

APRIL 12, 2025

ST. LOUIS



*Sparring



*Forms



*King/Queen
of the Ring



Pair Forms



*Chagi



*High Jump

More Information at www.showmecup.com
call 314 604 7623





Dear Master Instructors and Parents,

I would like to take this opportunity to invite you to a unique competitive event. Our number one goal for this tournament is that all competitors will have a positive experience competing and learn the spirit of Tae Kwon Do.

What is different about this tournament:

You and your students will experience a well organized and fair tournament.

- *We will start on time and finish on time.
- *We will have a program for spectators and competitors to follow. *Judging will be fair.
- *We will have matted rings.
- *State of the Art Electronic Score System.

Only coaches are allowed on the competition floor.

First time students will experience good friendly competition. All competitors will compete on designated schedule time.

What am I asking of you?:

- *that you encourage your students to participate,
- *that you encourage your students to pre register as soon as possible,
- *that you and your students be on time, Show Me Cup we will start on time.
- *that you dress comfortably.
- *You as a school owner will receive two free coaches pass and lunch.

I am sure that you and your students will have a wonderful experience at Show Me Cup.

I hope you can join us for this tournament.

Thank you.

GM WooSop

Tournament Date: 4/12/2025

Location: Vally Park High School, 1Main St Valley Park, MO 63026

Directors: GM WooSop Moore

Preregistration: Online registration only!! at showmecup@showmecup.com

Register by: 3/30/2025 No exception!

Event Fee: Sparring \$48
Forms \$48
Chagi \$28
King/Queen\$28
Pair Forms \$28
High Jump \$28

Spectator: \$10 (Senior citizens and under 4 no charge)
Admission

Security: Security will be extremely strict, you must have proper identification.

Concerns: Please relate your concern to your school master first or coach and have him/her talk to the tournament director.

Sparring Rules: Latest WTF rules for all Green belt light contact to the head, and beginner level (no head kicks)

Sparring: Single Elimination for all belts.

Awards: Trophies and medals will be awarded for 1st, 2nd, and 3rd place.

Competition: Only the coaches and other volunteers with floor passes are allowed on the competition floor. This will ensure fairness for competitors and allow the referees to do their job effectively.

Weigh-In: To ensure fairness,
a. All competitors must weigh in, If they do not make the weight listed on the application they will be adjusted to the appropriate weight division.
b. All competitors must wear shorts and T-shirts or tkd uniform only for weigh in.

Schedule of Event

9:00 am	ages 15-up
10:30 am	ages 10-14
12:00 pm	Lunch
12:30 pm	ages 4-9
2:30 pm	All Chagi

Tournament Rules

FORMS

All Forms are welcome!

Competitors are divided into categories:

1. Gender: Male and Female same divisions
2. Age: Two years of differences
3. Belt level: Three-level differences
4. Two competitors will perform together at one time.
5. Each winner will move up to the next bracket
6. There will be 1st, 2nd and 3rd place winners

Competitors are judged on:

1. Accuracy
2. Power
3. Presentation

*Each competitor may perform more than one time.

SPARRING

WE WILL BE USING Modify USAT SPARRING RULES

Under House Rules Sparring

*All Orange Belts and under (beginners) "NO HEAD CONTACTS "

**If you are Orange Belts but want to compete in the Green Belts division(intermediate) you may do so with permission from your instructor.

Junior safety rules will be applied to all sparring.

Green belts and up point system

*Punch body-1 point

*Body kicks-2 points and add 1 more point for turning kick

*Head kicks-3 points add 1 more point for turning kick

If a junior competitor's size is considerably smaller or larger than his/her peers, and the tournament director feels there is a risk to any competitor's safety, a competitor may be moved into a different age category after discussion with the athlete's coach.

MANDATORY SPARRING EQUIPMENT

All participants must wear a white uniform in excellent condition. Protective Gear: forearm pads, shin & instep pads, mouthpiece, headgear, chest protector, groin cup (male students only). Safety of both competitors, the Eyeglasses are not permitted.

Age Division

4-7 Boy and Girls combined only,8-9 ,10-11 ,12-14,15-17,18-39

KING / QUEEN OF THE RING

Start the match with six competitors positioned all four corner and two competitors at the side of the ring.
Upon word Shee Jahk(start) the game begins. The objective of the game is to be the last person standing at the end of the game. Cumulate three Lives by getting other athletes outs will automatically in the finals.

One step rule

1. Upon referee command Gah Yol(stop), all competitor's must freeze, and no steps are allowed.
2. At command Jumbee (Ready), all competitors are allowed one step in any direction.
3. Upon referee Shee Jock(start), the match continues.

One step violation

If the step violation is committed, then that competitor receives a warning. When a second step violation is committed, then that competitor loose a life.

Boundaries

The competitor is out when two feet is out of the boundaries.

The competitor receive warning when one foot is out of boundaries.

The competitor who caused athletes to go out of boundary, who have warning will receive that athletes live.

Falling

If a competitor delivers a valid OUT kick but falls, the out is nullified.

Outs

1. Delivering a valid kick to the scoring area that triggers to illuminates the light, that competitor is OUT.
2. Competitors are OUT when there is more than one light is illuminated during the match after the command Gah Yol. However, when two competitors involved in a battle and both of the light is illustrated, the competitors light goes out first is the one who is OUT.

Warning Rules

On Two warnings, the competitor is out

No jump kicks

No kicking in the back

No kicking below the belt

No kicking to the Head

No punching

High jump Rules

1. Athletes are divided by age group

2. Athletes must jump over the high jump bar and land on their feet.

3. The pole level moves up as each athlete clears the heights.

4. While jumping, if athletes knock down the bar or touch any other body part after the jump, declare no jump.

5. Each athlete has two chances to jump over the pole.

6. The first and second-place winners will be awarded the medal.