

# Brief History of the CTI Superbowl

The CTI Superbowl has grown over the many years and celebrates the end of our CTI-year with exciting competitions and demonstrations. There will be divisions involving all ages and belt levels where competitors will test their skills with fellow students and instructors from all the CTI programs. There are CTI Campus locations in **Green Mountain, Littleton, Westminster, Golden, Conifer and Craig, CO**. The CTI also provides educational excellence at *Montessori Peaks Academy, Red Rocks Elementary, Our Lady of Fatima School, Bell Middle School, West Woods Elementary, Summit Ridge Middle School, Alameda International and Westridge Elementary*.



The *CTI Superbowl* is a special day where parents, family members and friends can see the Moo Sul Kwan spirit, technique and sportsmanship in action!

# Superbowl Schedule

## FRIDAY

6:00pm—Black Belts

## SATURDAY

6:30am—Black Belts

8:00am—Red, Brown, Purple (all ages)

10:30am—White-Blue (8 and under)

1:00pm—White-Blue (9 and up)

*Presented by:* James M. Sautel, 8th

*Coordinators:* Merinda J. Sautel, 7th  
John T. Sautel, 7th  
Erik Albrechtson, 6th

*4th and 5th Dans:*

Alice Meyung, 5th

Andy McDaniel, 4th

Michael Sandusky, 4th

Clayton Garner, 5th

Bridget Sautel, 4th

Nick Slinkard, 4th

Special thanks to  
**Alameda International** our score-keepers, and our helpers!



# 46th CTI Superbowl

**February 28-29, 2020**

**Alameda International  
High School**



Presented by the  
*Colorado Taekwondo Institute*

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

[www.ColoradoTaekwondo.com](http://www.ColoradoTaekwondo.com)

# AIMS AND GOALS OF OUR 46th CTI SUPERBOWL

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 for the rights of others and for those in authority.
6. Builds self-confidence and emotional maturity.
7. Utilization of information from other participants.



Pre registration is due by February 18th

4 or more events—\$55

3 events—\$50

Tiger Poomse only—\$30

Black Belt Club Members save \$5

Late fee after 2/18—add \$10

Spectators are FREE!

Concessions are run by and benefit the  
Alameda International National Honor Society

**Register Online at**  
**[www.ColoradoTaekwondo.com](http://www.ColoradoTaekwondo.com)**

# Events

## Tiger Poomse

Tiger poomse is for students ages 2 to 4. Students will perform a set of pattern movements executed against imaginary opponents attacking from several different directions.



## Poomse

Scores will be based on power, form, execution of technique, grace and harmony of movement. On the event of a tie, another poomse will be chosen by the contestants to be performed and scored.

## Sparring

Sparring competition follows the single elimination type format. Matches will last two minutes.



### POINT SCORING SYSTEM

*Feet*—There are 2 and 3 point foot techniques

*Hands*—Punches and strikes are worth 1 point

Black Belt Sparring— CTI Superbowl Rules!

## First Point Wins!

Competitors have the chance to see who is the quickest one in the ring!

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## Breaking

Junior and adult students from the rank of Orange belt and above will be allowed to participate in this special competition. This competition is only for ages 9 and up, and each competitor must have instructor approval.

Breaking materials:

Black Belts — pine boards

Adults (16 and up) – 1" x 12" x 12" pine boards

Juniors purple-red – 1" x 12" x 10" pine boards

Juniors orange-blue – Plastic Boards

Ties result in Breaker's Choice for all divisions.

Orange, Green & Blue Belts (1 board per round—must break to move on)

Adults and Jrs (12-15) – Two rounds, breaker's choice

Juniors (9-11) – One round, breaker's choice

Purple, Brown & Red Belts (1 board per round—must break to move on)

Adults and Jrs (11-15) – Three rounds, breaker's choice

Juniors (7-10) – Two rounds, breaker's choice

Black Belts

Juniors (14 and under) – Two target combo

1st and 2nd Dans - Three target combo

3rd Dan and up – Power Breaking

## Staff

Black Belts perform their staff poomse. Scores are based on execution of technique, grace and harmony of movement. On the event of a tie, both competitors will go at the same time.



**Support your CTI Black Belt Team!**

**CTI BBT WT 2K20**