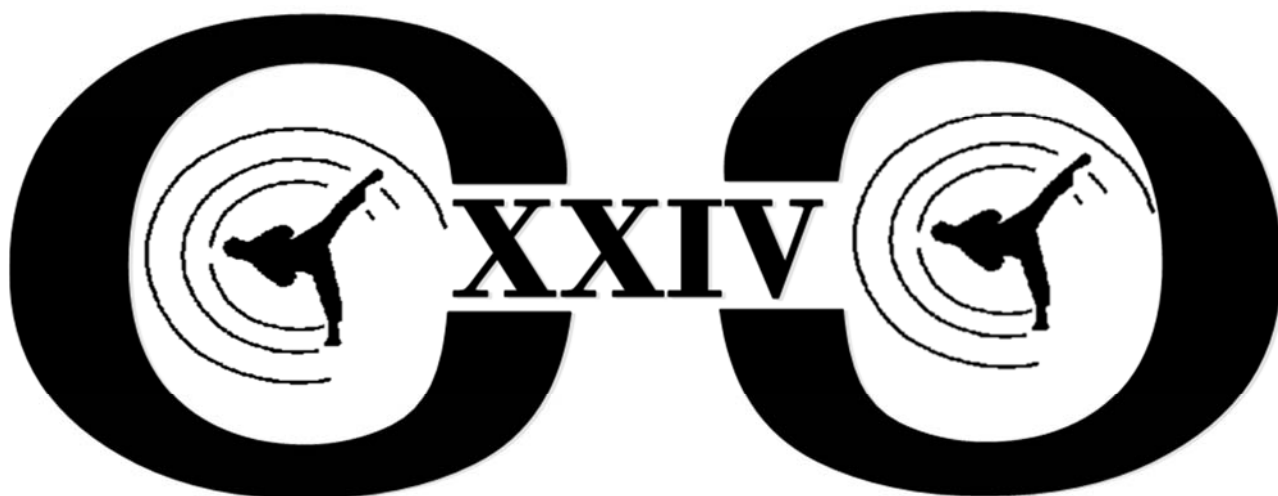


GENTLE EAST TAEKWONDO

Remembering Eric Skowronski - Gentle East Black Belt

NOVEMBER 18, 2017

CAPTAIN'S CUP



CHALLENGE

*TOURNAMENT DIRECTOR
GRANDMASTER JOHN L. HOLLOWAY*

DAEDO BLACK BELT SCORING

OLYMPIC STYLE SPARRING

BOARD BREAKING

POOMSAE:

TRADITIONAL/CREATIVE//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 15, 2017

Dear Taekwondo Community,

Once again it is my honor to invite you to participate in Gentle East's **Captain's Cup Challenge**. This exceptional event, our twenty-fourth, will be held on **November 18, 2017** at the **Maryland Junior Sports Center in Jessup, MD** and features traditional and creative forms, board breaking and sparring.

This year we created **World Class** and **Grassroots** divisions for age-eligible Black Belts, giving competitors the option of either full contact (World class) or Junior Safety Rules (Grassroots). We will be using Daedo scoring systems and hogus in the World Class division (only) and all World Class competitors must have Daedo footgear (available for purchase on site and at www.tkdscore.com). Using the Daedo system we have also added a **3- member Tag Team sparring** Black Belt division. (If interested in fielding a team please call the school (301.585.2272). Only 4 teams will be accepted.

Captain's Cup Challenges are notable for the high quality of referees that work these events. Experienced International referees and seasoned National referees come from all across the country to provide exceptional officiating and this year will be no different. We are honored that Grandmaster Bernard Robinson, International S Class referee, will 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 10th for accommodations.**

Come out on **November 18th** and be a part of this exciting day that blends fierce competition with Taekwondo unity. To download a registration form please visit www.gentleeast.com. We look forward to you being a part of this great day!

It's All Good!

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

**GENTLE EAST
CAPTAIN'S CUP CHALLENGE XXIV
NOVEMBER 18, 2017**

NAME _____ EMAIL _____
ADDRESS _____
CITY _____ STATE _____ ZIP CODE _____
AGE _____ SEX _____ WEIGHT _____ HEIGHT _____
BELT RANK _____ GUP / DAN BELT COLOR _____
MARTIAL ARTS SCHOOL _____
MARTIAL ARTS 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/GUARDIAN SIGNATURE _____ DATE: _____
(REQUIRED FOR ALL COMPETITOR UNDER AGE 18)

CHECK THE EVENTS YOU WISH TO ENTER

___ BOARD BREAKING ___ CREATIVE FORMS ___ TRADITIONAL FORMS/ ___ FAMILY/TEAM FORMS
___ SPARRING-GRASSROOTS ___ SPARRING-WORLD CLASS (Black Belts Only- ___ Division)

___ COACH CREDENTIAL ----NAME(S) _____

FAMILY/TEAM FORM NAMES _____

PRE-REGISTRATION FEE*: \$75.00 FOR ONE EVENT *MUST BE POSTMARKED BY 11/10/2017
ADDITIONAL EVENTS \$15.00 PER EVENT
LATE/ON SITE REGISTRATION \$95.00 FOR ONE EVENT
COACH CREDENTIAL \$25.00 \$30.00 Late/on site

MAKE MONEY ORDERS OR CHECKS PAYABLE TO GENTLE EAST MARTIAL ARTS
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.

DIVISIONS

BOARD BREAKING

MALE / FEMALE

AGE: Junior 7 and Under / 8-9 / 10-11 / 12-13 / 14-17 Senior 18-32 / 33 & Over

BELT: Color / Black

CREATIVE FORMS

AGE: Junior: 12 and Under / 13-17 Senior 18 and Over

BELT: Color / Black

FAMILY/TEAM FORMS*

BELT: White & Yellow & Orange / Green & Blue & Purple / Red & Brown / Black

*Determined by lowest ranked family/team member

TRADITIONAL FORMS

MALE / FEMALE

AGE: Junior 5-6 / 7-8 / 9-10 / 11-12 / 13-14 / 15-17 Senior 18-34 / 35 & Over

BELT: White & Yellow & Orange / Green / Blue & Purple / Red & Brown / Black

SPARRING*

MALE / FEMALE

AGE: Junior 5-6 / 7-8 / 9-10 / 11-12 / 13-14 / 15-17 Senior 18-32 / 33 & Over

BELT: White & Yellow & Orange / Green & Blue & Purple / Red & Brown / Black Grassroots
Black World Class

WEIGHT DIVISIONS: Grassroots: Light / Middle / Heavy

World Class	13-14 MALE / FEMALE
Fin	under 72.8 lbs / under 63.9 lbs
Fly	72.9-81.6 lbs / 64-72.8 lbs
Bantam	81.7- 90.4 lbs / 72.9 – 81.6 lbs
Feather	90.5-99.2 lbs / 81.7 – 90.4 lbs
Light	99.3-108 lbs / 90.5-97 lbs
Welter	108.1- 116.8 lbs / 97.1-103.6 lbs
Light Middle	116.9-125.7 lbs / 103.7-112.4 lbs
Middle	125.8-134.4 lbs / 112.5-121.3 lbs
Light Heavy	134.5-143.3 lbs / 121.4-130.1 lbs
Heavy	over 143.3 lbs / over 130.1 lbs

World Class	15-17 MALE / FEMALE
Fin	under 99.2 lbs / under 92.6 lbs
Fly	99.3-105.8 lbs / 92.7-97 lbs
Bantam	105.9-112.4 lbs / 97.1-101.4 lbs
Feather	112.5-121.3 lbs / 101.5-108 lbs
Light	121.4-130.1 lbs / 108.1-114.6 lbs
Welter	130.2-138.9 lbs / 114.7-121.3 lbs
Light Middle	139.0-149.9 lbs / 121.4-130.1 lbs
Middle	150-160.9 lbs / 130.2-138.9 lbs
Light Heavy	161-172 lbs / 139-149.9 lbs
Heavy	over 172 lbs / over 150 lbs

World Class 18 - 32 MALE / FEMALE

Fly	under 127 lbs / under 107 lbs	Middle	150-176 lbs / 126-147 lbs
Light	128-149 lbs / 108- 125 lbs	Heavy	over 176 lbs / over 147 lbs

* All Divisions above may be modified

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 Event (postmarked by 11/10/2016).....	\$75.00
Additional Cost per Event	\$15.00
Late/On Site Registration for ONE Event.....	\$95.00
Coach Credential (one free per 10 students registered)	\$25.00... .. \$35.00 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. **WORLD CLASS competitors must have Daedo Gen1 socks** (purchase at www.tkdscore.com). 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.