

2019 NYS GOVERNOR'S CUP
8th MANHATTAN INTERNATIONAL OPEN TKD CHAMPIONSHIP
Baruch College of New York, NY Saturday December 14th, 2019

2019 NYS GORVERNOR'S CUP
Competitors' Registration Form

Please send this form along with your participation fee **(NON-REFUNDABLE)**

No Registration will be accepted after DEC 8th .2019 *(No Fax registration)*
 Mail to: **NYS TKD ASSOCIATION**
553 2ND Ave (Ground FL) NY NY 10016

Deadline, DEC 8th, 2019

Make *certified check* or *money order* payable to **NYS TKD ASSOCIATION**
Register online. We will e-mail your I.D. card! (If you register online, NO waiting time for I.D. pick-up)

IMPORTANT: IF ANY INFORMATION IS MISSING APPLICATION WILL NOT BE PROCESSED			
Last Name: <input style="width:100%; height: 20px;" type="text"/> First Name: <input style="width:100%; height: 20px;" type="text"/> Date of Birth: ____/____/____ (mm/dd/yyyy) Age: ____ Weight: ____ lbs. Height: ____ Sex: Male () Female ()		Please check the appropriate box accordingly	
		Yellow & Orange Belt ()	Green Belt ()
		Blue & Purple Belt ()	Red, Red and Black, And Brown ()
		Black Belt	
		1 st Dan ()	2 nd . Dan ()
		4 th . Dan ()	3 rd . Dan ()
			5 th . Dan ()
			6 th . Dan ()

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone #: () _____ Evening Phone #: () _____

E-mail: _____

TKD School/Club Name: _____

TKD School phone number: _____ - _____ - _____ e-mail _____

Please Check Event(s)		
Before Nov 15th		
One Event \$105	Two Events \$115	Three Events \$125
After Nov 15th		
One Event \$115	Two Events \$125	Three Events \$135
<i>Please check the appropriate box accordingly</i>		
Sparring <input type="checkbox"/>	Form <input type="checkbox"/>	Board Breaking <input type="checkbox"/>

LIABILITY WAIVER

In consideration of your acceptance of my registration, I do hereby, for my-self, heirs, executors and administrators waive, release and forever discharge any and all rights claims for damages which I may have, or which may occur to me, against The **NYS TKD ASSOCIATION** Inc. and for its state and district associations, 2019 nys taekwondo association, and all members of the tournament, or their respective officers, agents, representatives, successors, and/or assigns, Baruch College, NY and against any competitors for any and all damages which may be sustained by me in connection with my association with my participation in or entry in the above athletic meet and competition, and in connection with any medical service I may be provided in connection with any such injury or illness. I understand that Taekwondo is a body contact sport and I further understand all contents of the 2019 rules and regulations and general information which was published by the sponsors and I agree with them in their entirety. I further understand that I may be dismissed from the premises without compensation or refund if my conduct is not courteous and cooperative for the successful operation of the championships.

Contestants Signature _____ Date ____/____/____

Legal Guardian's Signature (Age under 18) _____ Date ____/____/____

2019 NYS GOVERNOR'S CUP
8th MANHATTAN INTERNATIONAL OPEN TKD CHAMPIONSHIP
Baruch College of New York, NY Saturday December 14th, 2019

Competition Rules and Regulations

The current NYS TKD ASSOC Rules and Regulations and modified rules of the World Tae Kwon Do Federation (WTF) will govern these Championships for the Gyorooigi and Traditional Poomsae divisions.

WTF/NYS Official Poomsae (Forms)

The Poomsae (Form) will consist of WTF/NYS Official Poomsae competition. The Poomsae divisions will be divided by belt ranking, weight and sex. The Official Poomsae for the competition will be those recognized by the NYS and World Taekwondo Federation.

Gyorooigi (Free Sparring)

Each match will be single elimination. For Gyorooigi competition. The current **NYS TKD ASSOCIATION** Rules and Regulations are modified rules of the World Taekwondo Federation (WTF) and will govern this event .Competition will be single elimination and will continue until a winner has been established. All competitors must bring their own safety gear including chest protector, headgear, shin/instep guards, forearm guards, protective cup, mouthpiece and a standard white V-neck WTF approved uniform in good condition. Black trim around the collar is allowed for black belts. NO equipment will be provided

NO HEAD CONTACT – OR REGISTER WORLD CLASS

Kyuk-Pa (Board Breaking)

Students may bring their own boards or buy them at the tournament. Using weaker boards than your age Division will result in deductions. Using stronger boards than your age division will have bonus.

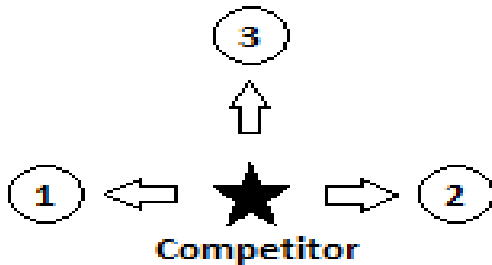
Board Break Divisions

- Everyone uses Demonstration Board.

Extra Point

1 Board = 0 Point / 2 Boards = + 1 Point
3 and up Boards = + 3Points
1st Try 0 / 2nd Try - 1 / 3rd Last Try - 3

Breaking Setup – This formation cannot be changed.



Breaking Techniques

Step Forward, Jumping, Spinning, Flipping etc

White to Purple Belt

Station 1: Any type of Front Kick

Station 2: Any type of Axe Kick

Station 3: Any type of Push or Side Kick

Red to Red/Black Belt

Station 1: Any type of Side Kick

Station 2: Any type of Back Kick

Station 3: Any type of Hook Kick

Black Belt

Freestyle Breaking. 4 stations only.

***Holders**

**Board Breaking Must hold by
School Instructors or Masters.**