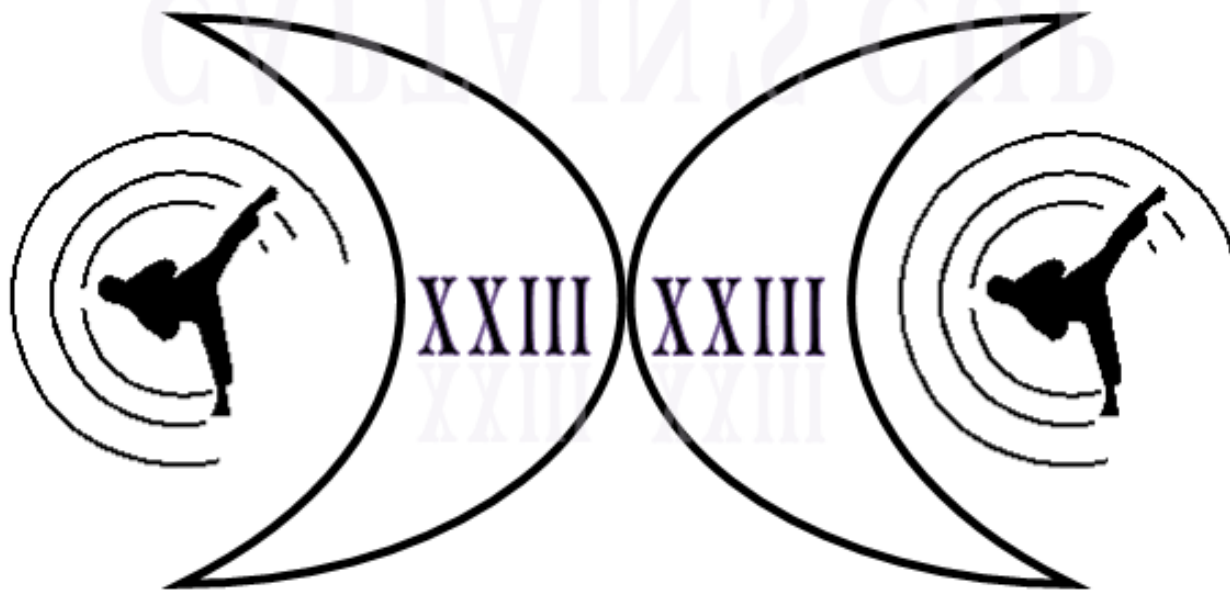


GENTLE EAST TAEKWONDO

Remembering Eric Skowronski - Gentle East Black Belt

NOVEMBER 19, 2016

CAPTAIN'S CUP



CHALLENGE

TOURNAMENT DIRECTOR
GRANDMASTER JOHN L. HOLLOWAY

EVENTS

OLYMPIC STYLE SPARRING

BOARD BREAKING

POOMSAE:

TRADITIONAL/CREATIVE/TEAM/FAMILY

TOURNAMENT SITE

MARYLAND JUNIORS SPORTS CENTER
8221 PRESTON COURT JESSUP, MD 20794

MORE INFO gentleeast.com
captcup10@aol.com

Gentle East Taekwondo 8749 Flower Avenue
Silver Spring, MD 20901 301-585-2272



September 19, 2016

Dear Taekwondo Community,

The twenty-third Captain's Cup Challenge will be held on **November 19** this year. Join us for an exciting day of taekwondo competition at the **Maryland Junior Sports Center** in **Jessup, MD** that will feature traditional and creative forms, family and team forms, board-breaking and Olympic-style sparring.

I expect another large turnout of competitors of all ages and experience. We have drawn experienced referees from all around the country who keep the rings running at maximum efficiency and guarantee fair and safe match management. Our goal for CCC XXIII is to provide the best opportunity for every competitor to challenge themselves as an athlete and to grow as a practitioner of taekwondo.

Grand Master Bernard Robinson will once again serve as Referee Chair for this event. The referee uniform will be black pants, white shirt and red tie and the meeting will begin at 8:30am. Referees coming from out of town please contact me before **November 4** for accommodations. Your dedication, support and hard-work are always appreciated and I look forward to seeing you at the event.

So please, come join us for a day that blends rivalry and camaraderie into an extraordinary event. To download a registration form, please visit [.gentleeast.com](http://gentleeast.com). We look forward to sharing the day with you.

It's All Good!

John L. Holloway
Tournament Director
US Team Leader, 2000 Sydney Olympic Games
US Team Captain, 1977- 1979

LOCATION

Maryland Juniors Sports Center
8221 Preston Court
Jessup, MD 20794
301-490-5802

SCHEDULE OF EVENTS

7:30 -	ON SITE REGISTRATION
8:30 -	REFEREE MEETING
9:00 - 12:30	FORMS & BREAKING COMPETITION
12:30 - 12:45	OPENING CEREMONY
1:00 - 6:00	SPARRING COMPETITION

RULES

Modified WTF/USAT Rules will govern this tournament.

COMPETITION FEES

Pre-Registration for ONE or TWO Events (postmarked by 11/12/2016).....	\$80.00
Additional Cost per Event	\$20.00
Competing Family/ Team Form Only	\$80.00 per member
Late/On Site Registration for ONE or TWO Events.....	\$100.00
Coach Credential (one free per 10 students registered)	\$20.00..... \$30.00 on site

There will be no refund of competition fees.

COMPETITION RULES

(1) BOARD BREAKING-----Three Stations Only

A time limit of two(2) minutes shall be given to set up and complete the break, with **two chances allowed at each station**. Each competitor shall provide the wood and board holders. For competitors 13 and under the boards shall be 10"x12"x1/2" and for competitors 14 and over the boards shall be 10"x12"x1". **Boards will be available for purchase at the venue.**

(2) CREATIVE POOMSAE

The competitor shall complete the form within two (2) minutes. A minimum of six(6) kicks shall appear in the form. No musical accompaniment will be used by the competitor during this event.

(3) TRADITIONAL POOMSAE

All traditionally recognized Taekwondo forms (ITF/WTF) will be allowed in this competition.

(4) FAMILY POOMSAE

All traditionally recognized Taekwondo forms (ITF/WTF) will be allowed in this competition. Teams will be composed of two or more family members. Scoring will include accuracy of the form and synchronization as a team.

(5) SPARRING

All matches will be single elimination. For junior competitors including Black belts, all matches will be two (2) rounds, one (1) minute each. Additionally, for those competitors ages 12 and under Non-Black Belt, NO HEAD CONTACT rules will be enforced. For adult non-black belt and Black Belt competitors 33 and over, matches will be two rounds, one and a half (1.5) minutes each. For adult Black belt competitors (18-32), all matches, including the finals, will be three (3) rounds, one and a half (1.5) minutes per round.

SPECTATOR ADMISSION

General Admission.....	\$10.00
Students	\$ 5.00
Children ages 6 & under & Senior Citizens.....	FREE

EQUIPMENT

All competitors must bring their own equipment. All competitors shall wear WHITE TRADITIONAL or V-NECK uniforms. Shin & instep pads, forearm pads, chest protector, and headgear are required for sparring competitors. Also, male sparring competitors are required to wear a protective cup. A mouthpiece is mandatory. Gloves are mandatory for 15-32 Black Belt competitors and optional for all others.

AWARDS

Exquisite Olympic-size medals shall be awarded to the first, second and third place winners in each division. There will be two third place winners in traditional forms and sparring divisions.

**GENTLE EAST
CAPTAIN'S CUP CHALLENGE
XXIII
NOVEMBER 19, 2016**

NAME _____ EMAIL _____
ADDRESS _____
CITY _____ STATE _____ ZIP CODE _____
AGE _____ DATE OF BIRTH _____ SEX _____ WEIGHT _____ HEIGHT _____
BELT RANK _____ GUP / DAN _____ BELT COLOR _____
TAEKWONDO SCHOOL _____
TAEKWONDO SCHOOL ADDRESS _____
CITY _____ STATE _____ ZIP CODE _____
SCHOOL PHONE _____
INSTRUCTOR'S NAME _____

In consideration of your acceptance of my entry, I do hereby, for myself, my heirs, executors, and administrators waive, release, and forever discharge any and all rights and claims for damages which I may have, or which may accrue to me against Gentle East Martial Arts, Inc., Gentle East Captain's Cup Challenge, the World Taekwondo Federation (WTF), USA Taekwondo (USAT), United States Olympic Committee (USOC), and all members of the tournament, or their respective officers, agents, representatives, successors and/or assigns, and against any competitor for any and all damages which may be sustained by me in connection with my association with or entry in the above athletic meet. I understand that Taekwondo is a body contact sport, which involves a risk of injury. I understand that the competition rules are based on the rules of the WTF. I agree to all tournament competition rules and understand that I may be disqualified if I do not follow these rules.

I further agree that any photographs taken of or by me in connection with the Gentle East Captain's Cup Challenge can be used by the Tournament Director for publicity or promotion without compensation at this time or any other time.

SIGNATURE _____ DATE: _____

PARENT'S OR
GUARDIAN'S SIGNATURE _____ DATE: _____
(REQUIRED FOR ALL COMPETITOR UNDER AGE 18)

CHECK THE EVENTS YOU WISH TO ENTER

BREAKING CREATIVE FORMS TRADITIONAL FORMS FAMILY/TEAM FORMS SPARRING

COACH CREDENTIAL ----NAME(S) _____

FAMILY/ TEAM FORM NAMES _____

PRE-REGISTRATION FEE: \$80.00 FOR ONE OR TWO EVENTS
ADDITIONAL EVENTS \$20.00 PER EVENT

****** REGISTRATION FEE IF ONLY COMPETING FAMILY/ TEAM FORMS---\$70.00 per member/ \$80 ON SITE**
COACH CREDENTIAL (one FREE per 10 students registered) \$20.00/ \$30.00 ON SITE
(MUST BE POSTMARKED BY 11/12/2016)

LATE/ON SITE REGISTRATION \$100.00 FOR ONE EVENT OR TWO EVENTS
\$20.00EACH ADDITIONAL

MAKE MONEY ORDERS OR CHECKS PAYABLE TO GENTLE EAST TAEKWONDO

SEND ALL ENTRY FEES AND APPLICATIONS TO:

GENTLE EAST TAEKWONDO
8749 FLOWER AVENUE
SILVER SPRING, MARYLAND 20901

ALL FEES ARE NON-REFUNDABLE. GENTLE EAST RESERVES THE RIGHT TO REJECT ANY APPLICATION.

PLEASE CHECK THE EVENT(S) YOU ARE ENTERING.

BOARD BREAKING

JUNIOR DIVISIONS

- 7 and under/8-9/ 10-11 / 12-13 / 14-17 Boys/Girls Color Belt
- 10 and under/ 11-13 / 14-17 Boys / Girls Black Belt

SENIOR DIVISIONS

- 18-32 / 33 & up Men / Women Color Belt
- 18-32 / 33 & up Men / Women Black Belt

CREATIVE POOMSAE

JUNIOR DIVISIONS

- 12 and under/13-17 Color Belt
- 12 and under/13-17 Black Belt

SENIOR DIVISIONS

- 18 & Over Color Belt
- 18 & Over Black Belt

FAMILY TEAM POOMSAE

- White/Yellow/Orange Belts
- Green/ Blue/Purple Belts

- Red/Brown Belts
- Black Belts

TRADITIONAL POOMSAE

JUNIOR DIVISIONS

- 5-7 Boys / Girls White/ Yellow/Orange
- 5-7 Boys / Girls Green/ Blue/Purple
- 5-7 Boys / Girls Red/Brown

- 11-13 Boys / Girls White/ Yellow/Orange
- 11-13 Boys / Girls Green/BluePurple
- 11-13 Boys / Girls Red/Brown---11-13 Black Belt

- 8-10 Boys / Girls White/ Yellow/Orange
- 8-10 Boys / Girls Green/Blue/Purple
- 8-10 Boys / Girls Red/Brown---8-10 Black Belt

- 14-17 Boys / Girls White/Yellow/Orange
- 14-17 Boys / Girls Green/Blue/Purple
- 14-17 Boys / Girls Red/Brown---14-17 Black Belt

SENIOR DIVISIONS

- 18-34 Men / Women White/Yellow/Orange
- 18-34 Men / Women Green/Blue/Purple
- 18-34 Men / Women Red/Brown
- 18-34 Men / Women Black Belt

- 35 & Over Men / Women White/ Yellow/Orange
- 35 & Over Men / Women Green/ Blue/Purple
- 35 & Over Men / Women Red/Brown
- 35 & Over Men / Women Black Belt

SPARRING

JUNIOR DIVISIONS*

- 5-6 Boys / Girls White/Yellow/Orange
- 5-6 Boys / Girls Green/Blue/Purple
- 5-6 Boys / Girls Red/Brown---5-6 Black Belt

- 9-10 Boys / Girls White/YellowOrange
- 9-10 Boys / Girls Green/Blue/Purple
- 9-10 Boys / Girls Red/Brown---9-10 Black Belt

- 13-14 Boys / Girls White/YellowOrange
- 13-14 Boys / Girls Green/Blue/Purple
- 13-14 Boys / Girls Red/Brown
- 13-14 Boys / Girls Black Belt

- 7-8 Boys / Girls White/Yellow/Orange
- 7-8 Boys / Girls Green/Blue/Purple
- 7-8 Boys / Girls Red/Brown---7-8 Black Belt

- 11-12 Boys / Girls White/Yellow/Orange –NO Head Contact
- 11-12 Boys / Girls Green/Blue/Purple –NO Head Contact
- 11-12 Boys / Girls Red/Brown—NO Head Contact
- 11-12 Boys / Girls Black Belt---Junior Safety
- 15-17 Boys / Girls White/Yellow/Orange
- 15-17 Boys / Girls Green/Blue/Purple
- 15-17 Boys / Girls Red/Brown
- 15-17 Boys / Girls Black Belt

SENIOR DIVISIONS *

- 18-32 Men / Women White/Yellow/Orange
- 18-32 Men / Women Green/Blue/Purple
- 18-32 Men / Women Red/Brown
- 41 & Over Men / Women Color Belt

- 33-40 Men / Women White/Yellow/ Green
- 33-40 Men / Women Blue/Purple/ Red/Brown
- 33-40 Men / Women Black Belt
- 41 & Over Men / Women Black Belt

- Black Belt Olympic Weight Divisions
- 18-32 Men Flyweight Black (under 127 lbs)
 - 18-32 Men Lightweight Black (128-149 lbs)
 - 18-32 Men Middleweight Black (150-176 lbs)
 - 18-32 Men Heavyweight Black (over 176lbs)

- 18-32 Women Flyweight Black (under 107 lbs)
- 18-32 Women Lightweight Black (108-125 lbs)
- 18-32 Women Middleweight Black (126-147 lbs)
- 18-32 Women Heavy Weight Black (above 147 lbs)

* All Divisions Above may be modified

Captain's Cup Challenge Tournament Location



Maryland Junior Sports Center
8221 Preston Court
Jessup, MD 20794

Captain's Cup Challenge
Gentle East Taekwondo
8749 Flower Avenue
Silver Spring, MD 20901



NOVEMBER 19, 2016