



AMERICAS TAEKWON-DO CUP

29 JUNE 2024

Leonard E. Merrell Center
6301 South Stadium Ln
Katy, Texas USA 77494

ITF TAEKWON-DO TOURNAMENT



PHOENIX GROUP
ITF AFFILIATE INO 78



2024 Americas Cup Taekwon-Do Championship

You are invited to the International Taekwon-Do Federation Americas Cup Championship 2024.

Hosted by the Phoenix Group, member of the International Taekwon-Do Federation under President Choi Jung Hwa, son of the founder of Taekwon-Do.

The 2024 Americas Cup will be hosting individual competitions for all ranks and ages, plus Team Events for black belts, male and females, 18 years and older. Individual events are Patterns, Sparring, Power Breaking, and Specialty Breaking. Team events are Patterns and Sparring only. All teams must consist of the same gender, black belts only.

The Adaptive Special Needs Division will include events for Patterns and Power Breaking.

The Americas Cup will be held on Saturday, June 29, 2024, at the Leonard E. Merrell Center in Katy, Texas, USA.

This event will be livestreamed worldwide, by your participation in and attendance at this event, you consent to your image being livestreamed without compensation.

We hope to see you there!

Tournament Date:

Saturday, June 29, 2024

8:00 am - 6:00 pm

Competition Venue:

Leonard E. Merrell Center

6301 S. Stadium Ln, Katy, TX, USA 77494

Championship Date: June 29, 2024

The Championship Committee reserves the right to make any changes it deems necessary to be able to provide the safest and best quality experience for the athletes.

All ranks are welcome to participate (White Belt to Black Belt)

Championship Host: Master William Howard, VIII Dan

Championship Director: Dr. Karen Kramer, VI Dan

Umpire Director: Master Jeff Hurben, VII Dan

Events:

- Individual and/or Team Patterns
- Individual and/or Team Sparring
- Individual Power Breaking
- Individual Specialty Breaking
- Adaptive Special Needs Patterns
- Adaptive Special Needs Power Breaking

Event Fee:

Registration Fee is for any or all events.

	On-line Registration Dates	Fee
Early Bird Special	3/01/2024 to 4/30/2024	\$100
Regular Registration	5/01/2024 to 5/31/2024	\$125
Late Registration	6/01/2024 to 6/16/2024	\$150

Registration will close at midnight (CST) on 6/16/2024.

Online registration will be available March 1, 2024, through the Phoenix Group website: <https://www.phoenixgrouptkd.org> or by clicking the following link:

[Registration](#)

Spectator Fee: \$10 pre-registration for each spectator using the [Registration Link](#). Spectator Fee at the door is \$15 with cash, check, or credit card.

Team Competition:

Team Events will be 5-person teams consisting of Black Belts, Males or Females, 18 years and older. 6th person alternate is allowed, but only 5 Team Members will compete in each Team Event. Schools are allowed to send multiple teams.

Championship Schedule:

- 8:00 am: Check-in
- 8:45 am: Black Belt meeting
- 9:00 am: Line up
- 9:15 am: Opening Ceremony
- 9:30 am: Championships start

Rules per ITF Regulations:

Patterns: ITF Patterns Only. Single elimination, color belts perform one optional pattern. Black belts must perform one designated pattern and one optional pattern. Winner determined by a flag system.

Sparring: continuous sparring as per the Current ITF Rules and Regulations.

Color belts, 13 and under: One 1 minute round

Color belts, 14 and over: One 1.5 minute round

All Black Belts: One 2 minute round

Black Belt Final Rounds: One 2 minute round with 1 minute between the rounds.

Mandatory sparring gear:

Headgear, Gloves, Boots and Mouthpiece.

All males, regardless of age, must wear a groin cup.

Power Breaking:

Males and females will compete with the same breaks with side kick being the qualifying break.

Adaptive Special Needs will be a foot or hand break chosen by competitor.

Specialty Breaking: Males and females will compete with the same breaks with flying high kick being the qualifying break.

The Phoenix Group website:

<http://www.phoenixgrouptkd.org/>

For more information or questions, please contact Master William Howard at 832-264-4897 or by email at globalkdcypress01@gmail.com or Master Suzan Crochet at 816-506-4246 or by email to ntkdmisc@gmail.com

Team Competition

Team Competitors:

Teams consist of 5 members. Teams may have a 6th person in reserve.

Males and females, black belts only.

Competitors must be 18 years and older

Team Composition:

Adult Male Team: all males, black belts only, 18 years and older.

Adult Female Team: all females, black belts only, 18 years and older.

Team Participation:		
	Patterns	Sparring
Adult Male Team	✓	✓
Adult Female Team	✓	✓

Team Rules:

ITF Rules will apply.

Only 5 Team Members will compete in each event.

Schools are allowed to send multiple teams in each category.

Team Patterns: ITF Patterns only. Each team must perform 1 designated and 1 optional pattern. Designated pattern will be Choong-Moo. Optional pattern can be any ITF pattern, except for Choong-Moo.

Age of competitor will be based on their current age on the day of the championship.

Team Competition

Teams will compete in Patterns and Sparring. Competitors must 18 years and older. Teams consist of 5 members. They may have a 6th person in reserve. Team members must be black belts. The designated pattern will be Choong-Moo.

Adult Male Team: all males, black belts only, 18 years and older.

Adult Female Team: all females, black belts only, 18 years and older.

Power Breaking Competition (Only Gold Medal awarded)

(Most points accumulated from the following techniques). Two points for each board broken and 1 point for a cracked board. The tournament committee will set the board amounts for each technique in each division. Only Gold Medal will be awarded in Power Breaking. Side kick is the qualifying break.

Black Belts ages 18 and over male and female (separated by gender)

Side kick

Turning kick

Reverse turning kick

Knife hand strike

Punch

Jr. Black Belts 14-17 years of age male and female (separated by gender)

Side kick

Turning kick

Reverse turning kick

Knife hand strike

Pre Jr.-Black Belts 10-13 years of age male and female (separated by gender)

Side kick

Turning kick

Knife hand strike

Adaptive Special Needs Black Belts all ranks

Foot or hand break chosen by competitor.

Power Breaking Competition (continued):

Color belts all ranks

Youth ages 9 and under (male and female combined)

Pre-Juniors 10-13 years of age male and female (separated by gender)

Juniors 14-17 years of age male and female (separated by gender)

Adults 18 years and older male and female (separated by gender)

Side kick only

Adaptive Special Needs Color belts all ranks

Foot or hand break chosen by competitor.

Specialty breaking (Only Gold Medal awarded)

Two points for a designated hit and 1 point for a touched target. The tournament committee will set the board heights for each technique in each division. Only Gold Medal will be awarded in Specialty Breaking.

Flying high kick is the qualifying break.

Black Belt

Black belts who are successful with the qualifying break will perform the remaining breaks.

Black Belt ages 18 and over (separated by gender)

flying high kick
360 back kick
180 reverse turning kick
flying long side kick
flying turning kick

Junior Black Belts ages 14-17 (separated by gender)

flying high kick
360 back kick
180 reverse turning kick
flying long side kick
flying turning kick

Pre Junior Black Belts ages 10-13 (separated by gender).

flying high kick
360 back kick
180 reverse turning kick
flying long side kick
flying turning kick

Color Belts Specialty Breaking all ranks (only gold medal awarded):

Separated by height and gender

Flying high kick is the only technique

Color Belt Patterns and Sparring

6 and under (pattern of choice, sparring one 1-minute round)

White belt and white belt yellow stripe (10th and 9th gup)
Yellow belt and yellow belt green stripe (8th and 7th gup)
Green belt and green belt blue stripe (6th and 5th gup)
Blue belt and blue belt red stripe (4th and 3rd gup)
Red belt and red belt black stripe (2nd and 1st gup)

7-9 years old (pattern of choice, sparring one 1-minute round)

White belt and white belt yellow stripe (10th and 9th gup)
Yellow belt and yellow belt green stripe (8th and 7th gup)
Green belt and green belt blue stripe (6th and 5th gup)

Blue belt and blue belt red stripe (4th and 3rd gup)
Red belt and red belt black stripe (2nd and 1st gup)

10-12 years old (pattern of choice, sparring one 1-minute round)

White belt and white belt yellow stripe (10th and 9th gup)
Yellow belt and yellow belt green stripe (8th and 7th gup)
Green belt and green belt blue stripe (6th and 5th gup)
Blue belt and blue belt red stripe (4th and 3rd gup)
Red belt and red belt black stripe (2nd and 1st gup)

13-15 years old also separated by gender (pattern of choice, sparring one 1.5-minute round)

White belt and white belt yellow stripe (10th and 9th gup)
Yellow belt and yellow belt green stripe (8th and 7th gup)
Green belt and green belt blue stripe (6th and 5th gup)
Blue belt and blue belt red stripe (4th and 3rd gup)
Red belt and red belt black stripe (2nd and 1st gup)

16-17 years old also separated by gender (pattern of choice, sparring one 1.5-minute round)

White belt and white belt yellow stripe (10th and 9th gup)
Yellow belt and yellow belt green stripe (8th and 7th gup)
Green belt and green belt blue stripe (6th and 5th gup)
Blue belt and blue belt red stripe (4th and 3rd gup)
Red belt and red belt black stripe (2nd and 1st gup)

Adults 18-35 years old also separated by gender (pattern of choice, sparring one 1.5-minute round)

White belt and white belt yellow stripe (10th and 9th gup)
Yellow belt and yellow belt green stripe (8th and 7th gup)
Green belt and green belt blue stripe (6th and 5th gup)
Blue belt and blue belt red stripe (4th and 3rd gup)
Red belt and red belt black stripe (2nd and 1st gup)

Senior Adults 36-45 years old also separated by gender (pattern of choice, sparring one 1.5-minute round)

White belt and white belt yellow stripe (10th and 9th gup)
Yellow belt and yellow belt green stripe (8th and 7th gup)
Green belt and green belt blue stripe (6th and 5th gup)
Blue belt and blue belt red stripe (4th and 3rd gup)
Red belt and red belt black stripe (2nd and 1st gup)

Veteran Adults 46 years and older also separated by gender (pattern of choice, sparring one 1.5-minute round)

White belt and white belt yellow stripe (10th and 9th gup)
Yellow belt and yellow belt green stripe (8th and 7th gup)
Green belt and green belt blue stripe (6th and 5th gup)
Blue belt and blue belt red stripe (4th and 3rd gup)

Red belt and red belt black stripe (2nd and 1st gup)

Black Belt Patterns

black belts will do 2 patterns, one designated pattern and one pattern of their choice for their belt rank.

Pre-Junior Black Belts 13 years and under (male and female combined)

- 1st Degree
- 2nd Degree

Junior Black Belts 14-17 years old separated by gender

- 1st Degree
- 2nd Degree
- 3rd Degree

Adult Black Belts 18-35 years of age, separated by gender

- 1st Degree
- 2nd Degree
- 3rd Degree
- 4th Degree
- 5th Degree
- 6th Degree

Senior Black Belts 36-45 years, separated by gender

- 1st Degree
- 2nd Degree
- 3rd Degree
- 4th Degree
- 5th Degree
- 6th Degree

Veteran Black Belts 46 years and older separated by gender

- 1st Degree
- 2nd Degree
- 3rd Degree
- 4th Degree
- 5th Degree
- 6th Degree

Black Belt Sparring

Black belt sparring divisions will be divided into light, middle, and heavy weight, divided by age and gender. Competition will be one 2-minute round until the final round which will be two 2-minute rounds with a 1-minute break between rounds.

Veteran Black Belts 46 years of age and over

Male

Light weight 140 pounds and under
Middle weight 141-179 pounds
Heavy weight 180 pounds and over

Female

Light weight 120 and under
Middle weight 121-154
Heavy 155 pounds and over

Senior Black Belts 36-45 years of age

Male

Light weight 140 pounds and under
Middle weight 141-179 pounds
Heavy weight 180 pounds and over

Female

Light weight 120 and under
Middle weight 121-154
Heavy 155 pounds and over

Adult Black Belts 18-35 years of age

Male

Light weight 140 pounds and under
Middle weight 141-179 pounds
Heavy weight 180 pounds and over

Female

Light weight 120 pounds and under
Middle weight 121-154 pounds
Heavy 155 pounds and over

Junior Black Belts 14-17 years of age

Males

Light weight 120 pounds and under
Middle weight 121-155pounds
Heavy 156 pounds and over

Females

Light weight under 110 pounds
Middle weight 111-144 pounds
Heavy weight 145 pounds and over

Pre-Junior Black Belt 10-13 years of age

Males

Light weight 100 pounds and under
Middle weight 101- 130 pounds
Heavy weight 131 pounds and over

Females

Light weight 90 pounds and under

Middle weight 91-120 pounds

Heavy weight 121 pounds and over

Adaptive Special Needs Division

All Adaptive Special Needs Competitors will be bracketed accordingly based upon age, rank, and accommodations. Please contact the host for any questions.

Point System for Sparring

Target Area:

Head front and sides (not back of head or neck)

Torso front and side armpit to armpit and vertically navel/belt to shoulder

Points

1 point Hand technique to torso or head

Foot technique to torso

2 points

Foot technique to head

Flying foot technique to torso

Jumping hand technique to head

3 points

Flying foot technique to head

Championships Venue

[Leonard E. Merrell Center](#)

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