



Welcome All Competitors!

9TH MASTER CUP CHALLENGE



SATURDAY: October 26, 2024



Location:

Highland School
2409 Creswell Rd
Bel Air, MD 21015

Hosted By:

The Washington Moo Do In Society,
The U.S. Taekwondo Chung Do Kwan Union,
AAA U.S. Taekwondo College, Elite Core Martial Arts, and ERA Core Taekwondo

Supported By:

The United States Taekwondo Grandmasters Society
The World Mudo Federation
Jang's Taekwondo

Divisions:

Sparring, Forms, Breaking, Weapons

Tournament Chairman:

Grand Master Kwang Hyun Lee

Referee Chairman:

Master David McMillan

Tournament Director:

Master Lizzie McMillan

Tournament Coordinator:

Master Andrew Lee

Honor Tournament Chairman:

Grand Master Joung Chul Jang

Special Guest

Master Shelley Crawford

For Information Call (410)561-3553
Email: Elitecoremartialarts@gmail.com

9th Master Cup Challenge

Saturday, October 26, 2024

Highland School
2409 Creswell Rd.
Bel Air, MD 21015

Welcome to the 2024 Master Cup Challenge!

We would like to express our deepest appreciation to those who have helped to make this event possible. To all of our sponsors, talented staff, and dedicated volunteers, we are very grateful.

This Tournament will showcase the accomplishments of all the Masters, Instructors, and Students who have spent so much of their time and effort to prepare. We will demonstrate the lifestyle promoted by the art of Taekwondo, and in doing so, we will bring to life the Tenants of Taekwondo: Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit.

We encourage all Masters, Instructors, and Students of Taekwondo to gather for the 2024 Master Cup Challenge. Join us as we celebrate, not the color of our medals and trophies, but the spirit of Taekwondo. We look forward to seeing everyone there!

Sincerely,



Referee Chairman
Master David McMillan



Tournament Chairman
Grand Master Kwang Hyun Lee



Honor Tournament Chairman
Grand Master Joung Chul Jang



Tournament Coordinator
Master Andrew Lee



Tournament Director
Master Lizzie McMillan



Special Guest
Master Shelley Crawford

2024 Master Cup Challenge
Saturday October 26, 2024
Highland School
2409 Creswell Rd. Bel Air, MD 21015
Phone: 410-561-3553
Email: elitecoremartialarts@gmail.com

GENERAL INFORMATION

Competition Fees:

Pre-Registration:

\$100 for one event + \$20 for each additional event

At The Door:

\$120 for one event + \$20 for each additional event (Cash or Card only, **NO** Personal Checks will be accepted on site.)

Spectator Fee:

\$10 Adult / Children (Under 5) and Seniors (65+) Free

Coach Pass:

4 free Coach Passes per competing School and each additional Pass will be \$10 in place of spectator fee

Deadline For Pre-Registration: October 12, 2024

Applications:

Mail all Pre-Registration Applications to Grand Master Lee at **2906 Emmorton Rd, Abingdon, MD 21009**

(Acceptable payment methods are cash, money order, and school check payable to Grand Master Lee)

Time Schedule:

*This schedule is subject to change depending on the number of competitors.	
8:00 AM	Doors Open / Registration Starts
9:00 AM	Black Belt Meeting / Judge & Referee Meeting
9:30 AM	Forms (Colored Belt & Black Belt)
10:30 AM	Weapons (Colored Belt & Black Belt)
11:00 AM	Breaking (Colored Belt & Black Belt)
12:00 PM	Lunch
12:30 PM	Opening Ceremony
1:00 PM	Colored Belt Sparring
2:00 PM	Black Belt Sparring

Competitor Awards:

Beautiful medals and trophies will be awarded to each competitor according to winning results. 1st, 2nd, and 3rd place.

1st Place winners in adult black belt sparring divisions will be given the opportunity to compete for the Master Cup (1 for females and 1 for males).

Hotel:

If you need accommodations, Hampton Inn has beautiful rooms, great prices, indoor pool, with free Wi-Fi and breakfast.

Hampton Inn & Suites Edgewood/ Abingdon-South
(410) 670-6000
2110 Emmorton Park Rd. Edgewood, MD 21040

Local Sites and Activities:

Rock state park: 855-acre park featuring woodlands & large boulder formations, with fishing & tubing in Deer Creek. The King and Queen seat are especially breathtaking.

Kilgore Falls (Falling branch): 2nd-highest free-falling waterfall in the state, located in Rocks State Park. It was featured in the film Tuck Everlasting and is a popular free-swimming site in Harford County

Main Street Bel Air has one-of-a-kind shopping and dining experiences

There will be concessions available for purchase during the tournament. There will be breaking boards and additional supplies available. Boards are \$4.00 each. All boards are inspected and certified for tournament use.

2024 Master Cup Challenge Rules

- General Competition Rules:** The World Taekwondo (WT) rules and regulations will govern this tournament for forms, breaking, and sparring competitions. The organizing committee reserves the right to adopt changes as they deem necessary.
- A. Competitors participating in individual events must wear a standard V-neck or fold-over uniform in good condition. (No rips, tears, or special augmentation)
 - B. Competitors will be grouped according to gender, age, belt (level), and weight. One competition group will be 3-4 competitors. (Can be changed onsite, if need be)
- Form Competition Rules:**
- A. Competitors will be judged on their ability to perform the form associated with their current rank.
 - B. Any style of forms will be acceptable. This includes but is not limited to Tae Geuk and Pal Gwe form sets.
 - C. A form should be around 30 to 90 seconds. The maximum time allowed will be 180 seconds.
 - D. Scoring will be based on: Concentration, Balance, Spirit (Yelling), Strength, Correct & Orderly Execution of Movement.
 - E. Judge(s) will score with 1-point increments from 1 to 10. Based on score provided by judge(s), a sum will be tallied to give the competitors' total score. In the event of a tie, the judge(s) will convene to determine the winner.
- Weapons Competition Rules:**
- A. Competitors will be judged on their ability to perform the weapon form that they choose to present.
 - B. Any single (or pair of) melee weapon(s) will be acceptable as long as it can be safely kept within the competition area. This includes but is not limited to sword, bo staff, nunchakus, sais, kamas, etc.
 - C. Ranged weapons (e.g. bows or throwing stars) will **not** be acceptable.
 - D. A weapon form should be around 30 to 90 seconds. The maximum time allowed will be 180 seconds.
 - E. Scoring will be based on: Concentration, Balance, Spirit (Yelling), Strength, Correct & Orderly Execution of Movement.
 - F. Judge(s) will score with 1-point increments from 1 to 10. Based on score provided by judge(s), a sum will be tallied to give the competitors' total score. In the event of a tie, the judge(s) will convene to determine the winner.
- Breaking Competition Rules:**
- A. Regulation breaking board size for this competition is 11"X8" (1/2" or 1" thick) wood breaking board. (Boards provided by tournament committee and breaking boards must be bought at tournament)
 - B. **There will be a maximum of 3 targets for colored belts and 5 targets for black belts that can be broken by each competitor. Boards can be stacked for each target.**
 - C. No props allowed. Only the competitor and board holders are allowed on the mat.
 - D. All competitors will be given up to two (2) minutes to set up and complete their routine.
 - E. Scoring will be based on: Accuracy & Focus, Techniques, Power & Energy (Board Thickness, Yelling Ki hap), Smooth Flow of Routine, Creativeness & Showmanship.
 - F. Judge(s) will score with 1-point increments from 1 to 10. Based on score provided by judge(s), a sum will be tallied to give the competitors' total score. In the event of a tie, the judge(s) will convene to determine the winner.
- Sparring Competition Rules:**
- A. Sparring will be conducted under a modified WT (World Taekwondo) Olympic style competition format. All competitors must wear proper safety gear to compete. Each competitor is permitted one coach at ringside.
 - B. All sparring Competitors must weigh-in at the holding area prior to competition.
 - C. Sparring Competitors must provide their own safety/sparring equipment: mouth guard, forearm guards, chest protector, groin protector, shin and instep protector, and head gear. Gloves are optional. All gear must be in good condition.
 - D. Colored belt and black belt sparring is 2 rounds. Each round is 1 minute. There will be a 30 second rest period between each round.
 - E. **No head contact is allowed for color belts. Light head contact is permitted for black belts 12 years and older. Only kicks are legal strikes to the head, punches to the head are not allowed. Intentional striking of any kind to the face is not allowed.**

- F. If a competitor is knocked out by being struck (punched or kicked) in the head, their opponent (the one doing the striking) will be disqualified. No head contact that powerful will be tolerated.
- G. Warnings will be given for the first instance of each of the following fouls: kicking below the belt, kicking to the head (except for 18+ black belts), pushing, grabbing, falling down, and leaving the ring.
- H. 1-point deductions will be given for repeat instances of each of the above fouls as well as for every instance of the following fouls: intentional striking to the face, any punching to the head, running away to avoid combat, disobedience to referee instructions, disruption by coach, and striking with illegal techniques (elbow, knee, knife hand, backfist, palm, finger, wrist, and y-hand striking).
- I. A competitor may be disqualified for repeatedly committing the following fouls: kicking the head (except for 18+ black belts), punching to the head, kicking to the legs, using illegal techniques, running away, and disobedience to referee instructions.
- J. Point System: 1 point—valid punch on chest protector, 2 points—valid kick on chest protector, 3 points—valid kick to the head (12+ black belts only), 4 points—valid spinning kick on chest protector, 5 points – valid spinning kick to the head (12+ black belts only).
- K. At end of first round, 12-point difference rule will be in effect.
- L. The referee will declare a foul (“Kyung-go” or “Gham-jum”) for any prohibited act and will deduct a point from the offender.
- M. In the event of a tie score, one (1) minute of sudden death overtime will be used. The first point called by the referee will be the winning point. In the event of a tie at the end of the sudden death round, the judges will convene to determine the winner.

Master Cup Competition Rules:

- A. 1st Place division winners in **Adult Black Belt Sparring** divisions will make up an additional Master Cup Division (1 for females and 1 for males).
- B. All sparring rules in this division will be the same as those for adult black belts in regular sparring divisions.
- C. The winner of the division will be awarded the **Master Cup** (1 for females and 1 for males).
- D. In the event that there are only enough competitors for 1 adult black belt division (for either females or males) in the regular sparring competition, the winner of this division will be given the **Master Cup**.

**2024 Master Cup Challenge
Official Athlete Entry Form**

TIME: Saturday, October 26, 2024
LOCATION: Highland School
2409 Creswell Rd. Bel Air, MD 21015
FEE(S): Pre-Registration (Deadline 10/12/2024): \$100 for one event / \$20 for each additional event
At The Door: \$120 for one event / \$20 for each additional event)
MAIL TO Mail all Applications to Grand Master Lee: **2906 Emmorton Rd, Abingdon, MD 21009**
Or
EMAIL TO: Elitecoremartialarts@gmail.com All Photographs must be clear and printable.
Acceptable payment methods are cash, money order, and school check payable to Grand Master Lee

Athlete's Information

Name: _____
Age: _____ Gender _____ Weight _____ Height _____ Belt Color _____
Dan: _____
Address: _____
ZIP: _____
Home Phone: _____
Mobile Phone: _____
Email: _____

Martial Arts School Information

Name: _____
Address: _____
Head Master's Name (Owner): _____
Phone#: _____

Circle the event(s) in which you will participate:

SPARRING FORMS BREAKING WEAPONS

Liability Waiver: I hereby submit my application for registration in the 2024 Master Cup Challenge. I agree to waive all claims against anyone connected with the Tournament for injuries I may sustain and likewise will assume full responsibility for all my actions in connection with the Tournament. I shall strictly observe and obey the rules and regulations, printed, verbal or otherwise, governing this tournament. I further agree that any pictures taken of me in connection with the tournament can be used by the Tournament Director for publicity or promotion without compensation at this time or at any other time.

Sign and Print here

Date MM/DD/YY

Athlete's Signature

Parent/Guardian Signature

I verify that the applicant is a student at my school and the above information is correct.

Master/Instructor Signature

Do Not Write In This Space

-Athlete-

Name: _____

Age: _____ Gender: _____

Weight _____

Belt Color: _____

Rank: _____

School: _____

Forms Breaking Sparring Weapons Self-Defense

Authorized Signature: _____

**2024 Master Cup Challenge
Official Coach Entry Form**

TIME: Saturday, October 26, 2024
LOCATION: Highland School
2409 Creswell Rd. Bel Air, MD 21015
FEE(S): Pre-Registration (Deadline 10/12/2024): \$100 for one event / \$20 for each additional event
At The Door: \$120 for one event / \$20 for each additional event)
MAIL TO Mail all Applications to Grand Master Lee: **2906 Emmorton Rd, Abingdon, MD 21009**
Or
EMAIL TO: Elitecoremartialarts@gmail.com All Photographs must be clear and printable.
Acceptable payment methods are cash, money order, and school check payable to Grand Master Lee

Coach's Information

Name: _____
Age: _____ Gender _____ Belt Color _____ Dan: _____
Address: _____
ZIP: _____
Home Phone: _____
Mobile Phone: _____
Email: _____

Martial Arts School Information

Name: _____
Address: _____
Head Master's Name (Owner): _____
Phone#: _____

Liability Waiver: I hereby submit my application for registration in the 2024 Master Cup Challenge. I agree to waive all claims against anyone connected with the Tournament for injuries I may sustain and likewise will assume full responsibility for all my actions in connection with the Tournament. I shall strictly observe and obey the rules and regulations, printed, verbal or otherwise, governing this tournament. I further agree that any pictures taken of me in connection with the tournament can be used by the Tournament Director for publicity or promotion without compensation at this time or at any other time.

Sign and Print here

Date MM/DD/YY

Coach's Signature

Parent/Guardian Signature

I verify that the applicant is a student at my school and the above information is correct.

Master/Instructor Signature

Do Not Write In This Space

-Coach-

Name: _____

Age: _____

Gender: _____

Belt Color: _____

Rank: _____

School: _____

Authorized Signature: _____

-DIVISION-

(Division may be modified during Championship day)

Form	White, Yellow, Orange	Green, Blue, Purple	Brown, Red, Dan Bo	Black
Breaking	White, Yellow, Orange	Green, Blue, Purple	Brown, Red, Dan Bo	Black
Sparring	White, Yellow, Orange	Green, Blue, Purple	Brown, Red, Dan Bo	Black
Weapon	White, Yellow, Orange	Green, Blue, Purple	Brown, Red, Dan Bo	Black
Self-Defense	White, Yellow, Orange	Green, Blue, Purple	Brown, Red, Dan Bo	Black

Age Division Male & Female

Form	7 & Under	8-9	10-11	12-14	15-17	18-29	30- Up
Breaking	7 & Under	8-9	10-11	12-14	15-17	18-29	30- Up
Sparring	7 & Under	8-9	10-11	12-14	15-17	18-29	30- Up
Weapon	7 & Under	8-9	10-11	12-14	15-17	18-29	30- Up
Self-Defense	7 & Under	8-9	10-11	12-14	15-17	18-29	30- Up

Weight Division for all Belts Male & Female

Division	Light	Middle	Heavy
Ages 7 & Under	0 lbs -40 lbs	40 lbs – 60 lbs	60 lbs and Up
Ages 8-9	0 lbs - 55 lbs	55 lbs – 70 lbs	70 lbs and Up
Ages 10-11	0 lbs – 75 lbs	75 lbs – 90 lbs	90 lbs and Up

	Division	Males Weight	Females Weight
Ages 12-14	Fly	Not exceeding 81 lbs	Not exceeding 73 lbs
	Feather	82 lbs – 99 lbs	74 lbs- 90 lbs
	Welter	100 lbs – 117 lbs	90 lbs- 103 lbs
	Middle	118 lbs – 134 lbs	104 lbs – 121 lbs
	Heavy	135 lbs and Up	122 lbs and Up
Ages 15-17	Fly	Not exceeding 106 lbs	Not exceeding 97 lbs
	Feather	107 lbs- 121 lbs	97 lbs -108 lbs
	Welter	122 lbs- 139 lbs	109 lbs – 121 lbs
	Middle	140 lbs -161 lbs	122 lbs – 139 lbs
	Heavy	162 lbs -Up	140 lbs - Up
Ages 18-32	Fly	0 lbs – 128 lbs	0 lbs – 108 lbs
	Feather	129 lbs – 150 lbs	109 lbs – 128 lbs
	Middle	150 lbs – 176 lbs	128 lbs – 146 lbs
	Heavy	177 lbs - Up	147 lbs - Up
Ages 33-Up	Light	0 lbs – 145 lbs	0 lbs -125 lbs
	Middle	146 lbs – 170 lbs	126 lbs- 156 lbs
	Heavy	171 lbs - Up	157 lbs - Up

2024 Master Cup Challenge

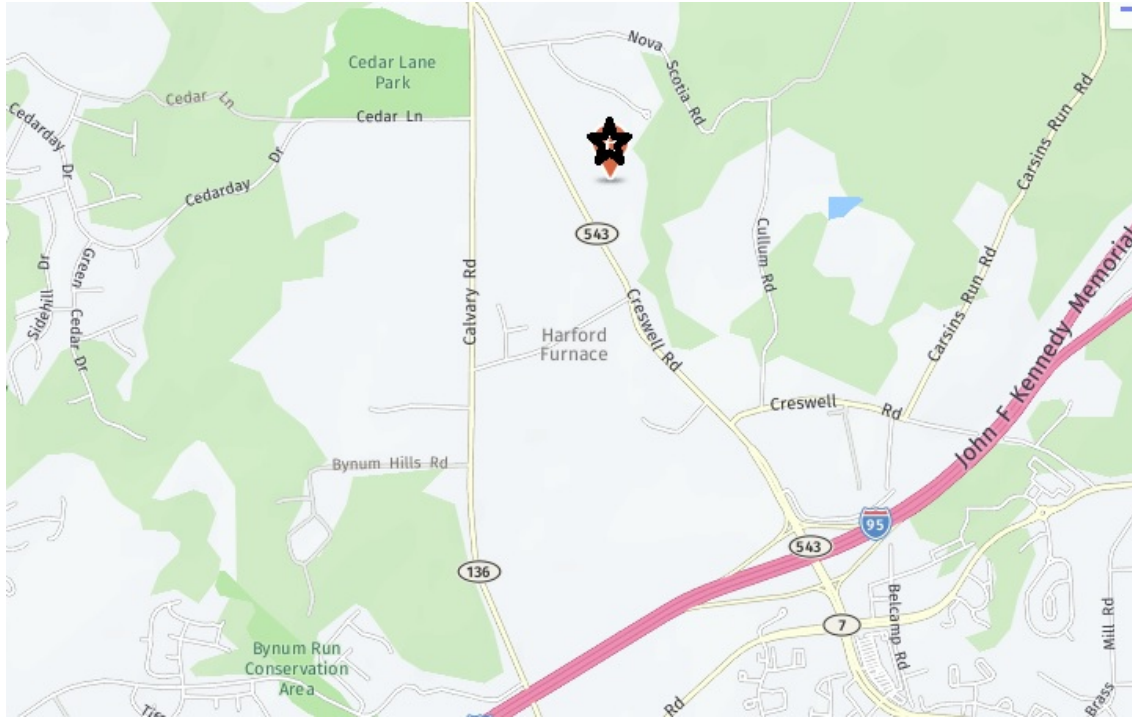
Saturday, October 26, 2024

Highland School

2409 Creswell Rd. Bel Air, MD 21015

Info: (410)515-2123 elitecoremartialarts@gmail.com

Tournament Site Direction



Directions

From West Baltimore or Fredrick

Take ramp onto I-95 N toward New York
Take exit 80 toward MD-543 N
Turn left onto Creswell Rd (MD-543)
Arrive at Creswell Rd
It will be on your Right

From Pennsylvania

From I 83 South
Take exit 36 for MD- 439 towards Maryland line Belair
Turn right on to MD 439-E
Turn right onto MD- 23 S/ Norrisville Rd
Turn right onto Baldwin Mill Rd
Turn left onto MD-23 E
At traffic circle take the 1st exit
Use any lane to merge onto Hickory Bypass
Turn right onto MD- 543 S/N Fountain Green Rd
It will be on Your Left

From Washington D.C or Virginia

Take ramp onto I-95 N toward New York
I-95 Pass Through Fort Mc Henry Tunnel
Tunnel Fee 4 Dollars each way or 3 Dollars EZ Pass
Take exit 80 toward MD-543 N
Turn left onto Creswell Rd (MD-543)
Arrive at Creswell Rd

It will be on your Right