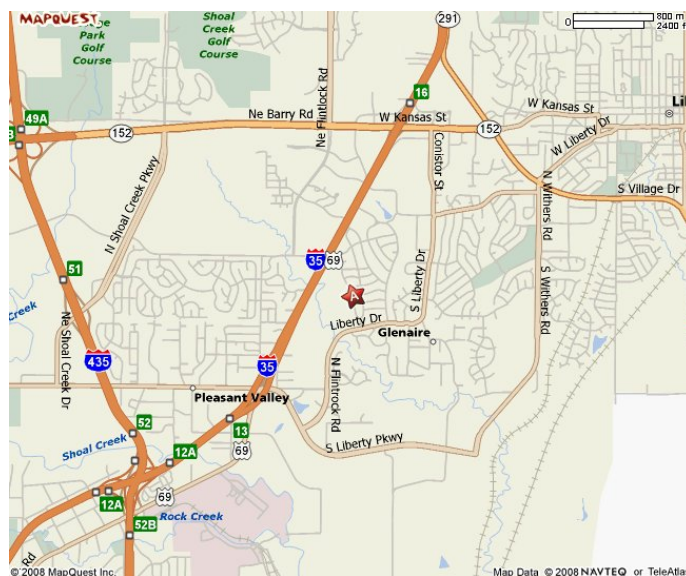
I-70 West to I-435 North (Exit #8B)
North on I-435 to I-35 North (Exit #52B)
I-35 North to First Exit Pleasant Valley (#13)
Left at the exit light
Right at next light –South Liberty Parkway
Left at N. Flintlock Rd. this turns into Liberty Dr.
Follow to Left turn at Midjay Drive.

From South M-291

North on M-291 into Liberty
Left on Kansas St. to Conister
Left on Conister, this turns into Liberty Dr.
Follow Liberty Dr., right on Midjay Dr.

From North I-35 & Tournament Hotels:

South on I-35 to Pleasant Valley Exit (#14)
Left at exit light onto South Liberty Parkway
Left at N. Flintlock Rd. this turns into Liberty Dr.
Follow to Left turn at Midjay Drive.



Hotels

Hampton Inn 816-415-9600
8551 North Church Rd Kansas City, MO 64158

Fairfield Inn by Marriott 816-792-4000
8101 North Church Road Kansas City, MO 64158

Comfort Suites 816-781-7273
8200 North Church Road Kansas City, MO 64158

Holiday Inn Express 816-781-5555
8230 North Church Road Kansas City, MO 64158

Days Inn 816-781-8770
209 N. 291 Highway Liberty, MO 64068

Super 8 Motel 816-781-9400
115 N. Stewart Rd. Liberty, MO 64068

SCHEDULE

FRIDAY, October 23

7:30PM-8:30PM

Weigh in for all competitors at South Valley Junior High School

SATURDAY, October 24

8:00AM

Weigh in opens for all competitors at South Valley Junior High School. Weigh in will be open throughout the day for competitors. Please weigh in before your report time.

8:30AM

Mandatory judges and coaches meeting & coaches credential pick up.

8:45AM

All Black Belt Fighting competitors report to the holding area.

11:00AM

All Black Belt Forms and Breaking competitors report to the holding area.

12:30pm

Lunch

1:00pm

All Colored belt competitors age 14 and over report to the holding area.

2:00pm

All Colored belt Competitors age 9 and under report to the holding area.

4:00pm

All Colored belt competitors ages 10-13 report to the holding area.

Please be available up to 30 minutes prior to your report times. Times are subject to change.