

Welcome to the

AFMAC



DRAGONS

Introduction

Welcome to the AFMAC Dragons Taekwondo Competition Team! The purpose of this team is to develop our students into the top competitors in the state and nation. Through specialized, intense training methods developed by the US Olympic Taekwondo Team, our students develop extraordinary speed, endurance, coordination, and fighting skills.

Master Jim oversees the coaches and training regimen. Our Head Coach is Rich Dillon. Rich works very hard to create an outstanding training regimen every week, and personally travels with the team to every tournament. Rich is assisted by Cecilia Loose, Erik Young, Lou Bevilacqua, Brian Gustafson, Nick Gustafson, and Earl Eckbold. (See the Instructors link for their biographies) Our Competition Team Captains are Luke Loose, Jaimee Saemann, Tim Dillon, and Madeline Degville.

The coaches and captains are committed to ensuring every member of the team improves their competition skills and enjoys themselves in the process. Competition team practices are full of hard work, sweat, muscle aches, bruises, bumps, and above all, fun! The team practices and trains following the guidelines of the US Olympic Committee for Sport Taekwondo, (USA Taekwondo). We focus on developing the team member's physical skills, understanding of the sport, and ability to develop and execute multiple strategies. These skills are developed through a combination of team practices, training with other competition teams, and competing in outside tournaments.

The Competition Team schedule is available on the AFMAC web site in the newsletter. The team meets three Saturdays a month, typically every Saturday except the Saturday of the belt test. There is also a Comp Team class Tuesday nights from 7:30 to 8:30. They are only held the Tuesday after there is a Saturday class. When you come to Comp team, there are a few things you must always bring. You should always have your sparring gear, a drink (only water or clear beverages are permitted in the gym), sneakers and socks, and a positive attitude. Full comp team doboks should be worn, and an AFMAC T-shirt brought as well. Also, upbeat music helps keep people moving. We do play music, and encourage the team to bring in music to play during class. Please make sure it is upbeat, fast tempo, and has family-friendly lyrics.

How to Join the Team

If you are interested in joining the Competition Team, please see Kyosa Rich Dillon or Master Jim. There is no paperwork to fill out, but parents and students must have a brief meeting with Master Jim to discuss the financial and time commitment of being a team member. Team members must pay tuition (\$79) the first day of each month. Each member must purchase a competition uniform (\$50) and state/national competitors must join USAT (\$50 annual membership fee). Attendance is mandatory unless you are excused for religious, family, health, or school-related reasons. All Comp Team students and parents are required to assist with team fundraising activities throughout the year.

Outside Tournaments

Competition team members are required to compete at the two AFMAC tournaments (Spring and Fall), and the AFMAC TaekwondOlympics. Outside tournaments are completely up to you. If you want to compete, you may join us at any of the tournaments the team attends. You are also free to attend any tournaments on your own, even if the team has not decided to attend that tournament. The objective we have for these tournaments is to give you experience in a tournament environment and prepare you for Junior Olympics (JO's). JO's are held every summer (usually around the week of July 4th) in a different city each year. As the date gets closer, the coaches will help you determine if you are prepared to compete at that level. This tournament attracts the best competitors in the entire country. Many of our team members, and all of our captains, have been to this several times. Win or lose, they will all tell you that it was worth the hard work it took to get there.

Tournament Rules

For those who are new to competition, here is a brief summary of competition rules. This is intended to give you a good idea of what to expect, but please feel free to ask any of your coaches, captains, or team members if you have questions.

AFMAC is a member school of **USA Taekwondo (USAT)**. This is part of the US Olympic organization, and follows the same rules as the Olympic competition for Taekwondo. Most, although not all, of the tournaments we attend are sanctioned tournaments. That means they follow the USAT rules, and have judges that have taken USAT referee classes. We do also attend tournaments that are not official, and we will review those rules separately.

USAT Rules

Uniforms and equipment:

The first rule to know is equipment rules. All competitors must wear a white dobok with a V-neck collar. Only black-belts may wear a uniform with black trim on the collar. In sanctioned events, there are only four belt categories, green, blue, red and black. We will explain which category each competitor should compete in, and which form to use prior to each tournament. When you compete, you must wear one of those four belts, no other colors and no stripe belts are allowed. Different schools use different orders of belt colors, but we will help you sort it all out. Don't worry if you wear a belt color lower than your usual belt, you are not cheating. You just have to fit into one of these 4 belt ranges. The poomsae you perform and the belt you wear at these tournaments will be based on your Gup, and we will help you identify the correct ones.

For sparring, you must wear a chest protector that has red and blue markings, and fits properly. You must wear a clear or white mouth guard – no colored mouth guards. You must wear forearm guards, shin guards, and instep protectors. No coverings on the hands are permitted. Boys must wear a groin cup. The helmet must be white.

Please ask if you have any questions about your equipment.

Poomsae (Forms) Rules:

For forms competition, each competitor will perform their poomsae one time. The judge will call you up by name and you will go to your starting position. They will tell you when to begin. There will be a panel of judges who will watch the competitor and give a score (between 5 and 10 points). The scores are based on knowledge of the form, balance, power, and overall presentation. If there are three judges, they will add all three scores. If there are 5 judges, they will not count the highest or the lowest score. They will add the three scores in the middle. If there is a tie, they add the highest score back in. The competitors with the three highest scores are awarded medals. There may be times when the form required for your Gup is higher than what you have learned all the way through in your regular class. We will teach it to you to make sure you are prepared.

Sparring Rules:

Sanctioned competitions will separate competitors by gender, age, belt rank, and weight.

The basic sparring rules are simple. Kick your opponent in the chest protector hard enough to move them, and you get one point. If you punch your opponent hard enough to move them, you get a point (although judges rarely score points for punches). There are a few do's and don'ts to go over.

Do:

Kick hard

Listen for your coaches instructions

Be ready for an attack at all times

Continue to kick until the ref says stop

Do Not:

Punches to the head

Running away

Stepping out of the ring

Grabbing your opponent (uniform, equipment, legs, anything)

Pushing (open OR closed fist)

Kicking from the ground, or kicking someone who has fallen

Kicking after the ref said stop

Kicking below the belt

You should continue to kick until the ref says to stop. The match does not get stopped when a point is scored, so it is possible to score several points in a row. The match is broken into two rounds with a break between them. The most points at the end wins. In most tournaments, if you win you move on to the next match, if you loose you are finished competing for the day.

The rules for head contact are a little different depending on your age. For anyone under 12 years old, there is no contact allowed to the head. For color belts age 12 – 17, and black belts age 12 & 13, the competitor is allowed to kick to the head with light contact and absolute control. Black belts over 14 and color belts over 17 may kick to the head with full contact for two points. Sanctioned tournaments usually have one gold, one silver, and two bronze medals for each division. There are other rules that we will cover throughout the season, but these are the basics.