

Dear Students and Instructors:

Moo Sul Kwan martial arts were brought to the United States in 1969, by **Lee H. Park**. For over four decades, Moo Sul Kwan has hosted championship tournaments and events for the positive educational experiences of its students and instructors. Our *2019 All-City Champs* is a wonderful event and a chance to begin the **Summer of '19** with success!

Prepare well!

James M. Sautel, 8th dan



Presented by:

James M. Sautel, 8th dan

Tournament Directors:

Merinda J. Sautel, 6th dan

John T. Sautel, 6th dan

Coordinator:

Erik R. Albrechtson, 6th dan

Alice Meyung, 5th dan

Clayton Garner, 5th dan

Ring Supervisors:

Andy McDaniel, 4th dan

Bridget Sautel, 4th dan

Michael Sandusky, 4th dan

Hope Morgan, 3rd dan

Eric Evans, 3rd dan

Stephen Sautel, 3rd dan

Tyler Murphy, 3rd dan

Collin Kreutz, 3rd dan

Eileen Lindner, 3rd dan

Don Johnson, 3rd dan



COSTUME AND PERSONAL REQUIREMENTS

1. Each competitor must be from a martial arts school with a recognized black belt instructor.
2. The personal hygiene of competitors is of the highest standard.
3. The judges and contestants shall wear only a martial arts uniform in good condition.
4. All competitors must wear a mouth guard, headgear, safety punch, and safety kick equipment when free-sparring.
5. Males 11 yrs. and up are required to wear a protective cup or groin guard when sparring.
6. All students ages 9 and up are required to wear a chest protector in free-sparring competitions.
7. All competitors shall keep their nails cut short and shall not wear any metallic article that may possibly injure or interfere with the competition.
8. In the opinion of the judges, if the hair of the contestant appears that it may possibly cause a problem, the judges will request that it be tied back out of the way.



AIMS AND GOALS OF OUR CHAMPIONSHIPS

1. *A knowledge of the value of competition to the individual and to the martial art family.*
2. *An understanding of the rules essential to being a part of the competition.*
3. *The ability to think as an individual.*
4. *For good human relationships.*
5. *Respect the rights of others and for those in authority.*
6. *Builds self-confidence and emotional maturity.*
7. *Utilization of information from other participants.*

2019 All-City Championships

April 26—27

Alameda International

Jr / Sr High School



**Presented by the
Colorado Taekwondo Institute**

“Encouraging
world—class leadership through
educational excellence and
Moo Sul Kwan martial arts
traditions.”

**Look for more
information and final results on
www.ColoradoTaekwondo.com**

Sponsored by:

Colorado Taekwondo Institute

American Martial Arts Sports and Education Association
Moo Sul Kwan Martial Arts Institute

Place: Alameda International High School

Friday Demo practice—5pm
6:00 PM- Black Belts

Saturday 6:30 AM – Black Belts

8:30 AM - Red, Brown & Purple (all ages)

10:30 AM – White-Blue (ages 8 and under)

12:30 PM – White-Blue—(Ages 9 and up)

Line up of all belts, group picture and group demonstration occurs at 12:30

Registration is due by April 16th

4 or more events—\$55

3 events—\$50

Tiger Poomse only—\$30

Black Belt Club Members save \$5

Late fee after 4/16 — add \$10

Spectators are FREE!

Concessions are run by and benefit the Alameda International Jr/Sr High School National Honor Society

**Register Online at
www.ColoradoTaekwondo.com**

Special thanks to
**Alameda International Jr/Sr High School,
our scorekeepers, and our many helpers!**

POOMSE

Poomse is a set pattern of movement executed against imaginary opponents attacking from several different directions. Scores will be based on power, form, execution of technique, and grace and harmony



of movement. On the event of a tie, another poomse will be chosen by the contestants to be performed and scored.

FIRST POINT WINS!

All CTI sparring rules apply, first point wins the match! Who is the quickest at the All-City Champs?



BREAKING (All-Feet)

4th Dan and up—Blindfolded Breaking

3rd dan Black Belts —Four target combo

2nd and 1st dan Black Belts (ages 15 and up) — Three Target Combo

2nd and 1st Black Belts juniors— Two Target Combo

Red, Brown & Purple ages 16 & up—Two Target Combo

Red, Brown & Purple 11-15—Two rounds

Red, Brown and Purple 10 and under—One Target

Blue, Green and Orange Junior (9-15) – One Target

Blue, Green and Orange Adult(16 & up)—One Target

* Plastic Boards for all under Purple belt juniors

* All others will use wooden boards

FREE SPARRING

POINT SCORING SYSTEM

3 points....spinning kick to target area

2 points....kicks

1 point.....punches/strikes

See more rules at www.ColoradoTaekwondo.com



Black Belt STAFF POOMSE

Staff poomse is like regular poomse and scores are based on the same elements. On the event of a tie, another poomse will be chosen by the contestants to be performed and scored.

Moo Sul Kwan

Summer Expo

XXXV

May 31– June 2, 2019

Keystone Ski Resort

50th MSK

Anniversary

Banquet and Party