

THE 5th ANNUAL

Virginia Governor's Cup TaeKwonDo Championships

Dear Grand Masters, Masters, Instructors, and Referees,

I wish to share with you the labor of work that has taken me over 2 ½ years to accomplish. I have been working closely and very hard with the Virginia House of Delegates in the Development of the House Bill 1905 (HB1905). This bill exempts TaeKwonDo after school programs from being licensed. Before this measure Virginia State Law viewed TaeKwonDo programs like ours as daycare centers and therefore were subject to license. I am extremely happy to see this dream come true. Today we can all celebrate the passing of this important bill. I would like to thank Delegate Tim Hugo, Mark L. Keam, and Delegate Salvatore R. Laquinto who sponsored the bill. Without them this would not be possible.



Today I also want to invite you all to the 5th Annual Virginia State Governor's Cup. This would be the proper venue to celebrate the passing of this bill.

I hope that each and every one of you agrees that this is a very special and exciting event. It is an honor to host this year's Virginia Governor's Cup TaeKwonDo Championship. I look forward to working with each of you and continuing with the tradition of excellence in our art. The tournament will be held on **May 19, 2012 at Northern Virginia Community College in Annandale, Virginia.**

Enclosed you will find the pertinent tournament information including guidelines and registration information. The tournament will follow USA Taekwondo (USAT) rules and regulations which can be downloaded from the USAT website. <http://www.usataekwondo.us>

We have added more competition divisions this year. Please look carefully at the updated list of competition divisions and participations. Please let me know via email if you need me to send you any additional material regarding the tournament. I can be reached at bkc@cbbatkd.com. You can also download the document from our web site at www.cbbatkd.com.

Grand Masters, Masters, Instructors, and Referees:

Thank you again for your participation in this year's Virginia Governor's Cup TaeKwonDo Championship. I look forward to seeing you and your students there. I appreciate all your help in advance. Please remember that all Grand Masters, Masters, Instructors, and Referees must register with the special guest form to receive your official commendation and plaque at the tournament. Thank you for your understanding. Please review the information for the tournament and get back to me as soon as possible.

This year's Championship is sponsored by **CUSTOM AWARDS & SPORTSWEAR 410-761-7925**
Sincerely,

A handwritten signature in black ink that reads "Byung-Kon Cho".

Grand Master Byung-Kon Cho



THE 5th ANNUAL

**VIRGINIA STATE GOVERNOR'S CUP
TaeKwonDo Championships
Saturday, May 19, 2012
8:00am – 6:00pm**

We will have a scoring system, Interlocking mat

LOCATION

Northern Virginia Community College (NVCC)
8333 Little River Turnpike
Annandale, VA 22003

DIRECTION

**Visit Website [www, mapquest.com](http://www.mapquest.com) to
Find out for location (NVCC)**

GENERAL ADMISSION

Pre-Registration Fee: \$80 for one or two Events (Additional events \$15): deadline May 16, 2012
Late registration: One or two event \$95 (each additional event \$15): after May 16, 2012
Coaches Pass: \$30 One (1) free coach pass or each 10 students registered
GENERAL Admission: \$10 (Seniors 65 & Children under 5 are free)

SCHEDULE

Doors Open	07:30 am
Check – In:	08:00 am
Referee/Ring Judge Meeting:	08:30 am
Competition Begins:	09:00 am
Lunch:	12:00 pm
Opening Ceremony:	12:30 pm
Demonstration:	01:00 pm
Competition Continues:	01:30 pm

**** Note: All Sparring competitions may begin as early as 10:00 am**
The tournament Director WILL NOT allow competitors to enter a bracket once the competitors have left the holding area.

REGISTRATION

Registration Deadline: May 16, 2012
Mail completed registration form and payment to:
Cho's Black Belt Academy, Inc.
24650 South Point Dr. #115
Chantilly, VA 20152 Tel: (703) 984-9099 Fax (703) 542-8881

*If registrations are faxed by the May 16, 2012 deadline, payments may be mailed separately.
No personal checks. Cashiers checks or money orders ONLY! Personal checks will be returned along with registration form. Make payable to Cho's Black Belt Academy, Inc.*

TOURNAMENT CONTACT INFORMATION

Grand Master Byung-kon Cho	703- 542-8880
Tournament Co-director Master Sang K. Choi, Yun Ho Song	703- 378-6060
Announce Master Mark Back	703- 772-6220
Referee Chairman: Jim Horn	540- 454-1373



VIRGINIA STATE GOVERNOR'S CUP TaeKwonDo Championships

OFFICIAL REGISTRATION FORM

Please complete the form below & on reverse. (Please print very neatly)

^Last Name	^First Name	^MI
^O Male O Female Age: Weight: Height: E-Mail:		

^ Street Address (Mailing Address Please)	^ Apt Number
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^ City	^ State	^ Zip Code	^ Home Phone Number
O 10-7Geup White & Yellow O 6-5 Green O 4-3 Blue O 2-1Red O 1 st Dan O 2 nd Dan O 3 rd or 4 th Dan up			
^ Rank (check one)			
^ I am entering		O Breaking O Form O Creative form O Sparring	
			O Belong to Ring #

^ Name of TKD School	^ Name of Master or Instructor
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^ Street Address (Mailing Address Please)	^ Suit Number
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^ City	^ State	^ Zip Code
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^ School Phone Number	^ E-mail
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LIABILITY WAIVER

I hereby submit this registration and liability waiver form to participate in the 5th Virginia State governor's cup Taekwondo Championships. I certify that the information on this form is true and correct and hereby release, discharge, and waive any and all responsibility of the Cho's black Belt Academy Inc., VSTA, Northern Virginia Community College, USAT, WTF, USOC, Grand Master Byung-kon Cho, tournament committee, directors, referees instructors, coaches, medical staff, and other competitors from any liability for any injuries, including death, and for damages to or loss of property which may be suffered by myself arising out of, or in any way resulting from or attributing in whole or in part to my traveling to, training for, being coached in using any sports equipment, or participating in the 2012 Virginia State governor's cup Taekwondo Championships.

^ The Applicant further agrees that a claim for a refund of payment cannot be made.

All competitors must have: 1. Individual sparring gear. 2. Any equipment for the championship

^ Signature of Master or Instructor	^ Date
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^ Signature of Applicant/Parent or Guardian	^ Printed Name	^ Date
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(If Applicant is under 18 years of age, this form must be signed by his/her parent or guardian who will thereby be bound by all the terms of this document.)

Attention =

***Registration fee: * \$80 for One or Two Events. * Additional Events \$15 *Cashers check or money order only**

***Make payable to: * Cho's Black Belt Academy, Inc.**

***Registration sends to: * 24650 South Point Dr. #115 Chantilly, VA 20152 Tel: (703) 984-9099 *Fax (703)542-8881**

DEADLINE REGISTRATION by fax, YOU HAVE TO pay with credit card

Payment: Credit card – Circle (VS, MC, AMEX, Other	Total Amount Authorized \$
Card #	Exp Code

^ Signature	^ Date
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THE 5th ANNUAL VIRGINIA STATE GOVERNOR'S CUP TaeKwonDo Championships

Coaches Registration Form

Each school/club will be allowed: **One (1) free coach pass or each 10 students registered** without a coach badge, There will be NO entry onto the competition area. NO EXCEPTIONS! Additional coach badges may be purchased (fee \$30). All coaches must pick up their ID badges at registration table on day of event.

Coach Qualifications:* must be proven by and requires the signature of Master or Instructor

* Must be 18 years or older * Must be Members of USAT.

Please print very neatly

^ Last Name ^ First Name ^ MI
 ^ O Male O Female ^ Age: ^ E-mail:

^ Street Address (Mailing Address Please) ^ Apt. Number

^ City ^ State ^ Zip Code ^ Home Phone Number

^ **Rank** (check one) O 1st Dan O 2nd Dan O 3rd Dan O 4th Dan higher

^ Name of TKD School ^ Name of Master or Instructor

^ Street Address (Mailing Address Please) ^ Suit Number

^ City ^ State ^ Zip Code

^ School Phone Number ^ E-mail

This form must be completed by the applicant and signed by the school/club master or instructor for approval. Signatures must be original, copies will not be accepted. Coaches must leave the ring immediately following each match. The tournament organizers reserve the right to suspend a coach's pass if rules are not accepted.

LIABILITY WAIVER

I hereby submit this registration and liability waiver form to participate in the 5th Virginia State governor's cup Taekwondo Championships. I certify that the information on this form is true and correct and hereby release, discharge, and waive any and all responsibility of the Cho's black Belt Academy Inc., VSTA, Northern Virginia Community College, USAT, WTF, USOC, Grand Master Byung-kon Cho, tournament committee, directors, referees instructors, coaches, medical staff, and other competitors from any liability for any injuries, including death, and for damages to or loss of property which may be suffered by myself arising out of, or in any way resulting from or attributing in whole or in part to my traveling to, training for, being coached in using any sports equipment, or participating in the 5th Virginia State governor's cup Taekwondo Championships.

^ The Applicant further agrees that a claim for a refund of payment cannot be made.

^ Signature of Master or Instructor ^ Date

^ Signature of Applicant/Parent or Guardian ^ Date

(If Applicant is under 18 years of age, this form must be signed by his/her parent or guardian who will thereby be bound by all the terms of this document.)

Attention =

*Coaches

Registration fee: \$30 * Cashers check or money order only

*Make payable to: **Cho's Black Belt Academy, Inc.**

*Registration sends to: **24650 South Point Dr. Chantilly, VA 20152** Tel: (703) 984-9099 *Fax: (703)542-8881

Payment: Credit card –Circle (VS, MC, AMEX, Other) Total Amount Authorized \$

Card # Exp Code

^ Signature ^ Date



THE 5th ANNUAL VIRGINIA STATE GOVERNOR'S CUP TaeKwonDo Championships

Special Guest Official Registration Form

The VSG CUP would like to extend an invitation to all Grand Masters, masters, and head Instructors to join Grand master Byung Kon Cho at the head table. In order to supply you with the proper credentials, please Delete Provide us with the following information:

Please print very neatly

Guest 1

Title/Name: Last Name First Name MI

Name of TKD School

Address Suit Number

City State Zip Code School Phone Number

Guest 2

Title/Name: Last Name First Name MI

Name of TKD School

Address Suit Number

City State Zip Code School Phone Number

Guest 3

Title/Name: Last Name First Name MI

Name of TKD School

Address Suit Number

City State Zip Code School Phone Number

Competition Floor Access

The tournament competition area and holding area access will be restricted to individuals holding special guest, competitor, or coach's credentials.

POOM-SAE

Forms (Poom-Sae) Traditional or Creative Male/Female

Age	Weight	Groupings Rank				Ring
7& Under	All Weights, M&F	10-7 Geup	6-4 Geup	3-1 BoDan	Black Belt	Ring 1
8-9	All Weights, M&F	10-7 Geup	6-4 Geup	3-1 BoDan	Black Belt	Ring 2
10-11	All Weights, M&F	10-7 Geup	6-4 Geup	3-1 BoDan	Black Belt	Ring 5
12-13	All Weights, M&F	10-7 Geup	6-4 Geup	3-1 BoDan	Black Belt	Ring 3
14 -15	All Weights, M&F	10-7 Geup	6-4 Geup	3-1 BoDan	Black Belt	Ring 3
16-17	All Weights, M&F	10-7 Geup	6-4 Geup	3-1 BoDan	Black Belt	Ring 4
18-33	All Weights, M&F	10-7 Geup	6-4 Geup	3-1 BoDan	Black Belt	Ring 4
34 & up	All Weights, M&F	10-7 Geup	6-4 Geup	3-1 BoDan	Black Belt	Ring 4

Forms: There will be four Grand Champions in poom-sae

- One grand champion for color belts of all ages, 13and under male, female, first Place. (Ring 1)
- One grand champion for color belts of all ages, 14and up male, female, first Place. (Ring 1)
- One grand champion for black belts of all ages, 13 and under male, female, first Place. (Ring 2)
- One grand champion for black belts of all ages, 14 and up male, female, first Place. (Ring 2)

SPARING (GYUROOGI) Male/Female

SPARING Male/Female

Age	Weight	Groupings Rank				Ring	
7& Under	All Weights, M&F	10-8 Geup	7-6 Geup	5-4 Geup	3-1 BoDan	Black Belt	Ring 1
8-9	All Weights, M&F	10-8 Geup	7-6 Geup	5-4 Geup	3-1 BoDan	Black Belt	Ring 2
10-11	All Weights, M&F	10-8 Geup	7-6 Geup	5-4 Geup	3-1 BoDan	Black Belt	Ring 5
12-13	All Weights, M&F	10-8 Geup	7-6 Geup	5-4 Geup	3-1 BoDan	Black Belt	Ring 3
14 -15	All Weights, M&F	10-8 Geup	7-6 Geup	5-4 Geup	3-1 BoDan	Black Belt	Ring 3
16-17	All Weights, M&F	10-8 Geup	7-6 Geup	5-4 Geup	3-1 BoDan	Black Belt	Ring 4
18-25	All Weights, M&F	10-8 Geup	7-6 Geup	5-4 Geup	3-1 BoDan	Black Belt	Ring 4
26-33	All Weights, M&F	10-8 Geup	7-6 Geup	5-4 Geup	3-1 BoDan	Black Belt	Ring 4
34 & up	All Weights, M&F	10-8 Geup	7-6 Geup	5-4 Geup	3-1 BoDan	Black Belt	Ring 4

NOTE: The tournament director reserves the right to combine rank, age, and weight groups.

Sparring: There will be six Grand Champions in Gyu-roo-gi

- One grand champion for black belts of age's 9 and under male, female first Place. (Ring 1)
- One grand champion for black belts of age's 10-11 male, female first Place. (Ring 5)
- One grand champion for black belts of age's 12-13 male, female first Place. (Ring 3)
- One grand champion for black belts of age's 14-17 male, first Place. (Ring 4)
- One grand champion for black belts of age's 14 -17 female first Place. (Ring 4)
- One grand champion for black belts of age's 18 and up, male first Place. (Ring 4)

BOARD BREAKING

BREAKING (Gyuk-pah) Male/Female

Age	Weight	Groupings Rank		Ring
9 & Under	All Weights & M &F	10-7 Geup		Ring 3
9 & Under	All Weights & M &F	6-1 Geup (BoDan)	Black Belt	Ring 3
10-13	All Weights & M &F	10-7 Geup		Ring 2
10-13	All Weights & M &F	6-1 Geup (BoDan)	Black Belt	Ring 2
14 -17	All Weights & M &F	10-7 Geup		Ring 1
18 -33	All Weights & M &F	6-1 Geup (BoDan)	Black Belt	Ring 1
34 &up	All Weights & M &F	All Belt	Black Belt	Ring 1

Breaking: There will be four Grand Champions in Gyuk-pah

- *One grand champion for color belts of all ages, 13 and under male, female, first Place. (Ring 1)*
- *One grand champion for color belts of all ages, 14 and up male, female, first Place. (Ring 1)*
- *One grand champion for black belts of all ages, 13 and under male, female, first Place. (Ring 2)*
- *One grand champion for black belts of all ages, 14 and up male, female, first Place. (Ring 2)*

Competitors will be judged by both the number of boards broken as well as demonstration of proper technique.

Brief overview of rules:

- Boards only
- All techniques allowed
- 1,2,3,4 station maximum
- 4 attempts
- 3 minute max. (set-up/break/clean-up)
- Competitor provides own holders and stands
- No Spacers Allowed
- Any technique allowed
- Boards must be purchased from supply committee
- Scoring system same as Poom-Sae
- Boards size: 1/2X8X12”
 - At the time of purchase it would be emphasized that the competitor needs to have their own holders.

RING & Age group

Age group to be constant with current rules is as follows

Champions Kyo-roo-gi, Form, Breaking, Age Divisions for Black Belts & Color Belt

Black belt

<i>Age Divisions</i>	<i>Male & Female</i>	
1. <i>Black Belt</i>	<i>7and under</i>	<i>No Head Contact</i>
2. <i>Black Belt</i>	<i>8-9 years</i>	<i>Controlled Head Contact</i>
3. <i>Black Belt</i>	<i>10-11 years</i>	<i>Controlled Head Contact</i>
4. <i>Black Belt</i>	<i>12-13 years</i>	<i>Controlled Head Contact</i>
5. <i>Black Belt</i>	<i>14-17 years</i>	<i>Full Head Contact</i>
6. <i>Black Belt</i>	<i>18 and over</i>	<i>Full Head Contact</i>

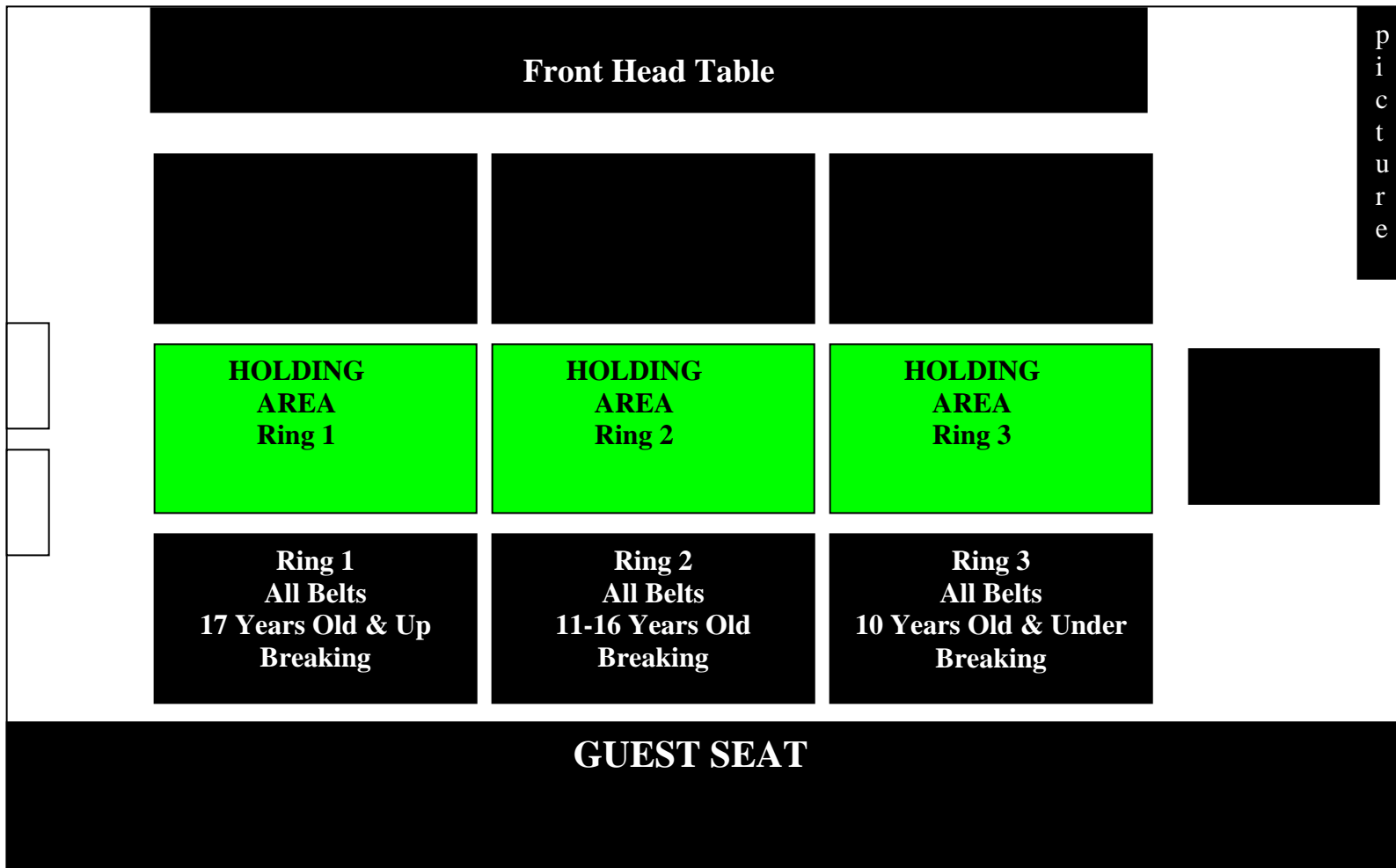
Color belts

<i>Age Divisions</i>	<i>Male & Female</i>	
1. <i>Color Belt</i>	<i>7and under</i>	<i>No Head Contact</i>
2. <i>Color Belt</i>	<i>8-9 years</i>	<i>No Head Contact</i>
3. <i>Color Belt</i>	<i>10-11 years</i>	<i>No Head Contact</i>
4. <i>Color Belt</i>	<i>12-13 years</i>	<i>No Head Contact</i>
5. <i>Color Belt</i>	<i>14-15 years</i>	<i>Controlled Head Contact</i>
6. <i>Color Belt</i>	<i>16-17 years</i>	<i>Controlled Head Contact</i>
7. <i>All Belt</i>	<i>18and over</i>	<i>No Head Contact</i>



Virginia State Governor's Cup TaeKwonDo Championships

RING SET UP PLAN FOR BREAKING From 9:00am – 10:00am aprox.





Virginia State Governor's Cup TaeKwonDo Championships

RING SET UP PLAN FOR FORMS & SPARRING From 10:30am –

