



THE 3rd KOREAN AMBASSADOR'S CUP TAEKWONDO CHAMPIONSHIPS



INVITATION

August 10, 2018



Dear Grandmasters, Masters, Instructors, Athletes, and Family Members,

The Korean Council would like to formally invite you to the 3rd Korean Ambassador's Cup Taekwondo Championship.

Thank you for all the support in making the previous Korean Ambassador Cup's Taekwondo Championship a great success. We are committed to make this year's Championship bigger, better, and even greater. We hope you have a chance to explore the beautiful and historical city of Washington D.C and join us at our championship held on Saturday, October 27th, 2018.

We hope to provide your students an opportunity to improve in not only their skills but to further improve themselves in other aspects of their lives as well. Through this championship, we also hope to provide masters an opportunity to network and strengthen relationships with other taekwondo associated colleagues.

We hope to formally greet you at our championship.

Sincerely,

Tournament Director: In Yong Lee

President

Korean Taekwondo Association of Washington DC



THE 3rd KOREAN AMBASSADOR'S CUP TAEKWONDO CHAMPIONSHIPS



GENERAL INFORMATION

Date: **October 27, 2018 (Saturday)**

Venue: **West Potomac High School**
6500 Quander Rd. Alexandria, VA 22307
(Do not mail application to this address)

Events:	Poomsae	Individual	Pair	Team	Para
	Sparring	Individual		World Class	
	Demonstration	Team			

World Class Sparring:

Electronic System With KP&P System. Electronic chest Gear will be used.
Head Contact World Class Sparring Division Only.
Earn your **national USAT points** at this Championship.

Registration Fee:

1. Mail in or Online registration at:
KTA in USA (7744 Gunston Plaza, Lorton, VA 22079)
www.ktainusa.org / E-mail: ktainusa20@gmail.com
2. ALL World Class athletes must register through the USAT official registering Website: (www.usat.hangastar.com)
3. Mail postmarked **NO LATER** than **October 14, 2018**
4. Make payable to: **KTA in USA**
5. No Personal Checks Accepted. ONLY Cash, Cashier's Checks or Money Orders

Registration Date	Before October 14, 2018	After October 14, 2018	At the Door
One Event	\$70. ⁰⁰	\$80. ⁰⁰	\$90. ⁰⁰
Two Events	\$80. ⁰⁰	\$90. ⁰⁰	\$100. ⁰⁰
Three Events	\$90. ⁰⁰	\$100. ⁰⁰	\$110. ⁰⁰
Four Events	\$100. ⁰⁰	\$110. ⁰⁰	\$120. ⁰⁰
Team Demo.	\$300. ⁰⁰	No Exception	

Coach Pass	1~10 Pre-Registered Student: 1 Free Coach Pass 11~20 Pre-Registered Students: 2 Free Coach Passes 21~30 Pre-Registered Students: 3 Free Coach Passes Additional Passes are \$20. ⁰⁰ (Excluding Masters/Grand Masters)
Spectator	Admission Fee: \$10. ⁰⁰ per person (Children 4year old under and Adults 65 year old over Free)
KP&P Electronic Foot Rental	\$10. ⁰⁰ at the registration desk. Limited Rental!!!



THE 3rd KOREAN AMBASSADOR'S CUP TAEKWONDO CHAMPIONSHIPS



EVENT SCHEDULE

Time	Program
6:00am	Volunteer & Staff meeting at the door
7:00am	Tournament set up Team Demonstration Competition
8:00am	Registration Open to all competitors and spectators Coach, Staff, Volunteer, Referee meeting
9:00am	All age & All belt Poomsae (white, Yellow, Green, Blue, Red, Black)
10:00am	Pair Poomsae, Team Poomsae Team Demonstration Final Competition
11:30am	Para Poomsae Opening ceremony set up
12:00pm	Opening Ceremony
12:30pm	Kukkiwon Taekwondo Demonstration & Korean Culture Show
12:30pm	Sparring set up
1:00pm	All age & All belt sparring (White, Yellow, Green, Blue, Red, Black) Black Belt World Class Sparring (Age12~14, 15~17, 18~32)
7:00pm	Closing Ceremony

Awards

Individual Poomsae Pair Poomsae Team Poomsae Para Poomsae Individual Sparring World Class Sparring	All Color Belts 1 st , 2 nd , 3 rd (2) Medal & Certificate All Black Belts 1 st , 2 nd , 3 rd (2) Medal & Certificate
Team Demonstration	1 st Champion Flag, Trophy & \$2000. ⁰⁰ 2 nd Trophy & \$1000. ⁰⁰ 3 rd Trophy & \$500. ⁰⁰
Best School Awards	1 st Trophy 2 nd Trophy 3 rd Trophy





THE 3rd KOREAN AMBASSADOR'S CUP TAEKWONDO CHAMPIONSHIPS



POOMSAE COMPETITION RULES

Poomsae Rules:

Individual Poomsae: Competitors must perform only their authorized poomsae designated for their specific rank. Scores will be based on: Proper Order, Accuracy, Technique, Power, Rhythm, Attitude, and Grace. Competitors will compete in a bracketed format with 2 athletes performing their form at the same time. However, only the athletes with the highest scores will advance to the next bracket.

Pair Poomsae: Competitors must perform only their authorized poomsae designated by the competition. Scores will be based on: Proper Order, Accuracy, Technique, Power, Rhythm, Attitude, and Grace. Competitors will compete in a bracketed format with 1 team performing their form at a time. The teams with the highest score will advance to the next bracket. Both team members must be dressed identically; thus, both members must wear WTF official poomsae uniforms or the traditional white uniform. Divisions will be divided into two age groups; 12 under and 12 and older. Each age group will be divided into two ranks; color belt and black belt divisions. Gender does not matter in pair poomsae.

Team Poomsae: Competitors must perform only their authorized poomsae designated by the competition. Scores will be based on: Proper Order, Accuracy, Technique, Power, Rhythm, Attitude, and Grace. Competitors will compete in a bracketed format with 1 team performing their form at a time. The teams with the highest score will advance to the next bracket. Teams must consist of ONLY 3 athletes. All team members must be dressed identically; thus, if two members are dressed in WTF poomsae uniforms, the third member must be dressed with the same uniform. Divisions will be divided into two age groups; 12 under and 12 and older. Each age group will be divided into two ranks; color belt and black belt divisions. Gender does not matter in Team Poomsae.

Para Poomsae: Competitors must perform only their authorized poomsae designated for their specific rank. Scores will be based on: Proper Order, Accuracy, Technique, Power, Rhythm, Attitude, and Grace. Competitors will compete in a bracketed format with 1 athlete performing their form at the same time. The athletes with the highest score will advance to the next bracket. The para divisions will be divided by the following: Visual Impairments, Intellectual Impairments, and Motor Impairments. Motor Impairments divisions will be divided from the following: P31 (diplopia, asymmetric diplopia, double hemiplegia or triplegia), P32 (dyskinesias athetosis, dystonia, ataxia, mild spastic quadriplegia or a combination of the above), P33 (spastic hemiplegia or very mild spastic dystonia), and P34 (very mild hemiplegia, diplegia, athetosis, dystonia, hemi-dystonia and very mild ataxia). All Para Poomsae competitors MUST BE READY by 11:30 am.



THE 3rd KOREAN AMBASSADOR'S CUP TAEKWONDO CHAMPIONSHIPS



SPARRING COMPETITION RULES

Sparring Rules:

Color Belt and Grassroots Black Belt Rules:

1. All color belt under age 17 & age 33 over no head contact.
2. Any technique contacted to the head area which does not cause any injury, the attacker will be given free warning by the referee.
3. Any technique, which causes injury to the head area will result in a one point penalty by the referee.
4. If the competitor cannot continue because of the injury to the head area, the attacker will be disqualified.
5. All competitors will be divided into Light/middle/heavy division.
6. All match 1 min / 2 rounds / 30 sec break
7. Point system: Body 2 point or turn kicks 4 points

World Class Sparring Rules:

1. World class competitors will follow WTF & USAT rules and regulation for sparring
2. All world class competitors black belt: Cadet Age 12~14 and Junior Age 15~17
3. Adult Competitors black belt: Age 18~32
4. Full Head contact.
5. KP&P Electronic scoring system will be used for all World class black belt sparring.
6. Cadet Age 12~14: 1 minute / 3 round / 30 second break.
7. Junior Age 15~17: 1 minute 30 second / 3 round / 30 second break.
8. Adult Age 18~32: 2 minute / 3 round / 30 second break.
9. Point system: 1 point for a valid punch to the trunk protector.
2 point for a valid kick to the trunk protector.
3 point for a valid turning kick to the head.
4 point for a valid kick to the trunk protector.
5 point for a valid turning kick to the head.
1 point awarded for every one "Gam-Jeom" given to the opponent contestant.
10. Weight regulation: With full uniform +/- 1lb acceptable. Weigh-ins will be held in the holding area the day of competition.
11. Earn your National USAT points at this Championship.
12. ALL World Class athletes must register through the USAT official registering.
Website: www.usat.hangastar.com

Do-Bok and Equipment:

All competitors must wear a Taekwondo uniform in good condition. Black trim V-neck is for Black Belts ONLY. All competitors must wear World Taekwondo (WT) Protective Gears, chest gear (blue and red), head gear (white or blue and red), shin and instep guard (white only), forearm guard (white only), mouthpiece (clear only), and groin protector (male and world class females). Gloves (WT Taekwondo gloves and world class only). If the competitor chooses to wear colored helmet, it must correspond to the chest protector. The groin protector, forearm, and shin protectors must be worn inside the uniform. The head protector must be firmly tucked under the left arm when entering the competition area and shall be put on the head following instructions on the referee before the start of the contest.



THE 3rd KOREAN AMBASSADOR'S CUP TAEKWONDO CHAMPIONSHIPS



TEAM DEMONSTRATION RULES

Rules are followed by Korean Demonstration Teams.

Demonstration Time: 1 min setup / 6 min demonstration / 1 min cleanup

It is MANDATORY that ALL demonstration team athletes MUST participate in ANOTHER event.

Demonstration Teams must register by September 15, 2018 AND be approved by the Secretary General of this competition. (Jae Young Kim Tel: 248-457-6955)

Regulations:

1. Must have 12~20 members. Must include a minimum of Four females on the team.
2. Must submit CD before the start of the competition OR during the coach meeting, the day of the competition.
3. Must break a minimum of 20 boards. Breaking techniques can use the fist, knife hands, fingers etc. A maximum of 40 boards can be broken for each demonstration.
4. Must include: Full spin kick, multiple target breaking, and any creative breaking without duplicates. A female athlete must break a board from one of the following listed above.
5. Vertical AND horizontal board breaking is required.
6. All breaks must be done only once.
7. Firecrackers and real weapons are prohibited.
8. Speakers for music will be provided at the competition area.
9. Self-defense demonstration must be performed by more than 10 people.

Deductions:

1. Inappropriate language.
2. When interfering with the proceeding of the referees.
3. If demonstration exceeds the time limit - 3 points will be taken off for every 10 seconds exceeded.
4. 10 point deduction; For each person below or above the required member of people per team.
5. If you fall after a technique - 3 points will be deducted.
6. If firecrackers and real weapons are used- 3 points will be deducted.
7. Demonstration must include a critical theme. For example: patriotism, political conflicts, religious conflicts, and social conflicts etc. 10 points' deduction if theme is not present.
Be creative!
8. For each failed breaking attempt, 1 point will be deducted.
9. Deductions will be made from the final score.

Disqualification:

1. When the list of athletes given prior from the competing athletes on competition day is different, then the team will be disqualified.
2. Demonstration teachers and masters cannot contribute.
If so, the team will be disqualified.

Scoring Criteria: A perfect score will consist of 100 points

- a. Creative Poomsae (20 points) - Accuracy (10 points), Performance (10 points)
- b. Self-Defense (20 points) - Accuracy (10 points), Performance (10 points)
- c. Jumping Kicks (10 points) - Accuracy (5 points), Performance (5 points)
- d. Multiple Target Breaking (10 points) - Accuracy (5 points), Performance (5 points)
- e. Spin-Kick Breaking (15 points) - Accuracy (10 points), Performance (5 points)
- f. Creative Breaking (20 points) - Accuracy (10 points), Performance (10 points)
- g. Overall Performance and Story (5 points) - Story (5 points)
- h. Overall Breaking - 1 point deduction per failed board breaking



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POOMSAE DIVISIONS

Grassroots Poomse

Age Group	Under 5	6-7	8-9	10-11	12-14	15-17	18-32	33-40	41-50	51-60	Over 60
Gender	Male						Female				
	Beginner(10 th ~ 7 th Kub)			Intermediate(6 th ~ 3 rd Kub)			Advanced(2 nd ~ 1 st Kub)			Poom & Dan	
Rank	10-9 Kub		8-7 Kub	6-5 Kub	4-3 Kub		2-1 Kup			1 st , 2 nd , 3 rd , 4 th Dan	
	White & White Adv.		Yellow & Yellow Adv.	Green & Green Adv.	Blue & Blue Adv.		Red & Red Adv.			Black Belt	
Forms	Basic 1, 2, 3 Kicho 1Bo		Taegeuk 1-2 Palgwe 1-2	Taegeuk 3-4 Palgwe 3-4	Taegeuk 5-6 Palgwe 5-6		Taegeuk 7-8 Palgwe 7-8			1 st Dan – Koryo 2 nd Dan – Keumgang 3 rd Dan- Taebaek 4 th Dan - Pyungwon	

Pair Poomse

Age Group	Under 12		Over 12	
Rank	Color Belt		Black	
Forms	Taegeuk 4 or Palgwe 4		Taegeuk 6 or Palgwe 6	Taegeuk 8 or Palgwe 8 1 st Dan – Koryo

Team Poomse

Age Group	Under 12		Over 12	
Rank	Color Belt		Black	
Forms	Taegeuk 5 or Palgwe 5		Taegeuk 7 or Palgwe 7	Taegeuk 7 or Palgwe 7 Keumgang

Para Poomse

Age Group	Under 14		15 - 30		Over 30	
Gender	Male				Female	
	Beginner(10 th ~ 7 th Kub)		Intermediate(6 th ~ 3 rd Kub)		Advanced(2 nd ~ 1 st Kub)	Poom & Dan
Rank	10-9 Kub	8-7 Kub	6-5 Kub	4-3 Kub	2-1 Kup	1 st , 2 nd , 3 rd , 4 th Dan
	White & White Adv.	Yellow & Yellow Adv.	Green & Green Adv	Blue & Blue Adv	Red & Red Adv.	Black Belt
Forms	Basic 1, 2, 3 Kicho 1Bo	Taegeuk 1-2 Palgwe 1-2	Taegeuk 3-4 Palgwe 3-4	Taegeuk 5-6 Palgwe 5-6	Taegeuk 7-8 Palgwe 7-8	1 st Dan – Koryo 2 nd Dan – Keumgang 3 rd Dan- Taebaek 4 th Dan - Pyungwon

TEAM DEMONSTRATION DIVISIONS

All Belt, All Ages.

Must have 12~20 members. Must include a minimum of Four females on the team.

It is MANDATORY that ALL demonstration team athletes MUST participate in ANOTHER event.

Demonstration Teams must register by September 15, 2018 AND be approved by the Secretary General of this competition. (Jae Young Kim Tel: 248-457-6955)



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SPARRING DIVISIONS

Grassroots Sparring

AGE	BELT COLOR	MENS WEIGHT DIVISION	WOMENS WEIGHT DIVISION
5 and Under	White & White Adv. (10-9 Kup) Yellow & Yellow Adv. (8-7 Kub) Green & Green Adv. (6-5 Kub) Blue & Blue Adv. (4-3 Kub) Red & Red Adv. (2-1 Kub) Black	Light/ Middle/ Heavy	Light/ Middle/ Heavy
6-7		Light/ Middle/ Heavy	Light/ Middle/ Heavy
8-9		Light/ Middle/ Heavy	Light/ Middle/ Heavy
10-11		Light/ Middle/ Heavy	Light/ Middle/ Heavy
12-14		Light/ Middle/ Heavy	Light/ Middle/ Heavy
15-17		Light/ Middle/ Heavy	Light/ Middle/ Heavy
18-32		Light/ Middle/ Heavy	Light/ Middle/ Heavy
33 Over		Light/ Middle/ Heavy	Light/ Middle/ Heavy

World Class Competitors- Ages (12-14)

MEN'S WEIGHT		WOMEN'S WEIGHT	
Under 37kg	Not exceeding 37kg	Under 33kg	Not exceeding 33kg
Under 45kg	Over 37kg & not exceeding 45kg	Under 41kg	Over 33kg & not exceeding 41kg
Under 53kg	Over 45kg & not exceeding 53kg	Under 47kg	Over 41kg & not exceeding 47kg
Under 61kg	Over 53kg & not exceeding 61kg	Under 55kg	Over 47kg & not exceeding 55kg
Over 61kg	Over 61kg	Over 55kg	Over 55kg

World Class Competitors- Ages (15-17)

MEN'S WEIGHT		WOMEN'S WEIGHT	
Under 48kg	Not exceeding 48kg	Under 44kg	Not exceeding 44kg
Under 55kg	Over 48kg & not exceeding 55kg	Under 49kg	Over 44kg & not exceeding 49kg
Under 63kg	Over 55kg & not exceeding 63kg	Under 55kg	Over 49kg & not exceeding 55kg
Under 73kg	Over 63kg & not exceeding 73kg	Under 63kg	Over 55kg & not exceeding 63kg
Over 73kg	Over 73kg	Over 63kg	Over 63kg

World Class Competitors- Ages (18-32)

MEN'S WEIGHT		WOMEN'S WEIGHT	
Under 58kg	Not exceeding 58kg	Under 49kg	Not exceeding 49kg
Under 68kg	Over 58kg & not exceeding 68kg	Under 57kg	Over 49kg & not exceeding 57kg
Under 80kg	Over 68kg & not exceeding 80kg	Under 67kg	Over 57kg & not exceeding 67kg
Over 80kg	Over 80kg	Over 67kg	Over 67kg



THE 3rd KOREAN AMBASSADOR'S CUP TAEKWONDO CHAMPIONSHIPS



COMPETITOR REGISTRATION FORM

- * Please sent the form along with your participation fee (Non-Refundable)
- * Mail in or Online registration at: KTA in USA (7744 Gunston Plaza, Lorton, VA 22079)
www.ktainusa.org / E-mail: ktainusa20@gmail.com
- * ALL World Class athletes must register through the USAT official registering
Website: (www.usat.hangastar.com)
- * Pre-registration by mail postmarked no later than **October 14, 2018**

Please Print Legibly

NAME: _____ AGE: _____ SEX: M F WEIGHT: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ E-MAIL: _____

TKD SCHOOL NAME: _____

INSTRUCTOR'S NAME: _____

Entry Fee:

Registration Date	Before October 14, 2018	After October 14, 2018	At the Door
One Event	\$70. ⁰⁰	\$80. ⁰⁰	\$90. ⁰⁰
Two Events	\$80. ⁰⁰	\$90. ⁰⁰	\$100. ⁰⁰
Three Events	\$90. ⁰⁰	\$100. ⁰⁰	\$110. ⁰⁰
Four Events	\$100. ⁰⁰	\$110. ⁰⁰	\$120. ⁰⁰
Team Demo.	\$300. ⁰⁰	No Exception	

It is MANDATORY that ALL demonstration team athletes MUST participate in ANOTHER event.
No Personal Checks Accepted
ONLY Cash, Cashier's Checks or Money Orders

Make Payable to: **KTA in USA**

Please check the appropriate box accordingly:

Color Belt:	<input type="checkbox"/> Beginner(10 th ~ 7 th Kub)	<input type="checkbox"/> Intermediate(6 th ~ 4 th Kub)	<input type="checkbox"/> Advanced(3 rd ~ 1 st Kub)
Black Belt:	<input type="checkbox"/> 1 st Dan	<input type="checkbox"/> 2 nd Dan	<input type="checkbox"/> 3 rd Dan <input type="checkbox"/> 4 th Dan or Higher
Events:	<input type="checkbox"/> Form	<input type="checkbox"/> Team Poomsae	<input type="checkbox"/> Pair Poomsae <input type="checkbox"/> para Poomsae <input type="checkbox"/> Sparring
	<input type="checkbox"/> World Class Sparring	<input type="checkbox"/> Team Demonstration	Total: \$

Liability Waiver

In consideration of your acceptance of my registration, I do hereby, for myself, heirs, executors and administrators agree to waive, release and forever discharge any and all rights claims for damages which may accrue to me, against The 3rd Korean Ambassador's Cup Taekwondo Championships and its state and district associations, The 3rd Korean Ambassador's Cup Taekwondo Championships, West Potomac High School, and all members of the tournament, or their respective officers, agents, representatives, successors, and/or assigns, and against any competitors for any and all damages which may be sustained by me in connection with my association with my participation in or entry in the above athletic meet and competition, and in connection with any medical service I may be provided in connection with any such serious injury or death. I understand that Taekwondo is a body contact sport and I further understand all contents of the 2018 rules and regulations and general information which was published by the sponsor and I agree with them in their entirety. I further understand that I may be dismissed from the premises without compensation or refund in my conduct is not courteous and cooperative for the successful operation of the championships.

Competitor's Signature: _____ Date: _____

Parent or Legal Guardian Signature: _____ Date: _____



THE 3rd KOREAN AMBASSADOR'S CUP TAEKWONDO CHAMPIONSHIPS



OFFICIAL MASTER / GRAND MASTER / COACH ENTRY FORM

Coaching Fees: Coach passes are REQUIRED to be in the ring with your competitor during their event.

1~10 Pre-Registered Student: 1 Free Coach Pass
11~20 Pre-Registered Students: 2 Free Coach Passes
21~30 Pre-Registered Students: 3 Free Coach Passes
Additional Passes are \$20 (Excluding Masters/Grand Masters)

Coach Dress Code: ABSOLUTELY NO hats, jeans, shorts, sandals, flip flops, and tank tops.
No Exceptions!
Warm-ups, slacks, polos, and button up shirts or similar athletic professional attire ARE PERMITTED.

Make payable to: "KTA in USA" (7744 Gunston Plaza, Lorton, VA 22079)

Pre-registration by mail postmarked no later than **October 14, 2018**

ONLY Cash, Cashier's Checks or Money Orders. NO personal checks.

More Info: Website - www.ktainusa.org / E-mail: ktainusa20@gmail.com

Tel. (703) 600-9597 / (310) 483-8562 / (248) 457-6955

☐ MASTER ☐ GRAND MASTER ☐ COACH

LAST NAME: _____ FIRST NAME: _____ AGE: _____ SEX: ☐ M ☐ F

PHONE: _____ E-MAIL: _____

TKD SCHOOL NAME: _____

TKD SCHOOL ADDRESS: _____

Waiver and Release or Liability

I, the undersigned, do hereby voluntarily participate in 3rd Korean Ambassador's Cup Taekwondo championship and hereby assume responsibility for any and all damages, injuries, or loses that I may sustain or incur if any while attending or participating. I waive all claims against the promoters, operators, sponsors or staff of the 3rd Korean Ambassador's Cup Taekwondo Championship individually or otherwise for any claim for injuries that I may sustain. I fully understand that my application fee is non-refundable. I consent that any picture furnished by me or any pictures taken of me in connection with the tournament can be used for publicity, promotion, or television showing; and I waive all compensation in regard, thereto. I further acknowledge that this martial arts competition is dangerous and can result in injury; I am in good health and physical condition to participate in this tournament. I further agree to surrender the pass upon request of the tournament official.

I have read and fully understand the above waiver

Signature of Applicant: _____ Date: _____

Signature of Master / Instructor: _____ Date: _____



THE 3rd KOREAN AMBASSADOR'S CUP TAEKWONDO CHAMPIONSHIPS



OFFICIAL REFEREE / VOLUNTEER / STAFF FORM

Please send application by **MAIL** postmarked **NO LATER** than **October 14, 2018**

KTA in USA (7744 Gunston Plaza, Lorton, VA 22079)

More Info: Website - www.ktainusa.org / E-mail: ktainusa20@gmail.com

Tel. (703) 600-9597 / (310) 483-8562 / (248) 457-6955

☐ REFEREE ☐ VOLUNTEER ☐ STAFF

LAST NAME: _____ FIRST NAME: _____ AGE: _____ SEX: M F

PHONE: _____ E-MAIL: _____

For Referee Only: Black Belt Dan #: _____ Age: _____

International Referee Rank: _____ USA Referee Rank:: _____

TKD SCHOOL NAME: _____

TKD SCHOOL ADDRESS: _____

TKD SCHOOL PHONE: _____ INSTRUCTOR NAME: _____

Waiver and Release or Liability

I, the undersigned, do hereby voluntarily participate in 3rd Korean Ambassador's Cup Taekwondo championship and hereby assume responsibility for any and all damages, injuries, or losses that I may sustain or incur if any while attending or participating. I waive all claims against the promoters, operators, sponsors or staff of the 3rd Korean Ambassador's Cup Taekwondo Championship individually or otherwise for any claim for injuries that I may sustain. I fully understand that my application fee is non-refundable. I consent that any picture furnished by me or any pictures taken of me in connection with the tournament can be used for publicity, promotion, or television showing; and I waive all compensation in regard, thereto. I further acknowledge that this martial arts competition is dangerous and can result in injury; I am in good health and physical condition to participate in this tournament. I further agree to surrender the pass upon request of the tournament official.

I have read and fully understand the above waiver

Signature of Applicant: _____ Date: _____

Signature of Master / Instructor: _____ Date: _____



THE 3rd KOREAN AMBASSADOR'S CUP TAEKWONDO CHAMPIONSHIPS



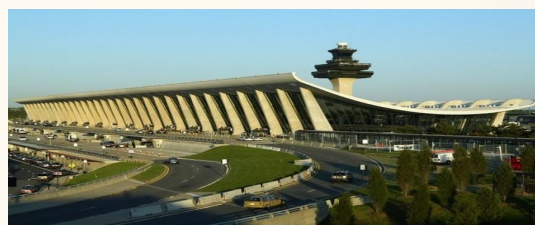
HOTEL ACCOMMODATIONS

1. Best Western Mount Vernon / Ft. Belvoir
8751 Richmond Hwy, Alexandria, VA 22308
Tel: 703-360-1300
Website: www.bestwestern.com
Tax Included \$110.⁸⁸ per room
2. Days Inn by Wyndham Alexandria South
6100 Richmond Hwy, Alexandria, VA 22303
Tel: 703-329-0500
Website: www.wyndhamhotels.com
Tax Included \$85.¹² per room



AIRPORT

1. Ronald Reagan National Airport: DCA
Website: www.flyreagan.com/dca/reagan-national-airport
2. Washington Dulles International Airport: IAD
Website: www.flydulles.com/iad/dulles-international-airport



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THE 3rd KOREAN AMBASSADOR'S CUP TAEKWONDO CHAMPIONSHIPS



TOURNAMENT SITE DIRECTION

West Potomac High School
6500 Quander Rd. Alexandria, VA 22307



From Pennsylvania

Starting at I-99 S.
Continue onto US-220 S toward US-30, Cumberland.
Take the exit unto US-30 E toward Everett, Breezewood.
Continue onto I-270 toward Washington DC.
Take exit 53 to merge onto I-270 toward Washington.
Take exit 177A-B onto US-1 toward Ft. Belvoir.
Turn Left onto Quander Rd.
The designation is on your right.

From Pittsburgh

Starting onto I-376 E toward Monroeville.
Take exit 85 onto I-376
Merge onto I-76 E toward Harrisburg.
Take exit 161 onto I-70 E toward US-30, Breezewood.
Take a left to merge onto I-270 S toward Washington.
Take exit 177A-B onto US-1 toward Ft. Belvoir.
Turn left onto Quander Rd.
The designation is on your right.

From New York, Philadelphia

Starting on Lincoln Tunnel.
Continue onto New Jersey Turnpike S.
Continue onto I-95 S.
Take exit 62 to merge onto I-895 toward Baltimore Harbor, Tunnel Thruway.
Take exit 4 onto MD-295 S, Balt Wash Parkway toward BWI Airport.
Continue onto I-295 S.
Take exit 177A onto US-1 S toward Ft. Belvoir
Turn left onto Quander Rd.
Destination is on your right.

From Richmond

Starting on I-95 N toward Washington.
Take exit 177A—B toward toward US-1 toward Ft. Belvoir
Turn left onto Quander Rd.
Designation is on your right.