



13th

**GATEWAY INTERNATIONAL
TAEKWON-DO CHAMPIONSHIPS**

LODGING AND TOURNAMENT

AT

**THE HOLIDAY INN SELECT
COLUMBIA, MISSOURI
USA**

Phone 573-445-8531 or fax 573-445-7607

Ask for Gateway International Block Room Rates

TOURNAMENT AND SEMINAR DATE

JULY 10, AND 11, 2009

ITF Rules

Gups Modified

For Details Contact

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Phoenix Group President

www.itf-phoenixgroup.com

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Assistant

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Gateway International Information

Hotel and Tournament Site

Holiday Inn Select 2200 I-70 Drive S. W. Columbia, Missouri 65203 USA	To reserve your room: Please call 1-573-445-8531 before July 5, 2009 . Please request the Gateway International room block.
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Lodging Costs

Our special discounted room rate is **\$82.95** US dollars plus tax per night for 1-4 persons per room, in a standard room with 2 queen beds. *This hotel equals a 4 diamond rated hotel and normally receives \$104.95 US dollars and above, per room. The Phoenix Group will not be responsible for lodging or food expenses.* **Do not forget to state that you are with the Gateway Tournament (GAT) room block.** All hotel reservations must be secured with a major credit card or advanced payment. Hotel reservations are separate from competition registration.

Food and Attractions

A variety of restaurants are within walking distance from the hotel. By walking across the street, you can conveniently visit the Columbia Mall featuring 140 shops and cafés.

Banquet

See breakdown in terms

Schedule

July 10

9:00 a.m. -12:00 p.m. 1:00 – 4:00 p.m.	Seminar – Sparring seminar, Master Trevor Nichols
5:00 – 6:30 p.m.	Special testing
7:00 – 9:00 p.m.	Couples and Teams Competition
9:00 – ?	Reception for Master Trevor Nichols

July 11

9:00 a.m. – 5:30 p.m.	Tournament
7:00 p.m.	Banquet

Terms

Pre-registration for this tournament and Seminar is required. All Phoenix Group students should be pre-registered with their instructor by **July 5th**. ITF students should contact Master Tompkins directly. Seminar and tournament fees should be paid through your Instructor (Master Tompkins for outside ITF students) who will forward the registrations to Master Tompkins.

Fee Schedule

\$55.00 US Patterns and sparring for black and color belt. This is just for the tournament if you do not take the seminar.

\$10.00 US breaking if you do not take the seminar;

\$50.00 US Couples event (male and female);

\$40.00 US if both members compete as individuals.

\$75.00 US Team patterns (3-5 person, no sparring);

\$60.00 US if all team members compete as individuals.

\$15.00 US Banquet; If you do not take the seminar;

\$30.00 US Banquet; we do not charge a fee for admittance to the tournament. We can not discount the banquet.

\$150.00 US (for the seminar, tournament, breaking and banquet)

Color belts and Black Belts (special price)

\$ 10.00 US late fee for any individual payments at the door.

Rules

ITF Rules apply.

Sparring: Foam type hand, foot and headgear required. Mouth guards required. Groin protector required (worn inside the dobok); Breast only protectors optional.

Uniform: Traditional TaeKwon-Do dobok only

Color Belts ITF rules modified

Tournament director reserves the right to combine Black Belt or color belt divisions.

Child Color Belt Event

5 & Under	Patterns and sparring	All black belt and color belt ranks for each age group up to 17 years old will be bracketed and appropriately grouped prior to entering the competition ring. Boys and girls 12 and above are separated for sparring. Sparring for 12 year olds and above arranged by height.
6-7	Patterns and sparring	
8-9	Patterns and sparring	
10-11	Patterns and sparring	
12-13	Patterns and sparring	
14-15	Patterns and sparring	
16-17	Patterns and sparring	

Adult Color Belt Event

10-9 Gup Patterns and sparring 8-7 Gup Patterns and sparring 6-5 Gup Patterns and sparring 4-3 Gup Patterns and sparring 2-1 Gup Patterns and sparring	All color belt competitors, male and female, ages 18-35, called by belt color, bracketed, and appropriately grouped. Male and female divisions are separate. Ages: 9 and under, 10-11, 12-13, 14-15, 16-17, 18-35, 36-45, 46 and up.
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Black Belt Divisions Event:

Competition for all Black Belts – adult, veteran, male and female – called as ring personnel become available.

Black Belt Divisions

Sparring: Sparring for Black Belt men 18-45 in 5 weight categories; 46 and up in 2 weight categories
 Sparring for Black Belt women 18-45 in 5 weight categories; 46 and up in 2 weight categories

Veterans: Pattern and sparring grouped at ringside

Sparring, 18-45

Male		Female	
one division per weight class	5 divisions	one division per weight class	5 divisions

Sparring, Veterans

Male

grouped at ringside

Female

grouped at ringside

Individual Patterns

- 1st Male and Female Separated
- 2nd Male and Female Separated
- 3rd Male and Female Separated
- 4th Male and Female Separated
- 5th Male and Female Separated
- 6th Male and Female Separated (veterans only)

Special Event: Couples Patterns

Black Belt, male and female adult Black Belt male and female junior Color Belt male and female adult Color Belt male and female junior	Pattern is judged on creativity, power, balance, and technique. All pattern competition is bracketed for single elimination.
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Team Competition

3-5 Person Teams: Patterns Only, Mixed Gender

Color Belt		Black Belt	
Juniors 17 and under	Adults 18 years and up	Juniors 9-17 years old	Adults 18 years and up
10 th -7 th Gup 6 th -4 th Gup 3 rd -1 st Gup	10 th -7 th Gup 6 th -4 th Gup 3 rd -1 st Gup	1 st -2 nd Degree	1 st -2 nd Degree 3 rd -4 th Degree 5 th -6 th Degree

- Any pattern practiced at club level is OK, and the pattern should not be higher than the required pattern for the lowest rank available on the team
- Any student can move up or down 1 division to help make a team.
Example: A 3rd, 2nd or 1st Gup could be on a 1st-2nd degree team.
Example: A 4th Gup could be on a 10th-7th Gup team.

Breaking

	Side Kick	Turn Kick	Knife Hand
4-5	•	•	•
6-7	•	•	•
8-9	•	•	•
10-11	•	•	•
12-13	•	•	•
14-15	•	•	•
16-17	•	•	•
18-34	•	•	•
35-45	•	•	•
>46	•	•	•

Reusable plastic boards (not the old hard type), graduated in degrees of difficulty, will be used.

The reasons we have tournaments

- The student learns to succeed in difficult situations.
- The student learns to trust the skills he/she learns.
- The student learns that even when everyone is trying to be fair, mistakes in judging and administrative affairs do occur. This gives the student a chance to practice tolerance and develop a spirit of persevering even in the face of insurmountable odds.
- The student learns to win with dignity and lose with grace.
- The student can model on the best talent available.
- The student trains and gains friends.