



April 2010

Dear Taekwondo Enthusiasts:

It is my pleasure to invite you to participate in the 2010 California State Games (CSG) to be held at the La Costa Canyon High School in Carlsbad, California on July 10.

The California State Games is a multi-sport festival of Olympic-style competition for California's amateur athletes of all ages and abilities. The State Games is a community-based member of the United States Olympic Committee. CSG provide all Californians with a wholesome avenue for positive personal development through sports and physical activity.

California is one of 44 states that conduct similar types of statewide competitions. This event is designed to encourage youth to become actively involved in athletics. Next year, San Diego will be hosting the State Games of America, which is a national level competition for some of the top athletes in the country.

I encourage all of you to take part in this year's event. TKD Logistics™ (producer of the Jimmy Kim Invitational) will be producing this tournament this year and it promises to be a well-organized and fun event.

I also encourage you to take advantage of the seaside town of Carlsbad, Outlet Shopping, Legoland™, and the many other attractions that Carlsbad has to offer.

See you in July!

Sincerely,

Jimmy Kim
Taekwondo Director

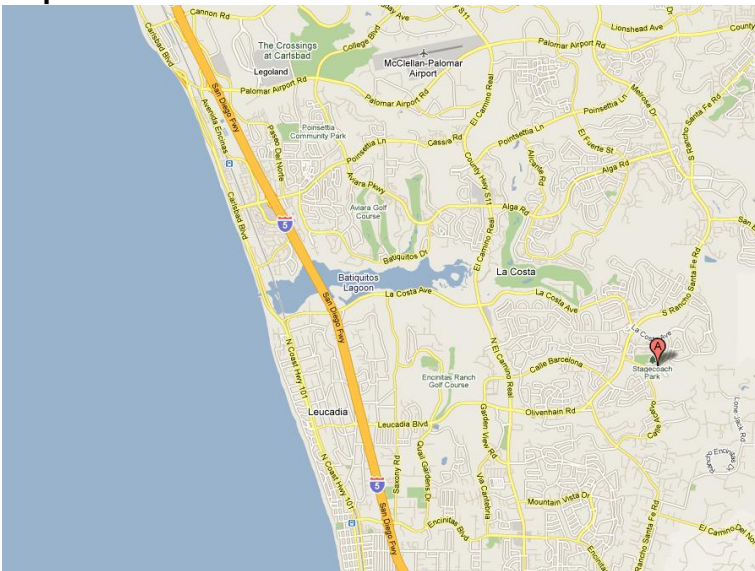


2010 CALIFORNIA STATE GAMES - TAEKWONDO

General CSG Information

- Date:** Saturday, July 10, 2010
- Venue:** La Costa Canyon High School Gym
1 Maverick Way, Carlsbad, CA 92009
- Registration:** www.calstategames.org/s-taekwondo.html
- Events:** Poomsae / Forms
Kyorogi / Sparring
- Fees:** 1 Event - \$70
2 Events - \$80
Coach - \$20 (1 Free Pass per 10 registered athletes)
- Deadlines:** Mail Registration – June 25, 2010
Online Registration – June 30, 2010
- Admissions:** \$10 Adults (12+), \$5 Children (4-11), Free for Toddlers (3-)
- Hotel:** Coming soon!

Map & Directions:



LA COSTA CANYON HIGH SCHOOL DIRECTIONS

5 North Bound: Take 5 North, Exit Leucadia Bl. (turns into Olivenhain), Slight Left onto S Rancho Santa Fe Road, second Right onto Camino De Los Coches, Right on Maverick Way into LCHS.

5 South Bound: Take 5 South, Exit La Costa Ave (Exit 44) and make a Left turn, Right onto S Rancho Santa Fe Road, first Left on Camino De Los Coches, Right on Maverick Way into LCHS.



Schedule of Events

7:00 am	Volunteer Check-in	La Costa Canyon High School
7:45 am	Referee Check-in	La Costa Canyon High School Hospitality Room
8:00am	Ticket Booth Open	La Costa Canyon High School
Beginning 8:00am	Coach Pass (Free Coach Pass for every 10 athletes)	La Costa Canyon High School \$20
8:00am-8:45am	Registration Packet Pickup by SCHOOL (One Representative from each school should pickup and distribute the competitor cards to the Athletes and Coaches.)	La Costa Canyon High School
8:00am-8:45am	8-32 yr old Black Belt Weigh-in	La Costa Canyon High School
9:30am-9:45am	Forms Competition Begins	La Costa Canyon High School
Immediately following Forms Competition	Opening Ceremonies	La Costa Canyon High School
Immediately following Opening Ceremonies	Sparring Competition Begins (There will be NO LUNCH BREAK)	La Costa Canyon High School



Event Rules & Divisions

FORMS (POOMSAE) RULES:

Designated Forms: Athletes will be required to perform a WTF recognized Forms (listed below)

*Color Rank	White to Yellow 10-8 kub	Orange Green Purple 7-5 kub	Blue Brown 4-3 kub	Red 2-1 kub	Black Poom/Dan
Authorized Forms	Basic 1 or 2 Taegeuk 1 or 2 Palgwe 1 or 2	Taegeuk 3 or 4 Palgwe 3 or 4	Taegeuk 5 or 6 Palgwe 5 or 6	Taegeuk 7 or 8 Palgwe 7 or 8	1st - Koryo 2nd - Keumgang 3rd - Taebaek 4 th - Pyongwon, etc

Format: Athletes will perform their forms ONE AT A TIME and will be judged in the traditional manner with scorecards.

Scoring: Three judges will score the performances based on the execution of proper stances, punches, blocks and kicks. The score will also reflect the presentation of the poomsae based on accuracy of range of motion, balance speed and power. In the case of a tie, the athletes that tie will be asked to perform again in pairs and the winner will be determined by a show of hands by the judges. The athlete with two or more votes will be the winner of the tie.

Awards: 1 Gold, 1 Silver, 1 Bronze

FORMS DIVISIONS: Age is based on **Calendar Year!** (i.e. If you are 7 at the time of the CSG but turn 8 in December, you will be considered 8 years old for the CSG. That is the USAT and WTF standard)

Age	Rank	Male Forms Divisions	Female Forms Divisions
4 – 5 6 – 7 8 – 9 10 – 11 12 – 13	Yellow Green Blue Red Black	ALL	ALL
14 – 15 16 – 17	Yellow Green Blue Red	ALL	ALL
14-17	BLACK BELT	ALL	ALL
18 – 32	Yellow Green Blue Red	ALL	ALL
18 – 32	BLACK BELT	ALL	ALL
ULTRA DIVISIONS 33 – 40 41 – 50 51+	Yellow Green Blue Red Black	ALL	ALL

SPARRING (KYOROOGI) RULES:

Rule Set: The CSG will be using the USAT rules. For more information about the rules and the determination of what a point is, please visit the USA Taekwondo website at:

<http://www.usa-taekwondo.us/content/index/2604> (“Competition Rules” and “Junior Safety Rules”)

Mandatory Equipment: All sparring athletes are required to have a clean, WTF WHITE V-neck uniform. Black trim is for black belts only. NO COLOR UNIFORMS will be allowed. White headgear or a set of Blue and Red headgear, mouth piece, chest guard, arm pads, shin and instep pads (taped insteps must be signed by CSG medical team), groin cup for males (worn inside). NO GLASSES or GOGGLES allowed. WTF Approved gloves and socks are optional (NO FOAM SAFETY CHOPS & BOOTS).

Head Kick:

RULES:	NO HEAD KICKS	LIGHT HEAD KICKS (1 pt)	FULL HEAD CONTACT (3 pts)
DIVISIONS:	11 and younger Color Belts 6 & 7 Black Belts	12 and older ALL Belts 8-13 & 33+ Black Belts	14-17 and 14-32 Black Belts ONLY

Scoring: Athletes will be awarded ONE point for a kick or punch to the body (for further clarification on what is legally considered a punch or kick, refer to the USAT rule book). Spinning kicks to the body will be awarded TWO points. Head kicks for those athletes who are permitted to kick to the head (see chart above) will be awarded THREE points. THREE point head kicks will be awarded to color belts and black belts. In case of a tie score at the end of the last round, an additional round will be added to determine the winner. The athlete to score the FIRST point will be the winner. If no points are scored, the judges and center referee will determine who initiated and was the aggressor in the final round to decide the winner. There will no longer be a "7 POINT GAP" nor "12 POINT CEILING". Referees may stop the contest if there is a great disparity in the athletes' skill levels or if there is risk of serious injury.

Format: Athletes will be competing in a single elimination format. Once an athlete loses a bout, he/she is eliminated. Athletes who lose in the semi-final round (group of 4) will be awarded a bronze medal. If an athlete makes it into the finals and then loses, a silver medal will be awarded. The winner of the final round will be awarded the gold medal.

Duration:

- 11 years and younger: Two 60 second rounds, 30 second rest (may change if necessary)
- 14-17 & 14-32 Black Belts: Three 90 second rounds, 30 second rest (may change if necessary)
- All others: Two 90 second rounds, 30 second rest (may change if necessary)

Awards: 1 Gold, 1 Silver, 2 Bronze

SPARRING DIVISIONS: Age is based on **Calendar Year!** (i.e. If you are 7 at the time of the CSG but turn 8 in December, you will be considered 8 years old for the CSG. That is the USAT and WTF standard)

Age	Rank	Male Weights (lbs) kg	Female Weights (lbs) kg
4 – 5	Yellow Green Blue Red	Light Middle Heavy	Light Middle Heavy
6 – 7	Yellow Green Blue Red/Black	Light Middle Heavy	Light Middle Heavy
8 – 9	Yellow Green Blue Red Black	Light Middle Heavy	Light Middle Heavy
10 – 11	Yellow Green Blue Red Black	Light Middle Heavy	Light Middle Heavy
12 – 13	Yellow Green Blue Red Black	Fin Bantam Light Welter Heavy	Fin Bantam Light Welter Heavy
14 – 15	Yellow Green Blue Red	Fin Bantam Light Welter Heavy	Fin Bantam Light Welter Heavy
16 – 17	Yellow Green Blue Red	Fin Bantam Light Welter Heavy	Fin Bantam Light Welter Heavy

AGE/BELT	DIVISIONS	MEN'S WEIGHT (LBS) KG	WOMEN'S WEIGHT (LBS) KG
14-17 BLACK BELT	FIN	Not exceeding 99.2 lbs (Not exceeding 45 kg)	Not exceeding 92.6 lbs (Not exceeding 42 kg)
	FLY	99.3 lbs – 105.8 lbs (Over 45 kg not exceeding 48 kg)	92.7 lbs – 97.0 lbs (Over 42 kg not exceeding 44 kg)
	BANTAM	105.9 lbs – 112.4 lbs (Over 48 kg not exceeding 51 kg)	97.1 lbs – 101.4 lbs (Over 44 kg not exceeding 46 kg)
	FEATHER	112.5 lbs – 121.3 lbs (Over 51 kg not exceeding 55 kg)	101.5 lbs – 108.0 lbs (Over 46 kg not exceeding 49 kg)
	LIGHT	121.4 lbs – 130.0 lbs (Over 55 kg not exceeding 59 kg)	108.1 lbs – 114.6 lbs (Over 49 kg not exceeding 52 kg)
	WELTER	130.1 lbs – 138.9 lbs (Over 59 kg not exceeding 63 kg)	114.7 lbs – 121.3 lbs (Over 52 kg not exceeding 55 kg)
	LIGHT MIDDLE	139.0 lbs – 149.9 lbs (Over 63 kg not exceeding 68 kg)	121.4 lbs – 130.0 lbs (Over 55 kg not exceeding 59 kg)
	MIDDLE	150.0 lbs – 160.9 lbs (Over 68 kg not exceeding 73 kg)	130.1 lbs – 138.9 lbs (Over 59 kg not exceeding 63 kg)
	LIGHT HEAVY	161.0 lbs – 172.0 lbs (Over 73 kg not exceeding 78 kg)	139.0 lbs – 149.9 lbs (Over 63 kg not exceeding 68 kg)
	HEAVY	172.1 lbs and over (Over 78 kg)	150.0 lbs and over (Over 68 kg)
18 – 32	Yellow Green Blue Red	UNDER (127.6 LB) 57.9 KG OVER (127.6-140.8 LB) 57.9 – 63.9 KG OVER (140.8-154 LB) 63.9 – 69.9 KG OVER (154- 167.2 LB) 69.9 – 75.8 KG OVER (167.2- 180.4 LB) 75.8 – 81.8 KG OVER (180.4 LB) 81.8 KG	UNDER (107.8 LB) 48.9 KG OVER (107.8-121 LB) 48.9 – 54.9 KG OVER (121-134.2 LB) 54.9 – 60.9 KG OVER (134.2-147.4) 60.9 – 66.9 KG OVER (147.4-160.6 LB) 66.9 – 72.8 KG OVER (160.6 LB) 72.8 KG
AGE/BELT	DIVISIONS	MEN'S WEIGHT (LBS) KG	WOMEN'S WEIGHT (LBS) KG
14 – 32 BLACK BELT	FIN	Not exceeding 119.0 lbs (Not exceeding 54 kg)	Not exceeding 101.4 lbs (Not exceeding 46 kg)
	FLY	119.1 lbs – 127.9 lbs (Over 54 kg & not exceeding 58 kg)	101.5 lbs – 108.0 lbs (Over 46 kg & not exceeding 49 kg)
	BANTAM	128.0 lbs – 138.9 lbs (Over 58 kg & not exceeding 63 kg)	108.1 lbs – 116.9 lbs (Over 49 kg & not exceeding 53 kg)
	FEATHER	139.0 lbs – 149.9 lbs (Over 63 kg & not exceeding 68 kg)	117.0 lbs – 125.7 lbs (Over 53 kg & not exceeding 57 kg)
	LIGHT	150.0 lbs – 163.1 lbs (Over 68 kg & not exceeding 74 kg)	125.8 lbs – 136.7 lbs (Over 57 kg & not exceeding 62 kg)
	WELTER	163.2 lbs – 176.4 lbs (Over 74 kg & not exceeding 80 kg)	136.8 lbs – 147.7 lbs (Over 62 kg & not exceeding 67 kg)
	MIDDLE	176.5 lbs – 191.8 lbs (Over 80 kg & not exceeding 87 kg)	147.8 lbs – 160.9 lbs (Over 67 kg & not exceeding 73 kg)
	HEAVY	191.8 lbs and over (Over 87 kg)	161.0 lbs and over (Over 73 kg)
ULTRA DIVISIONS 33 – 40 41 – 50 51+	Yellow Green Blue Red Black	UNDER 145.5 LBS. (UNDER 66 KG) 145.5 – 165.3 LBS. (OVER 66 – 75 KG) 165.3 – 180.8 LBS. (OVER 75 – 82 KG) 180.8 – 204.6 LBS. (OVER 82 – 93 KG) OVER 204.6 LBS. (OVER 93 KG)	UNDER 125.7 LBS. (UNDER 57 KG) 125.7 – 145.5 LBS. (OVER 57 – 66 KG) 145.5 – 160.9 LBS. (OVER 66 – 73 KG) 160.9 – 185.2 LBS. (OVER 73 – 84 KG) OVER 185.2 LBS. (OVER 84 KG)

The CSG Organizing Committee reserves the right to make modifications to the divisions to provide fair and sufficient competition for all competitors. In the event that the CSG cannot find a suitable match, we will attempt to arrange an exhibition match. If a suitable match cannot be made, you will be awarded a gold medal for an uncontested win. **For further information or clarification, please contact Master Kim at (949) 363-6688 or email at jktc@msn.com**