



2017 Adirondack AAU Forms & Breaking Mini Hanmadang



Sunday October 22, 2017

**Guilderland YMCA
250 Winding Brook Drive
Guilderland, NY 12084**

On Sunday October 22nd Adirondack AAU Taekwondo will host a Forms & Breaking mini Hanmadang open to all AAU Taekwondo member athletes.

A Hanmadang event is a tournament which focuses on technique, focus, power and in some divisions - creativity. There is no contact sparring at a Hanmadang, it is entirely forms & board breaking, along with weapons forms as well.

The ultimate Hanmadang is the AAU Junior Olympic Games, where over a 14 different events are included in the tournament. During the 2016-17 season, the Adirondack district had a number athletes perform extremely well at the AAU Junior Olympic Games, with several in the top running for the Joel Ferrell Outstanding Athlete Award.

The Adirondack mini Hanmadang will offer a sampling of the divisions utilized at the Junior Olympic Games, and is an excellent way for students to get their first taste of Taekwondo competition. We will offer head-to-head single elimination divisions for **traditional forms, creative forms and weapons forms**.

For breaking divisions, we'll have a special **Little Dragon's division (3yo, 4yo & 5yo)**, where the dragons will compete against themselves (rather than head to head competition) and they will challenge themselves by trying to complete 3 different mini-breaking stations. Awards will be given to each Little Dragon based on how many of the 3 stations they are able to successfully complete.

6yrs old & older athletes will have the opportunity to compete in **Open Breaking and/or Jumping/Flying Breaking** events. Both of these events will run in a head to head single elimination format which will work well for smaller divisions.

I hope that many students will put their skills to the test on Sunday October 22nd. Taekwondo competition is an extremely fun way to challenge yourself and your techniques. Competition also puts a little extra pressure on the student to practice harder in and outside of class. If you have any questions regarding the competition, please do not hesitate to ask!

Joe Hasan
Adirondack AAU Taekwondo Chairman



COMPETITION RULES



Individual Traditional Forms

- Side by Side Single Elimination Format
- Potential to perform a pattern multiple times
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power & Technique

See AAU Taekwondo Handbook for a comprehensive detailing of this event.

Website: www.aautaekwondo.org

Weapons Forms

- Side by Side Single Elimination Format
- Both Traditional and Creative weapons forms will be permitted
- No live blades will be allowed
- Weapons are subject to inspection by Master Hasan and may be prohibited if deemed unsafe
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, Technique

Little Dragon Board Breaking (3 year old to 5 year old)

- Compete against yourself format
- Awards given for successful completion of
 - Axe kick board break
 - Side kick board break
 - Hammerfist board break
- Break 1 technique = 3rd place award
- Break 2 techniques = 2nd place award
- Break ALL 3 techniques = 1st place award

Board Breaking

- Head to Head Single Elimination Format
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- 10 Boards maximum per competitor**
- 2 minute time limit (setup & break)**
- No forehead breaking, open flames, or bladed props may be used
- No jumping/flying over people will be allowed (jumping over pads is OK)
- Athlete technique will be judged based on the following criteria
 - o Completion of break, Technique, focus, balance, power,
 - o When 2 competitors execute exact same technique:
 - A break performed on the 1st try is superior to a break completed on the 2nd try
 - A two board break is superior to a one board break; a three board break is superior to a two board....
 - Break supported on 1 end (speed break) is superior to a break supported on both ends

Jumping & Flying Breaking

- Head to Head Single Elimination Format
- One Station per competitor
- Technique must be executed with both feet in the air
- A maximum of three attempts per station is allowed
- Athlete technique will be judged based on the following criteria
 - o Technique, focus, balance, power, and creativity
 - o When 2 competitors execute exact same technique:
 - A break performed on the 1st try is superior to a break completed on the 2nd try
 - A two board break is superior to a one board break; a three board break is superior to a two board....
 - Break supported on 1 end (speed break) is superior to a break supported on both ends



2017 Adirondack AAU Forms & Breaking Mini Hanmadang



October 22, 2017

Doors Open 9:00a

Competition Begins 10:00a

Guilderland YMCA - 250 Winding Brook Dr - Guilderland - 12084

ENTRY FEES: Little Dragon Athlete\$25 (includes 3 boards)
Youth, Teen & Adult Athlete\$50 (includes 6 boards)

BOARD FEES: Additional boards sold on site \$2/ea

SPECTATOR FEES: FREE

Make checks payable to "Adirondack Events"
Mail to 10 New Karner Rd
Guilderland, NY 12084

ATHLETE INFORMATION:

FIRST NAME _____ LAST NAME _____

AGE _____ DATE OF BIRTH ____/____/____ Male or Female _____

EMAIL _____ PHONE NUMBER _____

2017-18 AAU MEMBERSHIP ID _____

TKD SCHOOL NAME _____

SELCECT YOUR CURRENT RANK(BELT COLOR):

LITTLE DRAGON:	YES _____		
NOVICE:	WHITE _____	YELLOW _____	ORANGE _____
INTERMEDIATE:	GREEN _____	BLUE _____	PURPLE _____
ADVANCED:	RED _____	BROWN _____	
BLACK BELT:	1 ST _____	2 ND _____	3 RD _____ 4 TH & UP _____

<u>CHECK YOUR EVENT(s):</u>	"X" if Participating
Traditional Forms	
Weapons Forms	
Open Breaking (multi-station)	
Jumping/Flying Breaking	
Little Dragons Breaking	

PLEASE COMPLETE & SIGN THE RELEASE PAGE!

2017 Adirondack AAU Taekwondo Mini Hanmadang

ATHLETE WAIVER/RELEASE FORM ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in any Amateur Athletic Union of the U.S. Inc. activity ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of the Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. FULLY UNDERSTAND that: (a) ATHLETIC ACTIVITIES INVOLVE RISK AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COST, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Amateur Athletic Union of the U.S. Inc. (AAU), including it's representatives, the related affiliated and subsidiary companies, as well as the officers, directors, agents, employees and assigns of each, and the AAU's Districts, clubs, coaches, officials, administrators, members, volunteers, participants, sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, and any other indemnified and held harmless by the AAU, each considered one of the "RELEASES" herein FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, NEGLIGENT SECURITY, TRAVEL, AND RECREATIONAL OPERATIONS AND ACTIVITIES; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damager, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

PRINT NAME OF PARTICIPANT:

PARTICIPANT'S SIGNATURE (only if age 18 or over): _____ DATE: _____

MINOR RELEASE

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF ATHLETIC ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE'S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEE'S OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATION AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM

PRINTED NAME OF PARENT/GUARDIAN:

ADDRESS: _____
(Street) _____ (City) _____ (State) _____ (Zip) _____

PHONE: (_____) _____ DATE: _____

PARENT/GUARDIAN SIGNATURE (only if participant is under the age of 18): _____