

An Exciting Weekend of Taekwondo in Des Moines, Iowa!

16th Two Rivers Invitational Taekwondo Tournament – Jan. 28, 2012

Hoyt Middle School – 2700 E 42nd St, Des Moines, Iowa, 50317

8:00 AM – 5:00 PM

Two Rivers Invitational Tournament

Tournament Features:

1. Color Belt Competition ONLY, for you BEGINNING competitors
2. Introduction and Explanation of the components of a tournament to players, coaches and spectators
3. Sparring participants will have the opportunity to spar in at least 2 matches
4. Participation Medals are awarded to all, to keep the focus on learning, not “winning”
5. Outstanding Competitor Awards for one member from each club represented
6. Red and Brown Belts are given the opportunity to officiate
7. Forms competition is bracketed, just like sparring, and will be “head-to-head”, using new WTF standards
8. Special Guest: 1988 Olympic Gold Medalist, Dana Hee.

Participant Requirements and Entry Fee:

- No more than FOUR (4) previous tournaments
- Entry fee for one or both events is \$45 (pre-register). Pre-registration deadline is 1/14/12. Entries received after 1/14/12, or on the day of the tournament are double (\$90)

- All Entries must be **postmarked** by 1/14/12
- All Entrants **SHOULD pre-register. Late Registration cost is DOUBLED.**

Host Hotel: Settle Inn and Suites, 2101 Adventureland Dr, Altoona, IA 50009 (toll free phone #: 800-677-3060)

Click on this link to register Online! Or fill out the attached registration form and mail it in before Jan. 14, 2012!

<http://events.constantcontact.com/register/event?llr=q5cglzdab&oeidk=a07e5bmyectd3b1865b>

Reminders:

1. Remind competitors under 18 years of age that the entry form/liability waiver MUST be signed by a parent or guardian.
2. We've also added some special Friday Events! For more information on these workshops, please visit our website at: www.voorheestkd.com
 - Olympic Sparring Workshop with 1988 Olympic Gold Medalist and Hollywood Stuntwoman, Dana Hee Friday, Jan. 27, 2012. Pre-registration cost: \$25
 - Official USAT Referee Certification Seminar, from 1-9 PM. Registration **must** be done **online** through the USAT website. Participants in the Referee Seminar must also be current Athlete or Referee members of USAT as of the date of the Seminar. Go to the following webpage to log onto USAT's Hangastar system to get registered for this Seminar. Cost will be \$60. <https://www.usat.hangastar.com/Login.aspx>
 - Bare Essentials of Martial Arts Injury Prevention and Care workshop, with Trish Bare-Grounds, PhD, long-time chief medical officer for Taekwondo in the US, as well as author of "*The Bare Essentials Guide to Martial Arts Injury Prevention and Care, 2nd Edition*". Pre-registration cost:
3. Players/Coaches are welcome to attend the Referee refresher so that they may be up-to-date on the most current rules. If you are interested in attending as a player/coach, there will be a \$20 fee to attend and “audit” the seminar, payable to Voorhees TKD LLC. You will register at the door to audit the seminar.
4. Entry fees shown are for PRE-REGISTRATION. Participants who register after the pre-registration deadline (Jan. 14th, 2012) or who register at the door, will be charged double the pre-registration fee.

If you have questions, please call us or email us. Please make as many copies of the enclosed materials as needed. Hope to see you on January 27th and 28th!

Sincerely,

Larry Voorhees

Voorhees TKD LLC

TWO RIVERS INVITATIONAL BEGINNER'S TOURNAMENT

Rules and Divisions - Notes to Instructors

This Competition is for color belts only!

Modified WTF/USA Taekwondo rules will apply. Basic rules are outlined below. For complete details, go to www.usa-taekwondo.us.

Forms:

New format! Bracketed divisions, and head-to-head competition, modified double-elimination. WTF/USA Taekwondo forms required, at appropriate gup rank levels. (Palgwe or Taeguek forms permitted) WTF competition performance standards will apply.

Sparring:

- 1) USA Taekwondo Junior safety rules will apply for the appropriate age groups! As a reminder, this means:
 - a) No head contact for all competitors ages 11 and under (1 point for kick or punch to body, 2 pts for spin kicks)
 - b) Controlled head contact permitted for colored belt competitors 12-17 (1 point for kick/punch to body, 2 pts for spin kicks to body, 3 points for controlled kick to head, no spin kicks to head permitted).
- 2) "Adult" rules for all competitors ages 18 and over
 - a) i.e., 1 point for valid score to the body, 2 points for spin kick to the body, 3 points for valid score to the head, 4 points for valid score with spin kick to head.
- 3.) "Sudden death" round in the case of a tie score at the end of regulation.
- 4.) All players – 2 1-minute rounds, 30 seconds break.
- 5.) Modified double-elimination (everyone has at least two matches)

Equipment:

Students participating in sparring **must** wear the appropriate protective gear, this includes:

- **White** v-neck Taekwondo uniform
- Shin/instep protectors (any color permitted)(no "booties")
- Forearm guards (any color permitted)(no "mitts" or "dynachops")
- Mouthpiece (any color permitted)
- Chest Gear (new wrap-around style **required**)
- **White** Head Gear is preferred but blue or red may be used if it matches the assigned color for each match.
- Male competitors must wear a groin cup inside their uniform.

There are no exceptions to these requirements. Competitors are responsible for bringing their own equipment! Please make sure your competitors come with the appropriate equipment. Competitors without the proper attire will **NOT** be permitted to compete. **For further info on equipment, see www.usa-taekwondo.us**

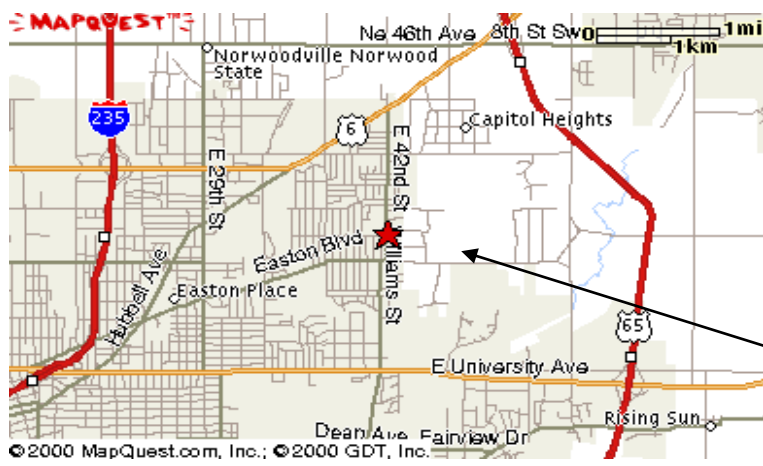
The division brackets are noted below; however the tournament co-directors or division coordinators reserve the right to combine/divide the divisions based on number of competitors and as they feel appropriate. Due consideration will be given to the age, size and experience level of all competitors:

Tots (Boys & Girls, age 7 & under)	White/Yellow	Orange/Green	Blue/Brown/Red
Girls (ages 8-9)	White/Yellow	Orange/Green	Blue/Brown/Red
Boys (ages 8-9)	White/Yellow	Orange/Green	Blue/Brown/Red
Girls (ages 10-11)	White/Yellow	Orange/Green	Blue/Brown/Red
Boys (ages 10-11)	White/Yellow	Orange/Green	Blue/Brown/Red
Girls (12-13)	White/Yellow	Orange/Green	Blue/Brown/Red
Boys (12-13)	White/Yellow	Orange/Green	Blue/Brown/Red
Jr. Girls (14-17)	White/Yellow	Orange/Green	Blue/Brown/Red
Jr. Boys (14-17)	White/Yellow	Orange/Green	Blue/Brown/Red
Adult Women (18-31)	White/Yellow	Orange/Green	Blue/Brown/Red
Adult Men (18-31)	White/Yellow	Orange/Green	Blue/Brown/Red
Ultra Women (32 & up)	White/Yellow	Orange/Green	Blue/Brown/Red
Ultra Men (32 & up)	White/Yellow	Orange/Green	Blue/Brown/Red

16th Two Rivers Invitational Taekwondo Tournament
(PLEASE post in your Do'jang)
Schedule and Directions

What:	16 th Two Rivers Invitational Taekwondo Tournament and 2011 Rumble At the Rivers
When:	January 28, 2011
Where:	Hoyt Middle School Gym 2700 E. 42 nd Street Des Moines, IA 50317
Admission for spectators:	\$5 for ages 12 & up Free for children 11 and under
Concession Stand:	Food and drinks will be available when the doors open
Retail table:	We will have Two Rivers Tournament t-shirts, plus a small supply of equipment/uniforms

Schedule: Saturday, January 28, 2011
7:00 am Doors open for Check-in of Pre-registered Competitors –**registrations at the door will cost double!**
8:00 am Judges' Meeting. Judges, please be on time!
8:30 am Competitors Line Up and Explanation of Tournament
9:00 am National Anthem and Introductions
9:15 am Poomsae (forms) Competition Begins
11:00 am Break for Lunch – demos!
11:30 – 4:30 Gyorugi (sparring) competition begins
4:30 – 5:00 Judges' Post-Tournament Meeting
(all times after 9:00 AM are approximate)



Event Location:
Hoyt Middle School
2700 E 42nd St
Des Moines, IA 50317



TWO RIVERS INVITATIONAL TAEKWONDO TOURNAMENT - ENTRY FORM

This is a Color Belt Competition Only!

Saturday, January 28, 2011

Hoyt Middle School Gym – 2700 E. 42nd Street, Des Moines, IA 50317

Time: 8:00 a.m. to 5:00 p.m.

Name (please **print**) _____

Male/Female _____ Age _____ Belt Rank _____ Height _____ Weight _____

Address _____

City/State/Zip _____

Email: _____

I will be competing in: _____ Forms _____ Sparring (you are responsible for your own gear)
Sparring participants: Mouth guard, Shin/Insteps, Head Gear and Hogu is required for all competitors; in addition a groin cup for males is REQUIRED!

How many tournaments have you previously competed in? _____ 0 _____ 1 _____ 2 _____ 3 _____ 4
(Only students that have competed in less than 5 previous tournaments will be eligible to participate.)

TKD School Name: _____ Instructor: _____

WAIVER OF LIABILITY

“In consideration of your acceptance of my entry, I do hereby for myself, my heirs, executors and administrator, waive, release and forever discharge any and all rights and claims for damages, criminal or civil, for which I have or may accrue to me, against Voorhees TKD LLC, Two Rivers Invitational Taekwondo Tournament, Des Moines Public Schools, the Des Moines Parks and Recreation Department, the City of Des Moines, and all members of the tournament, or their respective directors, co-directors, officers, agents, representatives, successors, and/or assigns, against any competitor for any and all damages, physical, emotional or psychological, which may be sustained by me in connection with any association with or entry in the above athletic meet, or which may arise out of traveling to, participating in, and returning from such athletic meet. I understand that Taekwondo is a body contact sport, and I further understand all the contents of the 2012 rules and general information which was published by the sponsors and I agree with them in their entirety.”

Competitor's/Parent's Signature¹: 	Date:
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¹*If competitor is under 18 years old, parent or legal guardian must sign above!*

Tournament Requirements and entry fee:

- 1) **No more than four (4) previous tournaments.**
- 2) **Completed and signed Tournament Entry Form signed by the appropriate individual.**
- 3) **Tournament entry fee** in the form of check or money order payable to Voorhees TKD LLC for one or both events is:
 - a) **\$45**, postmarked by 1/14/12 – check or money order, payable to: Voorhees TKD LLC
 - b) **\$90** if postmarked **after** 1/14/12, or if registering at the door.

Mail this completed entry form, tournament entry fee to: Voorhees TKD LLC
Two Rivers Invitational TKD Tournament,
5215 NW 4th St
Ankeny, IA 50023-8006.

ALL entries postmarked by no later than **Saturday, Jan. 14, 2012** in order to be eligible for pre-registration rates.
OR – register online by going to www.voorheestkd.com, and clicking on the “Two Rivers Invitational” link.

There will be no refunds of entry fees for any reason, including inclement weather.
The tournament will be held regardless of the weather.

Important!

- Provide the appropriate signature on the tournament entry form/liability waiver.
- Make sure parent/guardian signature is on entry form for minor children.
- *If mailing in registration, payment for the tournament entry fee must be check/money order made out to Voorhees TKD LLC.*
- **Credit Card payment with online registration only. Mail-in or at-the-door registration must be cash, check or money order.**

Olympic Sparring Clinic with Dana Hee – Registration Form

Friday, January 27, 2012

Cap City Fitness Center – Capitol City Baptist Church- 5990 NE 14th St - Des Moines, Iowa 50313

Time: 5:00 – 9:00 p.m., as noted below – Clinics are open to ALL RANKS.

Name (please **print**) _____

Male/Female _____ Age _____ Belt Rank _____ Height _____ Weight _____

Address _____

City/State/Zip _____

Email: _____

You are responsible for your own sparring gear. All USAT rules pertaining to equipment will be adhered to. Make sure you have the “new” style of hogu! If you have questions about your gear, go to the USAT website and see what the rules are. Wrong gear? You won’t play, and you won’t receive a refund.

Mouth guard, Shin/Insteps, Head Gear and Hogu is required for all competitors; in addition a groin cup for males is REQUIRED!

How old are you? 11 and under _____ 12-17 _____ 18 and over _____
(5:30 – 6:15 pm) (6:30 – 7:30 pm) (7:45 – 8:45 pm)

TKD School Name: _____ Instructor: _____

WAIVER OF LIABILITY

“In consideration of your acceptance of my entry, I do hereby for myself, my heirs, executors and administrator, waive, release and forever discharge any and all rights and claims for damages, criminal or civil, for which I have or may accrue to me, against Voorhees TKD LLC, Two Rivers Invitational Taekwondo Tournament, Des Moines Public Schools, the Des Moines Parks and Recreation Department, the City of Des Moines, Cap City Fitness, Capitol City Baptist Church, USA Taekwondo, Inc., and all members of the event, or their respective directors, co-directors, officers, agents, representatives, successors, and/or assigns, against any competitor for any and all damages, physical, emotional or psychological, which may be sustained by me in connection with any association with or entry in the above athletic meet, or which may arise out of traveling to, participating in, and returning from such athletic meet. I understand that Taekwondo is a body contact sport, and I further understand all the contents of the 2012 rules and general information which was published by the sponsors and I agree with them in their entirety.”

Competitor’s/Parent’s Signature ¹ : _____	Date: _____
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¹**If participant is under 18 years old, parent or legal guardian must sign above!**

Age Groups/Clinic times, and registration fee:

- 1) Ages 11 and under – your clinic is from 5:30 – 6:15 pm
- 2) Ages 12-17 – your clinic is from 6:30 – 7:30 pm
- 3) Ages 18 and over – your clinic is from 7:45 – 8:45 pm
- 4) Clinics are limited to the first 30 people that register in each session.
- 5) Make sure you have a Completed and signed Clinic Registration Form signed by the appropriate individual.
- 6) Clinic registration fee in the form of check or money order payable to Voorhees TKD LLC is:
 - a. \$25, postmarked by 1/14/12 – check or money order.
 - b. \$50 if registering at the door of the clinic.

Mail this completed form, and registration fee to: Voorhees TKD LLC
Dana Hee Sparring Clinic
5215 NW 4th St
Ankeny, IA 50023-8006.

ALL entries postmarked by no later than **Saturday, Jan. 14, 2012** are required in order to receive pre-registration pricing.
OR – register online by going to www.voorheestkd.com, and clicking on the “Dana Hee Sparring Clinic” link.

There will be no refunds of registration fees for any reason, including inclement weather.

These clinics will be held regardless of the weather.

Important!

- Provide the appropriate signature on the registration form/liability waiver.
- Make sure parent/guardian signature is on entry form for minor children.
- *If mailing in registration, payment for the clinic fee must be check/money order made out to Voorhees TKD LLC.*
- **Credit Card payment with online registration only. Mail-in or at-the-door registration must be cash, check or money order.**

Registration Checklist:

Two Rivers Invitational Tournament	Dana Hee Olympic Sparring Clinics
<input type="checkbox"/> Completed Entry Form	<input type="checkbox"/> Completed Registration Form
<input type="checkbox"/> Parent/Guardian Signature on Entry Form (minors)	<input type="checkbox"/> Parent/Guardian Signature on Entry Form (minors)
<input type="checkbox"/> Waiver Signed by Player/Parent/Guardian	<input type="checkbox"/> Waiver Signed by Player/Parent/Guardian
<input type="checkbox"/> Check/Money Order for \$45 – Voorhees TKD LLC	<input type="checkbox"/> Check/Money Order for \$25 – Voorhees TKD LLC

Remember:

- All of your entry materials must be POSTMARKED no later than Jan. 14, 2012 in order to receive pre-registration rates.
- Late registrations will be accepted; however, cost for entry is double the pre-registration fee.
- This event will be held regardless of weather.
- **There will be no refunds of entry fees for any reason.**

Want to pay by credit card, AND get the pre-registration rates? Register online before January 14th by going to www.voorheestkd.com, and clicking on the “Two Rivers Invitational” and/or “Dana Hee Sparring Clinic” link