



2024 AAU NATIONAL QUALIFIER SOUTHERN PACIFIC DISTRICT JUNE 1, 2024

EVENTS

- OLYMPIC SPARRING:
(Daedo Gen 2)
- BLACK BELTS
(FULL HEAD CONTACT)
- COLOR BELTS
(LIGHT HEAD CONTACT)
- SPORT POOMSAE:
 - INDIVIDUAL
 - PAIR
 - TEAM
- TRADITIONAL POOMSAE
 - INDIVIDUAL
- CREATIVE POOMSAE
 - INDIVIDUAL
- CREATIVE WEAPON
- CREATIVE BREAKING

ONLINE REGISTRATION ONLY
WWW.AAU-TKD.COM

EARLY REGISTRATION: MARCH 1 - MARCH 31, 2024

REGULAR REGISTRATION: APRIL 1 - APRIL 30, 2024

LATE REGISTRATION: MAY 1 - MAY 26, 2024

REGISTRATION CLOSE: MAY 27, 2024

LOCATION

CALIFORNIA LUTHERAN UNIVERSITY 60 W. OLSEN ROAD, THOUSAND OAKS, CA 91360

FEE: \$100 FOR 1ST EVENT / \$25 FOR ADDITIONAL EVENTS / \$25 LATE FEE

Welcome to AAU Taekwondo!

We strive to put, 'Athletes first & Sports for All!'



Message from the Tournament Director

Welcome to the 2024 AAU Nationals Qualifier for Southern California!

AAU Taekwondo is the largest Taekwondo organization in US, and our goal is to keep inspiring and providing opportunities for many talented athletes to rise to the top. In 2015, AAU Taekwondo started in Southern California, and since then, our district has become one of the largest in the nation, producing countless AAU national team members! Elites and grassroots-level athletes deserve high-quality, standardized tournament experience, and our mission is to provide the national-level tournament experience.

In our event, we provide;

- Spacious and comfortable venue!
- All athletes use the Daedo Gen 2 system. Black belts will also use E-head gears.
- All our referees are AAU or USAT certified, and we only recruit reputable referees.
- Quality sports poomsae competition experience with high-level referees!

We are truly thankful to all our staff, parent volunteers, partnering masters, and coaches who selflessly gave their time to make this event enjoyable. Thank you, and enjoy watching our athletes perform their skills on the mats!

Best Wishes,

Master Derrick Kwak
AAU District Taekwondo Chair
District 33 - Southern Pacific



The Vide Weight-In (only for black belts)

May 31 : Friday Video Weight-In (Facetime)

- Coaches will get assigned numbers to call; all coaches must provide their contact numbers!
 - It must be supervised by a qualified coach
- Only black belts
- Time : 3 - 6 pm
- Attire: must wear shorts and a shirt
- 1 lb allowance

Set-Up

- A 5 lb dumbbell is used to show that the scale is calibrated correctly.
- Scale can not be close to the wall, desk, or chair.
- Phone video resolution must be reasonable for inspectors to see the scale.
- Video-weight in will be supervised by the referee chair, Master [Todd Peterson](#).

Phone Number

- Team's name starts with 'A to L' : (805) 813-2551.
- Team's name starts with 'M to S' : (213) 547-5266
- Team's name starts with 'T' : (818) 590-5924
- Team's name starts with 'V to Z' : (805) 431-1041

In Person Weight-In

- American Martial Arts Academy
 - 15 McCoy Place, Simi Valley, CA 93065
 - 3 pm - 6 pm
 - RSVP by calling 805-527-5505

Important Reminder

You can qualify for the nationals at any weight division and then change your class.

For example, you can compete at -52 kg at your regional qualifier and then compete at -55 kg at the nationals.



The Tournament Schedule

Time	Event	Area
7:00 am	Staff, Volunteers and Vendors	Outside
7:30 am	Referee's Meeting	Arena
8:00 am	Registration Table Open : Call time: go to the holding 30 minutes before the event time	Entrance Holding
9:00 am	Black Belt Traditional Poomsae Creative Form, Weapon & Breaking (all levels and ages) Poomsae Individual Color Belts (Under 10)	Ring 1 Ring 2 Ring 3-6
9:30 am	Black Belt Sport Poomsae Individual Senior Color Belt Poomsae Color Belts Poomsae(10 and above)	Ring 1 Ring 2 Ring 3-6
10:00 am	Black Belt Sport Poomsae Individual Color Belts Poomsae (10 and above)	Ring 1-2 Ring 3-6
10:30 am	Black Belt Sparring (Seniors)	Ring 6
11:00 am	Black Belt Sparring (Youth) Color Belts Sparring (under 10)	Ring 5 Ring 3-4
12 noon	Opening Ceremony Anthem / Award Ceremony & Demo	TBA
12:30 pm	Black Belt Sparring (Juniors) Color Belts Sparring (10 & above)	Ring 5 Ring 3-4
2 pm	Black Belt Sparring (Cadets)	Ring 3-4
5-6 pm	Closing Ceremony Volunteers & Referee Group Pictures	



Olympic Sparring Rules

Age / Divisions / Match Duration

Age Division

Dragon	Tigers	Youth	Mini-Cadets	Cadet	Juniors	Seniors	Executive	Ultra
4-5	6-7	8 - 9	10 - 11	12-14	15-17	18 - 32	33 - 49	50 & up

AAU National Qualifying Events

Events	Match Time	Contact Level	Daedo
Black Belts : Youth under 12	3 rounds of 60 sec.	Light Contact	Gen 1 or Gen 2
Black Belts : Cadets (12-14)	3 rounds of 60 sec.	Full Contact	Gen 1 or Gen 2
Black Belts : Juniors (15 - 17) Seniors (18 - 32)	3 rounds of 90 sec.	Full Contact	Gen 1 or Gen 2
All Color Belts	3 rounds of 60 sec.	Light Contact	Gen 1 or Gen 2
Black Belts: Executives (33 - 49)	3 rounds of 60 sec.	Light Contact	Gen 1 or Gen 2
Black Belts: Ultra (50 and above)	3 rounds of 60 sec.	Light Contact	Gen 1 or Gen 2

Grassroot Level Sparring (Exhibition)

Events	Match Time	Contact Level	Daedo
Color Bets : Youth under 12	3 rounds of 60 sec.	Light Contact	Gen 1 or Gen 2
Color Bets : Cadets / Juniors / Seniors	3 rounds of 60 sec.	Light Contact	Gen 1 or Gen 2

Latest rule update, appeal card policy, finding exhibition match, match delay for coaches, and more exact coaching policy will be shared on the tournament day by the head referee!



Essential Rules for Coaches

Coach's Attire

- Must wear Official Blue AAU Coach's shirt may not be modified in any way.
- White or black dobok (uniform) pants or any ankle-length pants (no jeans).
- Athletic sneakers (any color).
- No jean, no shorts and no sandals.

Head Contact

- Under youth Safety rules, excessive head contact can result in ganjam and a possible DQ if it causes injury.
- Black Belts: Cadets, Juniors, Seniors: **Full Contact.**

Protective Equipment

- Forearm protectors, shin/instep protectors and groin protection must be worn inside the dobok.
- Mouth-guard can be any color excluding red. If the competitor has braces then a mouth-guard which covers both the upper and lower braces must be worn.
- Eyeglasses: For all belt ranks 5 to 11 years of age (excluding the mini-cadet black belt 10-11), "sport" eyeglasses will be allowed.

Appeal Card

- The coach may only appeal the following:
 - Penalties against the opponent for:
 - Falling down
 - Crossing the Boundary Line
 - Attacking the opponent after "Kal-yeo"
 - Attacking the fallen opponent
 - Any penalty against the coach's own contestant.
 - Technical point scored or not scored.
 - Wrong identification of fist-attacking contestants by judges.
 - Any mechanical malfunction or error in time management.
In this case, the Referee uses his/her own card.
 - The coach may request instant video replay for a head kick that has been scored or not scored.



V.A. Match Times. All match times shall consist of three (3) 90-second rounds with a 30- second rest between rounds (**Black Belts**), three (3) 60-second rounds with a 30- second rest between rounds (**Color Belts**).

V.B. Rest Time Between Semi-Final and Final Matches. Competitors shall be allowed at least a two-minute rest between semi-final and final matches.

V.C. For District and Regional competition, the tournament director has the option to modify the match times as desired. Match times being used at local events must be specified on tournament flyer if varied from above prescribed times.

XV.B. Coach's appeal is limited to only (1) action which has occurred within (5) seconds of the appeal. Once the coach raises the Challenge Card to request an appeal, it will be considered that the coach has used their allocated appeal, unless the Judge's meeting satisfies the coach. If the coach's appeal is successful and the contested request is corrected, the coach shall retain the appeal right for the match.

XV.C. Coach may only appeal the following:

XV.C.1. IVR matches only: Penalties against the opponent for instances of falling down or crossing the boundary line or attacking the opponent after kal-yeo or attacking the fallen opponent.

XV.C.2. Technical point.

XV.C.3. IVR matches only: Any penalty against own contestant 2023 AAU Taekwondo Rule Book Olympic-Style Sparring 2/21/2023 25.

XV.C.4. Any mechanical malfunction or error in time management. In case of appeal for PSS mechanical malfunction, the coach may use his challenge card to request testing of the PSS at any time during the 2nd and/or 3rd round. However, if the PSS mechanical function is working properly, the coach shall lose his challenge card and his player will receive a gam-jeom for misconduct. (Referee shall use his challenge card to test PSS equipment during 1st round).

XV.C.5. When referee forgot to invalidate point(s) after gam-jeom was given for prohibited act.

XV.C.6. Wrong identification of fist attacking contestant by judge.

XV.C.7. Head kick that is not scored.

XV.D. If the referee perceives a contestant to be staggering, bleeding or knocked down by a kick to the head, this includes a strong impact to the head, kick to the eye(s) or bleeding, and so begins counting, but the attack was not scored by the head PSS, the referee shall request IVR or judges review to make the decision for awarding or not awarding points after the count.

XV.E. At any time during the match any of the judges can ask for IVR review for technical points (addition or removal), regardless of the coach's challenge card status.



Designated Poomsae

Sports Poomsae / Black Belt

Individual		Male		Female	
Division	Semi-Final	Final		Semi-Final	Final
10-11 (Mini-Cadet)	Taegeuk 4	Taegeuk 5	Koryo	Taegeuk 4	Taegeuk 5 Koryo
12-14 (Cadet)	Keumgang	Taegeuk 4	Koryo	Keumgang	Taegeuk 7 Koryo
15-17 (Junior)	Taebaek	Koryo	Taegeuk 6	Taegeuk 6	Taebaek Taegeuk 4
18-30 (Under 30)	Keumgang	Koryo	Taegeuk 8	Pyongwon	Keumgang Taegeuk 8
31-40 (Under 40)	Pyongwon	Koryo	Keumgang	Keumgang	Koryo Taegeuk 7
41-50 (Under 50)	Taegeuk 8	Sipjin	Jitae	Taegeuk 8	Sipjin Jitae
50+ (Over 50)	Hansu	Pyongwon	Jitae	Hansu	Pyongwon Jitae

Teams		Semi-Final	Final		Semi-Final	Final	
10-11 (Mini-Cadet)	Taegeuk 4	Taegeuk 8	Taegeuk 3	Taegeuk 4	Taegeuk 5	Taegeuk 2	
12-14 (Cadet)	Taegeuk 5	Koryo	Taegeuk 7	Taegeuk 8	Taegeuk 6	Taegeuk 5	
15-17 (Junior)	Taegeuk 7	Keumgang	Taegeuk 5	Taegeuk 7	Keumgang	Taegeuk 5	
18-30 (Under 30)	Pyongwon	Sipjin	Taegeuk 7	Pyongwon	Sipjin	Taegeuk 7	
30+ (Over 30)	Koryo	Taebaek	Sipjin	Koryo	Keumgang	Taegeuk 8	

Pairs		Semi-Final	Final	
10-11 (Mini-Cadet)	Taegeuk 4	Taegeuk 7	Taegeuk 6	Taegeuk 4
12-14 (Cadet)	Taegeuk 4	Koryo	Taegeuk 6	Taegeuk 4
15-17 (Junior)	Taegeuk 5	Taebaek	Taegeuk 7	Taegeuk 5
18-30 (Under 30)	Sipjin	Pyongwon	Koryo	Sipjin
30+ (Over 30)	Chonkwon	Jitae	Koryo	Chonkwon

Color / Black Belt Poomsae

Rank

White / Yellow

Orange / Purple / Green

Blue / Brown

Brown / Red

Black Belt 1st Dan:

Black Belt 2nd Dan:

Black Belt 3rd Dan:

Black Belt 4th Dan:

Form

Taegeuk 1-2

Taegeuk 3-4

Taegeuk 5-6

Taegeuk 7-8

Koryo

Keumgang

Taebaek

Pyongwon



Hogu Size / Power Levels

Male / Female: 6-7				
Category	- 19 KG / 42 lbs	- 23 KG / 51 lbs	- 27 KG / 60 lbs	+ 27 KG / 60 lbs
Size	#00	#00	#00	#00
LEVEL	6	6	6	6

Male / Female: 8-9				
Category	- 21 KG / 46 lbs	- 25 KG / 55 lbs	- 30 KG / 66 lbs	+ 30 KG / 66 lbs
Size	#00	#00	#00	#0
LEVEL	8	10	12	14

Male / Female: 10-11				
Category	- 30 KG / 66 lbs	- 35 KG / 77 lbs	- 40 KG / 88 lbs	+ 40 KG / 88 lbs
Size	#00	#0	#0	#1
LEVEL	12	14	16	12



Cadet Male: 12-14										
WEIGHT	FIN	FLY	BANTA M	FATHE R	LIGHT	WELTE R	LIGHT MIDDL E	MIDDL E	LIGHT HEAVY	HEAVY
CATEGOR Y	-33 KG 073 lbs	-37 KG 082 lbs	-41 KG / 090 lbs	-45 KG / 099 lbs	-49 KG / 108 lbs	-53 KG / 117 lbs	-57 KG / 126 lbs	-61 KG / 134 lbs	-65 KG / 143 lbs	+65 KG/ 143 lbs
SIZE EBP	#0	#1	#1	#1	#2	#2	#2	#3	#3	#3
LEVEL	12	14	15	16	17	18	19	20	21	22

Cadet Female: 12-14										
WEIGHT	FIN	FLY	BANTA M	FATHE R	LIGHT	WELTE R	LIGHT MIDDL E	MIDDL E	LIGHT HEAVY	HEAVY
CATEGOR Y	-29 KG 064 lbs	-33 KG 073 lbs	-37 KG / 082 lbs	-41 KG / 090 lbs	-44 KG / 097 lbs	-47 KG / 104 lbs	-54 KG / 119 lbs	-55 KG / 121 lbs	-59 KG / 130 lbs	+59 KG 130 lbs
SIZE EBP	#0	#0	#0	#1	#1	#2	#2	#2	#3	#3
LEVEL	10	11	13	14	15	16	17	18	19	20

Junior Male: 15-17

WEIGHT	FIN	FLY	BANTA M	FEATHE R	LIGHT	WELTE R	LIGHT MIDDL E	MIDDL E	LIGHT HEAVY	HEAVY
CATEGOR Y	-45 KG / 99 lbs	-48 KG/ 106 lbs	-51 KG / 112 lbs	-55 KG / 121 lbs	-59 KG / 130 lbs	-63 KG / 139 lbs	-68 KG / 159 lbs	-73 KG / 161 lbs	-78 KG / 172 lbs	+78 KG/ 172 lbs
SIZE EBP	#1	#2	#2	#2	#3	#3	#3	#4	#4	#4
LEVEL	17	18	19	20	21	22	23	24	25	26

Junior Female: 15-17

WEIGHT	FIN	FLY	BANTA M	FEATHE R	LIGHT	WELTE R	LIGHT MIDDL E	MIDDL E	LIGHT HEAVY	HEAVY
CATEGOR Y	-42 KG/ 093 lbs	-44 KG/ 097 lbs	-46 KG / 101 lbs	-49 KG / 108 lbs	-52 KG / 115 lbs	-55 KG / 121 lbs	-59 KG / 130 lbs	-63 KG / 139 lbs	-68 KG / 159 lbs	+68 KG/ 150 lbs
SIZE EBP	#1	#1	#1	#2	#2	#2	#3	#3	#3	#4
LEVEL	14	15	16	17	18	19	20	21	22	23

Senior Male: 17 & Older

WEIGHT	FIN	FLY	BANTA M	FEATHE R	LIGHT	WELTE R	MIDDL E	HEAVY
CATEGOR Y	-54 KG/ 119 lbs	-58 KG/ 128 lbs	-63 KG / 139 lbs	-68 KG / 159 lbs	-74 KG / 163 lbs	-80 KG / 176 lbs	-87 KG / 192 lbs	+87 KG/ 192 lbs
SIZE EBP	#2	#3	#3	#3	#4	#4	#4	#5
LEVEL	21	22	23	24	25	26	27	28

Senior Female: 17 & Older

WEIGHT	FIN	FLY	BANTA M	FEATHE R	LIGHT	WELTE R	MIDDL E	HEAVY
CATEGOR Y	-46 KG/ 101 lbs	-49 KG/ 108 lbs	-53 KG / 117 lbs	-57 KG / 126 lbs	-62 KG / 137 lbs	-67 KG / 148 lbs	-73 KG / 161 lbs	+73 KG/ 161 lbs
SIZE EBP	#2	#2	#2	#3	#3	#3	#4	#4
LEVEL	17	18	19	20	21	22	23	24