

Celebrating Taekwondo Day in MARYLAND



Hosted by: Maryland State Taekwondo Association

Honorary Co-Chair: Governor Larry Hogan and First Lady Yumi Hogan

Tournament Advisors: Grand Master Se Yong Chang and Grand Master Chung Koo Nam

Tournament Director: Senior Master Chien Vuong

Tournament Chairman: Senior Master Joseph Pirczhalski III

Tournament Committee Chairman: Master Lee Hencshel

Tournament Emcee: Senior Master Yong Seong CJ Chang

National Level Tournament Facility & Judging

Weigh In Time: 8:00 – 9:45 AM Championship: 9:00 AM – 4:30 PM Opening Ceremony: 12:00 PM

For Information

Call: (410) 721-4400

E-Mail: vuongsmartialarts@gmail.com Tournament Director:

Senior Master Chien Vuong



All tournament proceeds will be donated to the Children's Cancer Foundation (CCF)



Saturday March 31, 2018

APG Federal Credit Union Arena
401 Thomas Run Road, Bel Air, MD 21015
Info: (410) 721-4400 www.marylandtaekwondo.com



Letter from the Tournament Director



Greetings Taekwondo Members,

I would like to welcome everyone to the **2018 Maryland Governor's Cup Taekwondo Championship**. We were blessed to have over 500 athletes participate in this event last year. This prestigious tournament will continue the tradition of providing the finest in competition as well as refereeing and judging for the Maryland State Taekwondo Association immediately following the USAT Qualifier. This remarkable tournament will be such an important event since proceeds from this tournament go directly to the **Children's Cancer Foundation (CCF)**.

On behalf of the Maryland State Taekwondo Association, it gives me great honor to announce this year's competition to officially mark the second year to celebrate **Taekwondo Day in the State of Maryland**. **Governor Larry Hogan and the First Lady will honor us with their presence and participation in this momentous occasion**.

We will have two categories of black belt divisions in 12-14, 15-17, & 17-32: World Class and Open Sparring. Daedo scoring will be available for black belt world class divisions in 12-14, 15-17 and 17-32 divisions and Ring Master scoring for Open Sparring and all other age categories. Daedo socks will NOT be available for purchase on site. Please go to www.tkdscore.com to purchase your Gen2 socks if you are competing in the World Class black belt divisions and allow enough time for shipment.

We will also showcase a **3-man Tag Team Sparring** division which will consist of 3 black belt competitors 15+ in age that will compete in a single elimination bracket at 1-5 minute round each. Within each singular 5-minute round match, any of the 3 competitors may tag in/out as many times as they would like. It will be an exciting showcase!

Remember Taekwondo competition is an essential part of martial arts training. Competition allows you to put your individual skills to the test against another individual of similar experience and level. But keep in mind Taekwondo competition is ultimately a learning experience. And with every experience in life you gain knowledge, strength, courage, and confidence. So through your experience at this competition, you will become a better Taekwondo student overall.

Look forward to seeing all of you at this great tournament, so keep practicing and good luck.

"It's not whether you get knocked down; it's whether you get up."

-Vince Lombardi

Master Chien Vuong

President of the Maryland State Taekwondo Association Tournament Director of the 2018 Maryland Governor's Cup Taekwondo Championship



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GENERAL INFORMATION

COMPETITION: 2018 Maryland Governor's Cup Taekwondo Championships

COMPETITION FEES: 1) Sparring, Traditional & Sport Poomsae (Forms) & Breaking. **Pre-Register:**

\$75 for one events, \$15/each additional event. On-Site Registration: \$95 for

one event, \$15/each additional event.

2) Mail-in registration will be accepted but must be Postmarked by March 23,

2018. Credit Card (VISA/MC/DISCOVER) payment is only accepted for Mail-

in registration. There will be a \$10 processing fee incurred for all CC transactions. Only Cash, Cahiers checks, Money orders (payable to MSTA), or

Pre-Approved School Checks will be accepted for Mail-in registration. NO

Personal Checks Accepted!!

Mail Applications to: 2018 MD Governor's Cup

1117 MD-3, Gambrills, MD 21054

3) On-site registrations will be accepted. Credit Card Payments will NOT be accepted ON SITE. Only Cash, Cashiers check, money orders, or Pre-Approved School Checks accepted. NO Personal Checks Accepted On Site!!

TIME SCHEDULE: 8:00 – 8:30 AM On-Site Registration & Pre-Registration pickup for all 12 & up

8:00 - 8:45 AM WEIGH IN - 12 & Above BLACK BELTS ONLY

8:00 AM Referee Meeting (MANDATORY)

8:00 AM Report Time for ALL DAEDO BLACK BELT Competitors

9:00 AM Report Time for ALL DIVISIONS 12 & up only

10:30 - 11:00 PM On-Site Registration & Pre-Registration pickup for all 11 & under

11:30 - 12:00 PM Lunch

12:00PM Opening Ceremony and Demonstration

Competition begins for ALL DIVISIONS 11 & under only starts

immediately after Opening Ceremonies

ADMISSION FEES: \$10 (CASH ONLY) *Children 4 & under / 65 & over Free*

COACHING: Pre-Registration \$30. On-Site \$50. Applications will be available for Coaches to

register at the door. 1 free Coach pass for (10) competitors or more. (Only 1 free

coach pass per School/Club)

COMPETITION RULES: The current modified USAT & modified WTF competition rules will govern this

championship.

WEIGH-IN: Weigh-In required only for Black Belts who are competing in the (12-14), (15-17)

& (17-32) sparring divisions. Weigh-in will take place on Saturday 3/31/18 at

the venue between 8-8:45 AM.

MANDATORY EQUIPMENT: All Sparring competitors must wear: white, red or blue headgear (red & blue

headgear must be matched with chest protector color) and, red and blue reversible chest protector, forearm guard, shin and instep guard, groin cup (male only, worn inside) and mouthpiece. Each competitor must provide his or her own equipment. Some equipment will be sold at the tournament site. 12-14, 15-17 & 17-32 World Class Black Belt Divisions must provide their own Gen2 Daedo Socks.

COMPETITOR AWARDS: Beautiful medals will be awarded to:

Traditional & Sport Poomsae / Breaking: one 1st, one 2nd & one 3rd place

winners. Sparring: one 1st, one 2nd and two 3rd place winners.

GRAND CHAMPIONS GOVERNOR'S CUP awarded to all 1st place winners in all 3 events:

Forms/Breaking/Sparring divisions

HOTEL: Holiday Inn Express Aberdeen-Chesapeake House

1007 Beards Hill Road, Aberdeen, MD 21001 - 410-272-8100





Competition Rules and Regulations

Sparring Competition Rules				
Age	Rules			
	USAT/WTF Modified rules.			
11 & under	No Head Contact for all belts except BB Ages (8-11)			
	Junior Safety rules for Black Belts (ages 8-11)			
12 - 14	USAT/WTF Modified rules.			
12 - 14	Junior Safety Rules for All Belts			
	USAT/WTF Modified rules.			
15 - 17	Junior Safety Rules for Color Belts			
	Senior Rules for Black Belts			
10 % 110	USAT/WTF Modified rules.			
18 & up	Senior Rules for All Belts			

Important

Ages (12-32) Black Belt sparring Divisions ONLY:

Weigh-in required only for BLACK BELTS who are competing in the (12-14, 15-17 & 18-32) year old sparring divisions. Weigh-in will take place on Saturday, March 31 at the venue between 8am - 8:45am. Competitors will be allowed two opportunities to stand on the scale, during this time if unable make weight on the 2nd try, Competitors will be moved up/down to next weight divisions.

We will have two categories of black belt divisions in 12-14, 15-17, & 17-32: World Class and Open Sparring. **Daedo scoring will be available for black belt world class divisions in 12-14, 15-17 and 17-32 divisions** and Ring Master scoring for Open Sparring and all other age categories. <u>Gen2 Daedo socks will NOT be available for purchase on site</u>. Please go to <u>www.tkdscore.com</u> to purchase your Gen2 socks if you are competing in the World Class black belt divisions and allow enough time for shipment.

All Color Belts Divisions, Black Belt Divisions (11 & under), Black Belt Divisions (33 and up):

There will be **NO** weigh-in for All Color Belt divisions, Black Belt divisions (11 and under), or Black Belt divisions (33 and up.) You must enter your correct weight during your registration. If there seems to be a purposeful falsifying of weight information, you will risk disqualification. Competitors unable to meet the weight division listed during registration will not be allowed to compete and be disqualified. (Competitors will not be moved up or down divisions due to this falsification).

^{***}If there are less than four athletes in a weight division, the organizing committee may combine weight divisions.

^{***}Athletes ages 15 - 17 (**Sparring division ONLY**) may compete in their own division or an older age division for their respective weight.

^{***}Athletes 33 years and up (**Sparring division ONLY**) have the option to compete in their own division or the 17-32 years old division for their respective weight.





Poomsae

ALL Taekwondo Forms will be allowed

Rank (Kub)	10 - 9	8 - 7	6 – 5	4 – 3	2 - 1	Poom-Dan: 1 – 2 - 3
Belt Colors	White/Y	'ellow/Orange	Green	Blue/Purple	Red/Brown	Black
Poomse: Taeguek / Palgwae /	Basic Form /		3 or 4	5 or 6	7 or 8	Koryo-Keumgang-Taebaek etc.,
Chang Hon / Pyung Ahn / etc		1 or 2				

TRADITIONAL: Poomsae competitors must perform only the Poomsae designated for their specific rank. ALL Taekwondo poomsaes will be allowed. Scores will be based on: proper order, beauty, grace, rhythm, accuracy, power, technique and attitude. Poomsae will be bracket competition like Sparring.

SPORT POOMSAE: Sport Poomsae will only be available in 12-14, 15-17, 18-40, 41-50, 51+ black belt divisions. Competitors in these age categories will have a choice to compete in Sport Poomsae or Traditional Poomsae. Competitors CANNOT compete in both forms events. Designated forms will be posted on the morning of competition but will be limited to the following:

Poomsae selection will take place one week prior to the event and will be posted on facebook at usta_chang.

Kuk-pa (Breaking)

- 1. Competitors must provide their own boards and holders.
- 2. Only Pine Boards will be allowed. No bricks, cinder blocks, or fruit.
- 3. Competitors can choose the kind of techniques and number of boards to break.
- 4. The maximum number of stations is 3 with 1-3 kicking techniques per station.
- 5. The maximum set-up time is 1 minute.
- 6. The maximum time to complete the performance is 1 minute.
- 7. The maximum number of tries is 2 times.
- 8. The performance must be done within the regulation ring size.

*** Boards will be available for purchase at the Venue. ***



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Mail To: Maryland State Taekwondo 1117 MD-3 Gambrills, MD 21054

COMPETITOR ENTRY FORM

Must be Post Marked No later than March 23, 2018 for Pre-Registration

		(Please	Print legib	iy)					
	ATHLETE INFORMATION								
Athlete's Last Name:	Fir	st Name:				Middle Name	:		
Street Address:									
City:	State:				Zip Cod	de:			
Home Phone #	Cell Phone	2:			Email (Send information	for event	ts and sem	ninars)
Approximate Weight (LBS):	Birth date: MM	I/DD/YY	/	/		Age:	Sex:	□ :M	□: F
THE FOLLOWING IS REQUI ☐: Liability Waiver form on back signed ☐: Division Form with respective division	i		HIS FORM	1 (Athlet	e to che	eck box indicat	ng task i	s comple	te)
	I AM ENTERIN 00 for One and	IG IN THE FOL							
(\$7!	5.00 for One a	nd \$15 for eac	•-	nal Ever	nt <u>Pre-R</u>	egistration)			
TRADITIONA	AL FORMS	SPORT PO	OMSAE	E	BREAKI	NG SPA	RRING		
		RANK	(Circle Or	ne)					
WHITE-YELLOW-ORANG	E / GREEN	/ BLUE-P	URPLE	/ BRC	WN-RE	ED / BLACK	BELT-D	OAN RAN	K:
	TAI	EKWONDO SC	HOOL IN	FORMAT	ION				
Name of School :		School Addres	S:						
City,	State			Ž	Zip Code	School F	hone #		
ATHLETES ACKNOWLEDGEMENT (Parent or Guardian must complete if competitor is 17 years or younger)									
I have read, understood, signed and atta								f my know	rledge.
Athlete Signature /Parent (Print and S	ign) or Guardian	(Print Name and	d Relations	ship, then	sign)		ate: (MM)	/DD/YY)	

*Credit Card Payment is only applicable for Pre-Registration Only. You may make payment via Cash, Cashier's Check, Money Order or Credit Card for Pre-Registration. No Credit Card payment will be accepted On-Site. All Credit Card Transactions will incur a \$10 transaction fee. Credit Card Number w/ Security Code: Signature: Amount: All Applications & Fees are Non-Refundable U: Mogey Oder/Cashier's Check Amount: Wavier & Release on Page 8 must be SIGNED in order to Process.



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COACH ENTRY FORM

Must be Post Marked No later than March 23, 2018 for Pre-Registration

(Please Print legibly)

	COA	CH INFORMATION			
Last Name:	First Name):	M	iddle Name:	
Street Address:					
City:	State:				
Home Phone #	Cell Phone:		Email (Send	information for events and	seminars)
Birth date: MM/DD/YY /	/		Age	: Sex: :	M □: F
THE FOLLOWING IS REQU ☐: Liability Waiver form on back signed		D TO THIS FORM (Coac	h to check bo	ox indicating task is comp	olete)
Labiny ward form on book signed	I AM ENTERING IN T (\$50.00	THE FOLLOWING EVENT Of or <u>on-site Registration</u> or Of for Pre-Registration	<u>n</u>)	le)	
	(400.0	COACH PASS	,		
	F	RANK (Circle One)			
WHITE-YELLOW-ORANG	SE / GREEN / B	LUE-PURPLE / BRO	OWN-RED	/ BLACK BELT-DAN R	ANK:
	TAEKWON	DO SCHOOL INFORMA	TION		
Name of School :	School	Address :			
City,	State		Zip Code	School Phone #	
(D		s ACKNOWLEDGEM			
I have read, understood, signed and atta		t complete if coach is ability Waiver form. The ab			nowledge.
Coach's Signature /Parent (Print and	Sign) or Guardian(Print N.	lame and Relationship, the	n sign)	 Date: (MM/DD/Y	Y)
	Pay	ment Information:			
*Credit Card Payment is only applicable Pre-Registration. No Credit Card payme					Credit Card for
Credit Card Number w/ Security Code:				Expiration Date:	
Signature:		Amount:		All Application Non-Refu	
☐ : Cash Amount:		☐ : Money Oder/Cashie	r's Check	Amount:	
Wavier & F	Release on Page	8 must be SIGN	ED in orde	er to Process.	



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WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OR RISK AND PARENTAL CONSENT AND INDEMNITY AGREEMENT

- In consideration of your acceptance of my participation or that of the minor child, I do hereby, for myself or the minor child, my heirs, executors and administrators waive, release, discharge, covenant not to sue, agree to indemnify and save and hold harmless any and all rights and claims for damages which I may have or may accrue to me against the 2018 Maryland Governor's Cup Taekwondo Championship, Grand Master Se Yong Chang, Master Chien Vuong, Master Joseph Pirczhalski III, Master Yong Seong Chang, APG Federal Credit Union Arena, and for this martial arts function, its organizing committee, and all members of this martial arts function, or their respective officers, committees, medical committee, agents, representatives, successors, sponsors, advertisers, volunteers, owners and lesser of premises on which the martial arts function takes place, assignees and against any student for any and all damages which may be sustained by me or the minor child, in connection with me or entry in the above stated function, or which may arise out of traveling to, participating in, and returning from this martial arts function. I understand that all entry fees are nonrefundable.
- I understand the nature of Taekwondo activities and believe that my experience and capabilities, or
 that of the minor child, to be qualified to participate in this martial arts function. I understand that
 Taekwondo activities involve risks and dangers of serious bodily injury, including permanent
 disability, paralysis and death. These risks and dangers may be caused by myself or the minor
 child's own actions, or inactions, and/or the actions or inactions of others participating in the
 martial arts function.
- I have read this agreement, fully understand it's terms, understand that I or the minor child 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 the law and agree that if any portion of this agreement is held to be invalid that the balance, notwithstanding, shall continue in full force and effect.

Participant's Printed Name	Participant's Signature	Date
Parent/Guardian's Printed Name	Parent/Guardian's Signature	Date





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Tournament Divisions

Traditional Poomsae (Forms) - All Ages

Age 7 & Under 8-9 10-11 12-14 15-17 18-32 33 & Up Rank/Belt White / Yellow / Orange Green Blue / Purple Brown / Red Black Gender Male Female

Sport Poomsae for Black Belts Only

Age	12-14	15-17	18-30	30+			
Rank/Belt	Black						
Gender	Ma	ale	Fema	le			

Competitors cannot compete in both poomsae divisions

Breaking - All Ages

Age	7 & Under	8-9	10-	-11	1	2-14	15-17	18-32		33 & Up
Rank/Belt	White / Yo	Yellow / Orange Green		Blue / Purple		Brown / Re	d	Black		
Gender	Male					Female				

Open Sparring -All Ages

Age	4-5 6-7	8-9	10-11	12-14	15-17 33-	39 40 & Up	
Rank/ Belt	White / Yellow / Orange	Green	ВІ	ue / Purple	Brown / Red	Black	
Weight	Light			Middle	Heavy		
Gender		Male			Female		

Daedo Sparring – Ages (17-32) Black Belts

Divisions	Men's Weight	Women's Weight
Fin/Fly	000.0 – 127.9 lbs.	000.0 -108.0 lbs.
Bantam/Feather	128.0 – 149.9 lbs.	108.1 – 125.7 lbs.
Light/Welter	150.0 – 176.4 lbs.	125.8 -147.7 lbs.
Middle/Heavy	176.5 - 999.9 lbs.	147.8 – 999.9 lbs.

Daedo Sparring - Ages (12-14) Black Belts

Divisions	Men's Weight	Women's Weight
Fin	000.0 – 72.8 lbs.	000.0 – 63.9 lbs.
Fly	72.9 – 81.6 lbs.	64.0 – 72.8 lbs.
Bantam	81.7 – 90.4 lbs.	72.9 – 81.6 lbs.
Feather	90.5 – 99.2 lbs.	81.7 – 90.4 lbs.
Light	99.3 – 108.0 lbs.	90.5 – 97.0 lbs.
Welter	108.1 – 116.8 lbs.	97.1 – 103.6 lbs.
Light Middle	116.9 – 125.7 lbs.	103.7 – 112.4 lbs.
Middle	125.8 – 134.4 lbs.	112.5 – 121.3 lbs.
Light Heavy	134.5 – 143.3 lbs.	121.4 – 130.1 lbs.
Heavy	143.4 – 999.9 lbs.	130.2 – 999.9 lbs.

Daedo Sparring - Ages (15 - 17) Black Belts

Divisions	Men's Weight	Women's Weight
Fin	000.0 – 99.2 lbs.	000.0 - 92.6 lbs.
Fly	99.3 – 105.8 lbs.	92.7 – 97.0 lbs.
Bantam	105.9 – 112.4 lbs.	97.1 – 101.4 lbs.
Feather	112.5 – 121.3 lbs.	101.5 – 108.0 lbs.
Light	121.4 – 130.1 lbs.	108.1 - 114.6 lbs.
Welter	130.2 – 138.9 lbs.	114.7 – 121.3 lbs.
Light Middle	139.0 – 149.9 lbs	121.4 – 130.1 lbs.
Middle	150.0 – 160.9 lbs.	130.2 – 138.9 lbs.
Light Heavy	161.0 – 172.0 lbs.	139.0 – 149.9 lbs.
Heavy	172.1 – 999.9 lbs.	150.0 – 999.9 lbs.

Competitors cannot compete in two sparring divisions

ALL DIVISIONS ARE SUBJECT TO CHANGE





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Poomsae Draw

Female	Cadet (12-14)	Junior (15-17)	Senior 1(18-30)	Senior2(31-40)
Preliminary	Keumgang	Taebaek	Pyongwon	Keumgang
Semifinal	Taegeuk 4	Taegeuk 6	Koryo	Taegeuk 6
Final1	Taegeuk 8	Keumgang	Taegeuk 6	Taegeuk 7
Final 2	Koryo	Koryo	Taegeuk8	Koryo
Female	Master1(41-50)	Master 2 (51-80)	Master3(61-85)	Master 4 (66+)
Preliminary	Taegeuk 6	Pyongwon	Jitae	Jitae
Semifinal	Taegeuk 8	Koryo	Pyongwon	Hansu
Final1	Keumgang	Keumgang	Chonkwon	Shipjin
Final 2	Koryo	Chonkwon	Keumgang	Pyongwon
Male	Cadet (12-14)	Junior (15-17)	Senior 1(18-30)	Senior2(31-40)
Preliminary	Taegauk 7	Taebaek	Taegeuk 6	Koryo
Semifinal	Taegeuk 5	Taegeuk 4	Pyongwon	Taebaek
Final1	Taegeuk 6	Taegeuk 7	Koryo	Taegeuk 7
Final 2	Keumgang	Taegeuk 6	Taebaek	Keumgang
Male	Master1(41-50)	Master 2 (51-80)	Master3(61-85)	Master 4 (66+)
Preliminary	Taebaek	Chonkwon	Shipjn	Jitae
Semifinal	Koryo	Pyongwon	Chonkwon	Keumgang
Final1	Keumgang	Jitae	Koryo	Taebaek
Final 2	Chonkwon	Hansu	Jltae	Shipjin
FemaleTeam	Cadet (12-14)	Junior (15-17)	Under30	Over 30
Preliminary	Taegeuk 6	Taegeuk 6	Shipjin	Jitae
Semifinal	Taegeuk 5	Koryo	Keumgang	Shipjin
Final1	Keumgang	Taegeuk4	Taegeuk7	Koryo
Final 2	Taegeuk7	Taegeuk 8	Taegeuk 8	Keumgang
MaleTeam	Cadet (12-14)	Junior (15-17)	Under30	Over 30
Preliminary	Taegeuk 6	Koryo	Taebaek	Jitae
Semifinal	Taegeuk 8	Taegeuk 5	Taegeuk 6	Taegeuk 8
Final1	Taegeuk 5	Taebaek	Taegeuk7	Shipjin
Final 2	Taegeuk7	Keumgang	Taegeuk 8	Koryo
Pairs	Cadet (12-14)	Junior (15-17)	Under30	Over 30
Preliminary	Taegeuk 8	Taegeuk 7	Taegeuk 8	Taegeuk 8
Semifinal	Taegeuk 7	Keumgang	Pyongwon	Keumgang
Final1	Taegeuk5	Taegeuk 5	Koryo	Chonkwon
Final 2	Taegeuk4	Taegeuk 6	Shipjin	Taebaek



US A

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TOURNAMENT SITE DIRECTIONS



Directions

From South Of Campus (Baltimore, Washington, D.C.)

- 1. Take Interstate 95 N. to exit 80 Churchville (Rte. 543).
- Travel north toward Churchville for approximately 6 miles to the traffic light at the intersection of Rte. 543 and Rte. 22.
- 3. Turn right on Rte. 22 and continue to the light at Thomas Run Road.
- 4. Turn left on Thomas Run Road.
- 5. The College campus is on the right.
- 6. The Chesapeake Theater is located at Entrance #2 and is the first building on the left.
- The Amoss Center is located at 200 Thomas Run Road which is on the left side of Thomas Run Road directly across from Entrance #2.
- 8. The Arena is located at Entrance #1 and is the large building on the right. Parking for the Arena is in the S lot with overflow into the T or C lots.

From North of Campus (Elkton, Wilmington, New York)

- 1. Take Interstate 95 S to Exit 85 Aberdeen (HWY 22 West).
- 2. Travel Rt. 22 West to the light at Thomas Run Rd.
- 3. Turn right onto Thomas Run Rd.
- The College campus is on the right.
- 5. The Chesapeake Theater is located at Entrance #2 and is the first building on the left.
- 6. The Amoss Center is located at 200 Thomas Run Road which is on the left side of Thomas Run Road directly across from Entrance #2.
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Special Thanks to our Medical Staff



Bare Essentials Sports Medicine
Is pleased to support the Maryland State Taekwondo Association and local tournament at Harford Community College

Special Thanks to our Vendors



Web: http://aamausa.com/

ADDRESS: 31399 Lorain Rd. North Olmsted, OH 44070

TOLL FREE: 1-888-668-6355

PHONE: 1-440-734-6990

FAX: 1-440-734-6980

BUSINESS HOURS: Mon~Fri 09:00 ~ 18:00



Company: i-Tiger TaeKwonDo

Contact: Mr. Bo Kwon

Phone: 703-674-8734