

***Second Annual
North American
Championships
October 23, 2021***



***Houston's First Baptist Church:
Fitness and Recreation Center
7401 Katy Freeway
Houston, Texas 77204***



PHOENIX GROUP
ITF AFFILIATE INO 78



Phoenix Group North American Championships

Welcome to the 2nd Annual North American Championships hosted by the Phoenix Group, member of the International Taekwon-Do Federation under President Choi Jung Hwa, son of the founder of Taekwon-Do.

We look forward to another exciting competition this year. The North American Championships will be hosting individual competitions for all ranks and ages, plus Team Events for black belts and red belts 15 years and older. Individual events are Patterns, Sparring, Power Breaking, and Specialty Breaking. Team events are Patterns and Sparring only. All teams must consist of same gender only. There will be no coed team events.

The tournament will be held on Saturday, October 23rd at Houston's First Baptist Church in beautiful Houston, Texas. There will be a Referee Review on Friday evening, October 22nd, before the tournament. Referee Review is open to everyone ages 13 and older.

The Phoenix Group is immensely proud and honored to have the backing of 2 national non-profit organizations, Solstice Taekwon-Do Club and Si Jak. Both organizations have supported the Phoenix Group and are providing assistance for these North American Championships. We are grateful for their help and support.

The North American Championships was created for our competitors and authorized by both INOs as a proving ground for students who aspire to compete in International competitions and the World Championships. This tournament is utilized by our team coaches to identify, evaluate, and assess black belt competitors who will eventually become Team USA at our next World Championships.

The tournament will be followed by Team USA Training on Sunday, October 24th.

We will follow all local, state, and federal guidelines concerning the COVID pandemic. Our utmost priority is to keep everyone safe and provide an amazing tournament experience.

- Hand sanitizer and masks will be readily available throughout the venues. Masks will be optional. Competitors will be allowed to wear masks and/or face shields, if desired, but they are not mandatory.
- Wipes will be available at tables to wipe off sparring gear, if desired.
- Ring tables will be sanitized throughout the tournament.
- Please refer to the [cdc.gov](https://www.cdc.gov) website for more information.

Don't miss this exciting weekend of Taekwon-Do competition!! We hope to see you there!!

Tournament Date:

Saturday, October 23rd, 2021

8:00am-6:00pm

Competition Venue:

Houston's First Baptist Church

Fitness & Recreation Center

7401 Katy Freeway

Houston, TX 77024

Sponsors:





Letter from Team USA Coaches



Instructors and Students,

We hope you have all been keeping safe and well this last year, as well as continuing to support your dojangs and instructors.

Master Hurben and I have missed seeing you all at trainings over these last 14 months but look forward to more in-person events this year, beginning with the North American Championships this October in Houston! This tournament will be a great opportunity to reconnect and compete. As well, the event will be an official "Team USA training weekend," which means we will have a team-style workout and training on Sunday conducted by Master Hurben and myself.

A reminder: For those students looking to represent Team USA again at the next world championships (Netherlands - 2022) or seeking to earn a spot as a new athlete on the team, this weekend will be your chance as a competitor to gain exposure, feedback and direction from Team USA coaches throughout the weekend. More importantly, attendance at these official events is not only critical for our athletes (previous and aspiring) but also required for consideration of being selected to compete on Team USA. (NOTE: Attendance at a minimum of 2 official training weekends is a requirement for Team USA consideration)

We can't wait to get back to work with you all and please feel free to reach out to Master Hurben or myself anytime with questions about Team USA trainings. We will be scheduling more official training weekends in various locations around the country, so please stay tuned. See you all in Houston at the North American Championships!

Taekwon,
Master Jeff Hurben & Arjun Dhingra

Schedule of Events:

Date	Time	Event	Location	
Friday, October 22 nd	6:00pm	Black Belt Referee Review	Houston's First Baptist Church	Open to all competitors ages 13 and over.
Saturday, October 23 rd	8:00am	Phoenix Group North American Championships	Houston's First Baptist Church	All ages and ranks, patterns, sparring, power breaking and specialty breaking. Black Belt Team competition.
Sunday, October 24 th	9:00am-1:00pm	Team USA Training	Global Taekwon-Do 12603 Louetta RD Suite 107 Cypress, TX 77429	Led by USA Team coaches. All interested competitors, Red Belts and Above, ages 11 and older are welcome to attend.

Tournament Date: October 23rd, 2021
Tournament will start promptly at 9:00 am.

All ranks are welcome to participate
(White Belt to Black Belt)

Tournament Location:

Houston's First Baptist Church
Fitness & Recreation Center
7401 Katy Freeway
Houston, TX 77024

Tournament Host: Master William Howard, VIII Dan

Tournament Director: Dr. Karen Kramer, VI Dan

Umpire Directors: Dr. Robert Carpenter, IV Dan &
Mr. Evan Reynolds, IV Dan

Events:

Individual and/or Team Patterns
Individual and/or Team Sparring
Individual Power Breaking
Individual Specialty Breaking

Event Fee:

Registration Fee is for any or all events.

	On-line Registration Dates	Fee
Early Bird Special	9/1/2021 to 9/20/2021	\$50
Regular Registration	9/21/2021 to 10/6/2021	\$75
Late Registration	10/7/2021 to 10/20/2021	\$100

Registration will close at midnight on 10/20/2021.

On-line registration only:

<https://docs.google.com/forms/d/1UDpVEs0BmH6sKgCtsm0fsg1L5onGJxjl-DV2Vt03oJw/edit>

Due to the fluidity of COVID and in the interest of keeping everyone safe, fees will be refunded in the case of illness.

T-shirt orders will be available through on-line registration.

Team Competition:

Team Events will be 5-person teams consisting of Red Belt and above, Males or Females 15 years and older. 6th person alternate is allowed, but only 5 Team Members will compete in each Team Event. There will be no coed teams. Schools are allowed to send multiple teams.

Black Belt Referee Review Course and Tournament Venue:

Houston's First Baptist Church
Fitness & Recreation Center
7401 Katy Freeway,
Houston, TX 77024

Tournament Schedule:

8:00am: Check-in and Registration
8:15am: Black Belt meeting
8:35am: Line up
8:40am: Opening Ceremony
9:00am: Tournament Begins

Rules per ITF Regulations:

Patterns: ITF Patterns Only. Single elimination, color belts perform one optional pattern. Black belts must perform one designated pattern and one optional pattern. Winner determined by a flag system.

Sparring: continuous sparring as per the Current ITF Rules and Regulations.

Color belts, 13 and under: 1-1 minute round

Color belts, 14 and over: 1-1.5 minute round

All Black Belts: 1-2 minutes round

Black Belt Final Rounds: 2-2 minute rounds with 1 minute between the rounds.

Mandatory sparring gear:

Headgear, Gloves, Boots and Mouthpiece.

All males, regardless of age, must wear a groin cup.

Power Breaking: as per the Current ITF Rules and Regulations.

Specialty Breaking: as per the Current ITF Rules and Regulations.

The Phoenix Group website:

<http://www.phoenixgrouptkd.org/>

For more information or questions, please contact Master William Howard at 832-264-4897 or by email at howardtkd@sbcglobal.net or Master Suzan Crochet at 816-506-4246 or by email to ntkdmisc@gmail.com

Team USA Training Location:

Global Taekwon-Do
12603 Louetta RD., Suite 107
Cypress, TX 77429

Team Competition

Team Competitors:

Teams consists of 5 members. Teams may have a 6th person in reserve.

Males and females, 2nd gup (Red belts) and above can compete. There will be no coed teams.

Competitors must be 15 years of age or older.

Team Composition:

Male Team: all males 2nd gup (Red belt)- Black belt

Female Team: all females 2nd gup (Red belt)- Black belt

Team Participation:		
	Patterns	Sparring
Male Team	✓	✓
Female Team	✓	✓

Team Rules:

ITF Rules will apply.

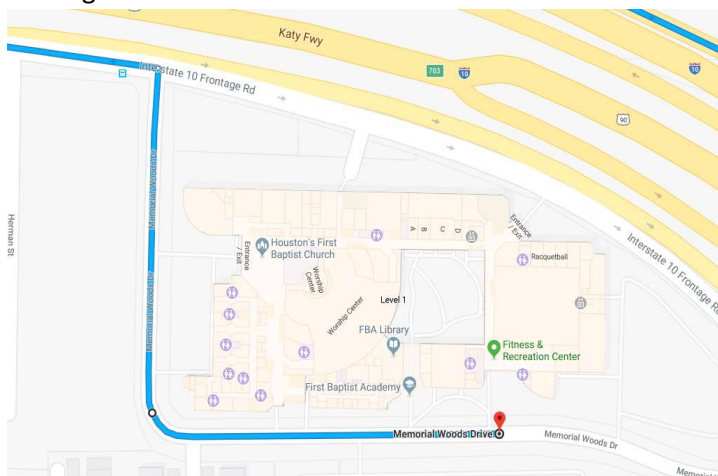
Only 5 Team Members will compete in each event.

Schools are allowed to send multiple teams in each category.

Team Patterns: ITF Patterns only. Each team must perform 1 designated and 1 optional pattern.

Designated pattern will be Hwa-Rang. Optional pattern can be any ITF pattern, except for Hwa-Rang.

Tournament will be held in the Fitness & Recreation Center located on Memorial Woods Drive.
Parking is available across the street from the Fitness & Recreation Center.



Airport:

George Bush Intercontinental Airport (IAH) is the preferred airport for this event. It is a major international airport with quick access to Sam Houston Beltway which connects to major highways for convenient travel to the Hotels and Venues. IAH is within 30 miles of the Hotels and Venues. Car rentals are available at IAH from major car rental companies which include: Alamo, Avis, Budget, Enterprise, Hertz and National.

Accommodations:

Hotels near Competition Venue and Black Belt Referee Review Course:

1. Crowne Plaza Houston Galleria Area

<https://www.ihg.com/crowneplaza/hotels/us/en/houston/houtg/hoteldetail>

Address: 7611 Katy Freeway, Houston, TX 77024

Phone: 713-688-2222

25 miles from IAH

1.2 miles from Competition Venue

2. Holiday Inn Express and Suites Houston – Memorial Park Area

<https://www.ihg.com/holidayinnexpress/hotels/us/en/houston/hougr/hoteldetail>

Address: 7625 Katy Freeway, Houston, TX 77024

Phone: 713-688-2800

25 miles from IAH

1.4 miles from Competition Venue

3. Four Points by Sheraton Houston - CITYCENTRE

<https://www.marriott.com/hotels/travel/houcc-four-points-houston-citycentre/>

Address: 10655 Katy Freeway, Houston, TX 77024

Phone: 281-501-4600

27.5 miles from IAH

7.0 miles from Competition Venue

4. Houston Marriott West Loop by the Galleria

<https://www.marriott.com/hotels/travel/houwl-houston-marriott-west-loop-by-the-galleria/>

Address: 1750 W Loop S, Houston, TX 77027

Phone: 713-960-0111

26.5 miles from IAH

7.0 miles from Competition Venue

Hotels near Global Taekwon-Do (Team USA Training):

1. TownePlace Suites Houston Northwest

<https://www.marriott.com/events/start.mi?id=1574202996110&key=GRP>

Address: 11040 Louetta Road, Houston, TX 77070

Phone: 281-374-6767

22.9 miles from IAH

2.2 miles from Global Taekwon-Do

23.7 miles from Competition Venue

2. Courtyard Houston Northwest – Marriott

<https://www.marriott.com/hotels/travel/hounw-courtyard-houston-northwest/>

Address: 11050 Louetta Road, Houston, TX 77070

Phone: 281-374-6464

22.9 miles from IAH

2.2 miles from Global Taekwon-Do

23.7 miles from Competition Venue

3. Hyatt Place Houston Vintage Park

<https://www.hyatt.com/en-US/hotel/texas/hyatt-place-houston-nw-vintage-park/houzv>

Address: 22030 Tomball Parkway, Houston, TX 77070

Phone: 832-930-8090

22.6 miles from IAH

3.0 miles from Global Taekwon-Do

23.8 miles from Competition Venue

Local Area Attractions:

Houston Arboretum & Nature Center

Marq-E Entertainment Center

The Galleria Mall

Memorial City Mall

Vintage Park - Shopping and Dining

Houston Zoo

CityCentre – Shopping and Dining

Downtown Aquarium

Space Center Houston

Museum District

Phoenix North American Championships

Below are the proposed divisions for the North American Championships. The Tournament Committee reserves the right to make any changes it deems necessary to be able to provide the safest and best quality experience for the athletes.

Team Competition

Teams will compete in Patterns and Sparring. Competitors must be 15 year of age or older. Teams consist of 5 members. They may have a 6th person in reserve. Team members must be Red belt or higher. The designated pattern will be Hwa-Rang.

Male Team 2nd gup (red belt)- Black belt

Female team 2nd gup (red belt)- Black belt

Power Breaking Competition (Only Gold Medal awarded)

(Most points accumulated from the following techniques). Two points for each board broken and 1 point for a cracked board. The tournament committee will set the board amounts for each technique in each division. Only Gold Medal will be awarded in Power Breaking.

Black Belts ages 18 and over (separated by gender)

Side kick

Turn kick

Reverse turn kick

Knife hand strike

Punch

Jr. Black Belts 14-17 years of age (separated by gender)

Side kick

Turn kick

Reverse turn kick

Knife hand strike

Pre Jr.-Black Belts 10-13 years of age (separated by gender)

Side kick

Turn kick

Reverse turn kick

Knife hand strike

Power Breaking Competition (continued):

Color belts all ranks

Youth ages 9 and under (male and female combined)

Pre-Jr. 10-13 years of age (separated by gender)

Jrs. 14-17 years of age (separated by gender)

Adults 18 years and older (separated by gender)

Best score after completion of all 3 techniques

side kick,

turn kick,

hand technique (see below)

Ages 13 years and under:

knife hand or side fist

Ages 14 years and older:

knife hand

Specialty breaking (Only Gold Medal awarded)

Two points for broken board and 1 point for a touched board. The tournament committee will set the board heights for each technique in each division. Only Gold Medal will be awarded in Specialty Breaking.

Black belt men and women ages 18 and over do all 5 breaks (separated by gender)

jumping high kick,

360 back kick,

180 reverse turn kick,

flying long kick,

jump turn kick

Jr. black belts ages 14-17 do all 5 breaks (separated by gender)

jumping high kick,

360 back kick,

180 reverse turn kick,

flying long kick,

jump turn kick

Pre Jr. Black Belts ages 10-13 do all 5 breaks (separated by gender).

jumping high kick,

360 back kick,

180 reverse turn kick,

flying long kick,

jump turn kick

Color belts Specialty Breaking all ranks (only gold medal awarded):

Separated by height and gender

jumping high kick is the only technique

Color Belt Patterns and Sparring

6 and under (pattern of choice, sparring one 1-minute round)

White belt and white belt yellow stripe (10th and 9th gup)

Yellow belt and yellow belt green stripe (8th and 7th gup)

Green belt and green belt blue stripe (6th and 5th gup)

Blue belt and blue belt red stripe (4th and 3rd gup)

Red belt and red belt black stripe (2nd and 1st gup)

7-9 years old (pattern of choice, sparring one 1-minute round)

White belt and white belt yellow stripe (10th and 9th gup)

Yellow belt and yellow belt green stripe (8th and 7th gup)

Green belt and green belt blue stripe (6th and 5th gup)

Blue belt and blue belt red stripe (4th and 3rd gup)

Red belt and red belt black stripe (2nd and 1st gup)

10-12 years old (pattern of choice, sparring one 1-minute round)

White belt and white belt yellow stripe (10th and 9th gup)

Yellow belt and yellow belt green stripe (8th and 7th gup)

Green belt and green belt blue stripe (6th and 5th gup)

Blue belt and blue belt red stripe (4th and 3rd gup)

Red belt and red belt black stripe (2nd and 1st gup)

13-15 years old also separated by gender (pattern of choice, sparring one 1.5-minute round)

White belt and white belt yellow stripe (10th and 9th gup)

Yellow belt and yellow belt green stripe (8th and 7th gup)

Green belt and green belt blue stripe (6th and 5th gup)

Blue belt and blue belt red stripe (4th and 3rd gup)

Red belt and red belt black stripe (2nd and 1st gup)

16-17 years old also separated by gender (pattern of choice, sparring one 1.5-minute round)

White belt and white belt yellow stripe (10th and 9th gup)

Yellow belt and yellow belt green stripe (8th and 7th gup)

Green belt and green belt blue stripe (6th and 5th gup)

Blue belt and blue belt red stripe (4th and 3rd gup)

Red belt and red belt black stripe (2nd and 1st gup)

Adults 18-35 years old also separated by gender (pattern of choice, sparring one 1.5-minute round)

White belt and white belt yellow stripe (10th and 9th gup)
Yellow belt and yellow belt green stripe (8th and 7th gup)
Green belt and green belt blue stripe (6th and 5th gup)
Blue belt and blue belt red stripe (4th and 3rd gup)
Red belt and red belt black stripe (2nd and 1st gup)

Sr. Adults 36 years and older also separated by gender (pattern of choice, sparring one 1.5-minute round)

White belt and white belt yellow stripe (10th and 9th gup)
Yellow belt and yellow belt green stripe (8th and 7th gup)
Green belt and green belt blue stripe (6th and 5th gup)
Blue belt and blue belt red stripe (4th and 3rd gup)
Red belt and red belt black stripe (2nd and 1st gup)

Black Belt Patterns

black belts will do 2 patterns, one designated pattern and one pattern of their choice for their belt rank.

Pre Jr.-Black Belts 13 years and under (male and female combined)

1st Degree
2nd Degree

Jr. Black Belts 14-17 years old separated by gender

1st degree
2nd degree
3rd degree

Adult Black Belts 18-35 years of age, separated by gender

1st Degree
2nd Degree
3rd Degree
4th Degree
5th Degree
6th Degree

Sr Black Belts 36 years and older separated by gender

1st Degree
2nd Degree
3rd Degree
4th Degree
5th Degree
6th Degree

Black Belt Sparring

black belt sparring divisions will be divided into light, middle, and heavy weight and divided by age and gender. Competition will be one 2-minute round until the final round which will be two 2-minute rounds with a 1-minute break between rounds.

Sr Black Belts 36 years of age and over

Male

Light weight 140 pounds and under

Middle weight 141-179 pounds

Heavy weight 180 pounds and over

Female

Light weight 120 and under

Middle weight 121-154

Heavy 155 pounds and over

Adult Black Belts 18-35 years of age

Male

Light weight 140 pounds and under

Middle weight 141-179 pounds

Heavy weight 180 pounds and over

Female

Light weight 120 pounds and under

Middle weight 121-154 pounds

Heavy 155 pounds and over

Jr. Black Belts 14-17 years of age

Males

Light weight 120 pounds and under

Middle weight 121-155pounds

Heavy 156 pounds and over

Females

Light weight under 110 pounds

Middle weight 111-144 pounds

Heavy weight 145 pounds and over

Pre Jr. Black Belt 10-13 years of age

Males

Light weight 100 pounds and under

Middle weight 101- 130 pounds

Heavy weight 131 pounds and over

Females

Light weight 90 pounds and under

Middle weight 91-120 pounds

Heavy weight 121 pounds and over