

# 9TH ANNUAL U.S. POOMSAE CHAMPIONS CUP

**NOW  
Open  
Freestyle  
Division!**

**Saturday  
September 14, 2019**



**IMMI  
Conference Center  
18880 N. East Street  
Westfield, IN 46074**

***Directed by Grandmaster Garth Cooley, 9-time U.S. Poomsae Team Member***

## **HIGHLIGHTS**

- *All competitors will perform AT LEAST two poomsae!*
- *Head to Head Format for Black Belt Divisions!*
- *Individual, Pair, Team, & Freestyle Divisions for ALL AGES AND RANKS!*
- *Official Electronic Scoring by National & International Poomsae Referees*
- *High Quality Gold, Silver & Bronze Medals awarded!*

## **TENTATIVE SCHEDULE**

|               |  |
|---------------|--|
| 8:00 - 9:00AM | Check In for Black Belt Competitors  |
| 8:30 - 9:00AM | Officials & Coaches Meeting  |
| 9:00AM        | Opening Ceremony   |
| 9:15AM        | Start of all Individual Black Belt Divisions<br>(Ages 41+ will compete first)                  |
| 1:00 - 1:30PM | Open Freestyle Division (after BB)   |
| 1:00PM        | Check In for Color Belts   |
| 1:30PM        | Start of ALL Pair & Team Divisions<br>(Color Belts in these divisions must check in by 1:00PM) |
| 2:30PM        | Start of All Individual Color Belt Divisions   |

## SCORING

- All divisions of the U.S. Poomsae Champions Cup will be scored using Poomsae Pro — the same system used at the 2019 U.S. Nationals.
- Black Belt Divisions will be contested using Head-to-Head format (see detailed link at [www.uspoomsae.com](http://www.uspoomsae.com))
- All Black Belt divisions will be scored by 5 judges.
- All Color Belts will be scored by 3 or 5 judges.



## ENTRY FEES

Register ONLINE at [www.uspoomsae.com](http://www.uspoomsae.com)

- Early Registration through July 31, 2019: \$65 one event +\$15 each additional event
- Registration through August 31, 2019: \$75 one event +\$15 each additional event
- Late Registration through Sept 9, 2019: \$85 one event +\$15 each additional event

*Online registration will only be available until Monday 9/9/19*

**NO SAME DAY/DOOR REGISTRATION**

Questions? Please call 317-841-8000

## REQUIRED DO-BOK (UNIFORM)

**Black Belt Contestants may wear EITHER**

Y-Neck Poomsae Do-Bok  
(Rank Appropriate)

**-OR-**

V-Neck Standard Do-Bok  
(White Uniform with Black Collar)



### COACH PASS

**\$15** Pre-Registration  
online at  
[uspoomsae.com](http://uspoomsae.com)  
by 9/8/2019

**\$20 (cash only)**  
After 9/8/2019,  
Pay at the door

### SPECTATORS

**\$5 (cash only)**  
(Children under 6 FREE)  
**NO SPECTATOR  
PRE-REGISTRATION**  
Pay at the door only

**Color Belt Contestants may wear EITHER**

White Y-Neck Do-Bok  
(White Collar ONLY)

**-OR-**

White V-Neck Do-Bok







## HEAD TO HEAD FORMAT

**World Class Black Belt Divisions** will be conducted using Head-to-Head format. Contestants are bracketed randomly. The winner of each head-to-head contest (two poomsae per round) will advance to the next round. No poomsae will be repeated.

**World Class Black Belt Divisions** are the **ONLY** divisions that will compete with this format. *Open Black Belt Divisions and all Color Belt Divisions WILL NOT use head-to-head format.*

PLEASE VISIT [USPOOMSAE.COM](http://USPOOMSAE.COM) FOR FURTHER  
CLARIFICATION ABOUT THIS FORMAT

## AWARDS

**Top Quality U.S. Poomsae  
Champions Cup Medals  
will be awarded!**

- 1st Place – Gold Medal
- 2nd Place – Silver Medal
- 3rd Place – Bronze Medal
- 4th Place—Bronze Medal

## CUT OFF FORMAT

*There are a maximum of three rounds in poomsae competition. Divisions with 8 or less competitors will have one round (final round). Divisions with 9 - 19 competitors will have two rounds (semi-final round and final round). Divisions with over 19 competitors will have three rounds (preliminary round, semi-final round, and final round). Two different poomsae are performed each round.*

**All Color Belt Divisions & Black Belt Open Divisions  
will compete using this format.**

## COLOR BELT DIVISIONS

- *All color belts competing at the U.S. Poomsae Champions Cup will be permitted to choose any two (2) Taegeuk poomsae to perform.*
- *Beginners (10<sup>th</sup> -7<sup>th</sup> geup) may repeat the same poomsae or perform Basic Forms if they only know Taegeuk Il (1) Jang.*
- *All 6<sup>th</sup> Geup and above must do two different Taegeuk poomsae each round.*
- *In the event there are more rounds than number of required poomsae, then poomsae may be repeated in later rounds.*
- *Divisions will be divided by rank, age, and gender based on participation.*



## MIXED PAIR & TEAM DIVISIONS

**ALL** Pair and Team Divisions — color belts and black belts — will be considered “open” at the U.S. Poomsae Champions Cup. All Pair and Team competitors will choose the poomsae they will perform and two poomsae will be performed per round.

***Pair and Team Divisions will use CUT OFF format.***



# NEW THIS YEAR: FREESTYLE DIVISION!

Competitors in this division should be familiar with the World Taekwondo Freestyle Poomsae scoring guidelines and required techniques. Examples of required elements are: Jump/flying side kick; Multiple front kicks; Spin kicks; Sparring kicks; Acrobatic move; Crane, tiger/cat, and back stances; and Music.

**Please contact Grandmaster Cooley at 317-841-8000 if you would like to compete in this division.**

## OFFICIAL DIVISIONS FOR ALL BLACK BELTS

The U.S. Poomsae Champions Cup will follow official poomsae divisions (as seen in the table below) for Black Belts as recognized by World Taekwondo. Two different poomsae per round will be performed and no poomsae will be repeated. Poomsae for each round will be randomly drawn and posted/distributed at least one day prior to competition.

**Black Belts competing in World Class Divisions CANNOT compete in the Open Division.**

**Competitors must choose between either World Class or Open.**

**Head-to -Head Format in all Official Black Belt Divisions!**

## BLACK BELT INDIVIDUAL WORLD CLASS DIVISIONS

| DIVISION           | DESIGNATED POOMSAE  |
|--------------------|---|
| Youth (up to 11)   | Taegeuk 2, 3, 4, 5, 6, 7, 8, Koryo                                    |
| Cadet (12-14)      | Taegeuk 3, 4, 5, 6, 7, 8, Koryo, Keumgang                             |
| Junior (15-17)     | Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taebak                        |
| 1st Senior (18-30) | Taegeuk 6, 7, 8, Koryo, Keumgang, Taebak, Pyongwon, Sipjin            |
| 2nd Senior (31-40) | Taegeuk 6, 7, 8, Koryo, Keumgang, Taebak, Pyongwon, Sipjin            |
| 1st Master (41-50) | Taegeuk 8, Koryo, Keumgang, Taebak, Pyongwon, Sipjin, Jitae, Chonkwon |
| 2nd Master (51-60) | Koryo, Keumgang, Taebak, Pyongwon, Sipjin, Jitae, Chonkwon, Hansu     |
| 3rd Master (61-64) | Koryo, Keumgang, Taebak, Pyongwon, Sipjin, Jitae, Chonkwon, Hansu     |
| 4th Master (65+)   | Koryo, Keumgang, Taebak, Pyongwon, Sipjin, Jitae, Chonkwon, Hansu     |

- **Officially male and female are separate in all divisions.**
- **For each round of competition, two designated poomsae will be drawn. Poomsae will be drawn the day before the event and posted/distributed.**
- **Black Belts competing in these divisions must know all eight poomsae in their respective division.**

## HOTELS NEAR IMMI CONFERENCE CENTER

### Cambria Hotel & Suites

18592 Carousel Lane, Westfield, IN, 46074  
317-896-3000

### Hampton Inn

17400 Wheeler Road, Westfield, IN, 46074  
317-763-1900

### Hilton Garden Inn

3090 N Pennsylvania St, Carmel, IN 46032  
317-581-9400

### Hampton Inn

12197 N Meridian St, Carmel, IN 46032  
317-843-1100

### Renaissance Hotel

11925 N Meridian St, Carmel, IN 46023  
317-816-0777

### Marriott North

3645 River Crossing Pkwy, Indpls., IN 46240  
317-705-0000

**See Event & Hotel Map at [uspoomsae.com](http://uspoomsae.com) for more details!**



## MODIFIED OPEN DIVISION FOR BLACK BELTS

*(NOT COMPETING IN THE WORLD CLASS DIVISION)*

**Black Belts must choose between World Class or Open Division.** The U.S. Poomsae Champions Cup will offer an open division for Black Belts who wish to compete using World Taekwondo Black Belt Forms, but may not be familiar enough with requirements to compete in the Official Division. (For example: A Black Belt Age 31-40 may not be familiar with Sipjin, a poomsae requirement based on WTF standards.)

By competing in the Open Division, the Black Belt may choose any two WTF recognized poomsae to perform (Taegeuk or Yudanja). It is important to note that the Poomsae that the black belt chooses must be WTF recognized poomsae and they must be performed to standard and will be judged by the standard. **Open Black Belt divisions will be contested using CUT OFF format.**

## RULES

**Poomsae — This is a Poomsae Only competition.** A cut-off format or head-to-head format will be used to ensure that all competitors will perform and be scored on a minimum of two poomsae (forms). Color belts will be required to know their rank form and any other Taegeuk form. Black belts will be required to know all forms for their age category regardless of their rank. Modified World Championships rules will be applied and all poomsae standards are based on World Taekwondo and Kukkiwon documented standards.

**QUESTIONS?** *Contact Grandmaster Garth Cooley, Tournament Director*  
*317-841-8000 or mastercooley@ktausa.com*

Each year, U.S. Poomsae Champions Cup welcomes new participants! We recognize that this competition format may be new to many, so we anticipate and encourage lots of questions. Please read through the attached information and then contact us so we may elaborate further about the U.S. Poomsae Champions Cup! Thanks in advance for your support!

**We look forward to seeing you on September 14!**