### 2025 USA Martial Arts Midwest Championships

#### Date: Saturday, October 18th 2025

LARGER LOCATION IN CLINTON

#### Location: **Joe O’Donnell Athletic Center**

**525 8th Ave South, Clinton IA 52732**

**Pre-registration:**

**Registration: 8:00 – 9:30 a.m.**

**Entry Fee for one or all events: $65.00 (pre-registered) must be registered by 10-11-25**

**$75.00 (10-11-2025 to 10-17-2025)**

**$80.00 Day of at the door**

**$10.00 per weapon competitor CASH ONLY AT THE SITE**

**$10.00 Per Team Form CASH ONLY AT THE SITE**

**Spectators: Adults (13yrs & older) $2.00**

**Children (6-11) $2.00**

**Children (under age 6) Free**

**Sorry we do not offer refunds for competition or spectators.**

##### Tournament Director: S. E. Nixon & USAMA Staff

**Send Registration to: Mellennia TaeKwonDo**

**S. E. Nixon**

**1142 Jefferies Drive Clinton, IA 52732**

**All Checks need to be made out to Mellennia TaeKwonDo**

###### Schedule of Events

October 18, 2025 7:00 a.m. Set up

8:00 a.m. Registration Begins

**8:30 a.m. Weapons and Team forms (cash divisions)**

**9:30 a.m**. **Registration Ends**

10:00 a.m. Competition for under ranks under 12.

1:00 p.m. Competition for all ranks 13 and up

**PLEASE NOTE:** **WEAPONS AND TEAM FORMS WILL COMPETE AT 8:30**

**All Times are subject to change. We will move the event as quickly as we can.**

**Please be sure to listen for your division at the event. Please understand we cannot guess when you or your student will compete. Please be on time to your ring so you are not missed/disqualified.**

***You do not need to be a USAMA or UTA member to compete!***

***UNIFORMS & EQUIPMENT***

**Uniforms: All competitors are permitted to wear their school uniforms and patches, which are allowed at all events.**

**A complete uniform is mandatory and must include:,Dobok pants, Dobok top, Belt**

**Anyone entering the competition area must be in full uniform. Individuals not in uniform will be asked to return to the stands.**

**Officials and Judges:  
All officials and judges are required to be in uniform/USA Martial Arts Official Clothing while on the competition floor. Street clothes are not permitted on the floor under any circumstances.**

**Thank you for your cooperation and support in maintaining a professional and respectful event environment.**

**Mandatory**

**Equipment: All competitors must wear the following mandatory sparring gear:**

**Hand and foot protection (foam-dipped/vinyl, any color; where the fingers and toes are fully covered)**

**Headgear (foam-dipped, any color), Mouthguard, Groin cup and supporter (mandatory for all male competitors)**

**Important: We do not provide sparring gear. All competitors must bring their own equipment.**

**Judges: JUDGES AND BLACK BELTS will be assigned to rings throughout the event. Please understand that your participation is essential to ensuring a smooth and successful tournament.**

**We truly appreciate your desire to watch and support your students — we feel the same way. However, your assistance is critical to making the event run efficiently and fairly for everyone involved.**

**Help us to help you and your students have a positive and memorable experience. Thank you for your support and dedication!**

**Sparring Rules – Continuous Point Sparring (Standard Tae Kwon Do Rules)**

**Legal Target Areas:**

* **Head: Sides and top of the helmet only**
  + **No contact with the face or back of the helmet**
* **Torso: Front and sides (ribs, stomach, chest)**
  + **No strikes to the throat or below the belt**

**Scoring:**

* **1 Point:**
  + **Any legal hand or foot technique to the torso**
  + **Punch to the helmet area**
* **2 Points:**
  + **Kick to the helmet area**
* **3 Points:**
  + **Jump kick to the helmet area**

**Match Duration:**

* **Adults: 2 minutes or 120 seconds.**
* **Kids: 1.5 Minutes or 90 seconds  
  The competitor with the highest score at the end of the match will be declared the winner.**

**Safety Guidelines:**

* **Safety is the top priority.**
* **If a competitor is injured and blood is drawn, the match will be stopped immediately. The center judge, in consultation with corner judges, will determine whether a disqualification or warning is warranted.**
* **Penalties may include warnings or point deductions for:**
  + **Kicking or punching the face**
  + **Striking below the belt**
  + **Striking the back**
  + **Unprofessional conduct by a competitor or a instructor/coach, and lack of control**

**Forms (Open Hand & Team Forms)**

**Judging Criteria:**

* **Balance**
* **Stances**
* **Power**
* **Beauty and grace**

**Open Hand Forms:**

* **Competitors may perform with any form of their choosing**
* **Flips and acrobatic techniques are allowed but will not receive extra consideration**

**Team Forms:**

* **Maximum time limit: 5 minutes**
* **Music must be age-appropriate**
* **Teams must provide their own music source if using music**

**Scoring Process:**

* **Judges will observe the first three competitors, then call them back up to score before continuing**

**Breaking Competition Guidelines**

**Important: You MUST BRING YOUR OWN BOARDS., We do NOT supply wood for breaking divisions.**

**Board Specifications (All Ranks & Ages)**

* **All boards must be 1 inch thick. (1x12x4) (1x12x6) or (1x12x12)**
  + **Thinner boards will not be allowed.**

**Boards will be inspected before competition to ensure they meet safety and size standards.**

**Age & Size Requirements**

| **Age Group** | **Permitted Board Size** |
| --- | --- |
| **Ages 3–7** | **4" wood (1x12x4)** |
| **Ages 8–12** | **6" wood (1x12x6)** |
| **Ages 13+** | **10" or 12" wood (1x12x12)** |

**Rank & Breaking Requirements**

| **Rank** | **# of Boards** | **# of Stations** | **Age Range** | **Board Size # of Attempts** |
| --- | --- | --- | --- | --- |
| **White, Yellow, Orange** | **1** | **1** | **5–7 yrs** | **4" 3 attempts** |
| **Green & Blue** | **Up to 2** | **2** | **8–12 yrs** | **6" 3 attempts** |
| **Red, Brown, Black** | **Up to 5** | **3** | **13+ yrs** | **12" 3 attempts** |

**Please come prepared with the correct number and size of boards for your division. Boards that do not meet the required thickness, or size will not be permitted.**

**Grand Champion Forms Division**

**The Grand Champion title will be decided through a runoff round among top forms competitors.**

* **Under Belts will compete only against other Under Belts**
* **Black Belts will compete in a separate division**

**Each Grand Champion division will be judged independently, and winners will be selected based on overall form performance.**

**This is your opportunity to stand out among the best—good luck to all competitors!**

TEAM FORMS AND WEAPONS WILL BE CASH EVENTS PAID AT THE RING.

TEAM FORMS AND WEAPONS WILL START AT 8:30 am SHARP

DO NOT MISS YOUR DIVISION

***2025 USA Martial Arts Championship Tournament***

**DO NOT STAPLE**

**Make checks payable to:**

**Mellennia Tae Kwon Do**

**1142 Jefferies Drive**

**Clinton, Iowa 52732**

***Personal Checks Accepted Returned checks will be assessed $20.00 return fee.***

***INDIVIDUAL ENTRY FORM***

**TOURNAMENT DATE: Saturday October 18th 2025**

**DEADLINE FOR PRE-REGISTRATION October 11th 2025**

**ENTRY FEE: 1 Or all Events $65.00 pre-registered 10-11-25**

**1 Or all Events $75.00 After 10-11-25**

**1 Or all Events $80.00 At the Door (day of registration)**

**Spectators $2.00**

**Athlete Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Last Name First Name**

**Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State\_\_\_\_Zip\_\_\_\_\_\_\_\_\_\_**

**Your Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Your Email Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Martial Arts School:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Your Instructors name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Emergency Contact:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Name Cell Number**

**DIVISIONS\***

**(Circle the following Events to compete**

**WEAPONS TEAM FORMS**

**FORMS BREAKING CONTINUOUS POINT SPARRING**

In consideration of being permitted to participate in any way in the 2025 USA MARTIAL ARTS agree to this waiver. I acknowledge that I am in good health or physical condition to compete in such an event. I fully understand that athletic activities involve risk and serious bodily injury, including permanent disability, paralysis, and death. These risks may be caused by my own actions or inactions of others competing on this said day. There may be other risks and social and economic losses either for losses, cost, and damages I incur as a result of my participation in the activity. I hereby release, discharge, and covenant not to sue the Mellennia Martial Arts, City of Clinton, Prince of Peace Schools, Joe O’Donnell Athletic Center, USAMA, Unit Christian Schools or any representatives of martial arts schools or clubs, the volunteer’s, promoters, and judges of the Tournament. I have read and agree to the nature of this agreement fully understand that I have given up substantial rights by signing this and have signed it freely and without any inducement or assurance and intend to be a complete and unconditional release of all liabilities (physical, economical, or any damages incurred) to the greatest extent. Minors Agreement: I as the minors parent or legal guardian, Understand the nature of the competition and that tae kwon do as well as other martial arts are a contact sport, I also agree that the minor in this agreement is in good physical health and in proper condition for competition to compete in such activities. Furthermore I release the 2025 International Martial Arts Group, Mellennia Martial Arts, or any representatives of martial arts schools or clubs, the volunteer’s, promoters, and judges of the Tournament and other competitors from any liability. By signing this agreement, I agree to all of the above, and agree that I am entering this activity well aware of the risks of this event. I furthermore state that I am in good health and able to compete at the level of competition that the event offers. I further state that I and my martial arts school are in good standing of moral turpitude with Mellennia Martial Arts, and the Midwest Martial Arts Group. I agree that I can and will be removed for poor conduct in the event with no refund of costs incurred.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Competitor signature Date**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Co-signer if athlete is under 18**