

GENTLE EAST TAEKWONDO

Remembering Eric Skowronski - Gentle East Black Belt

NOVEMBER 19, 2022

CAPTAIN'S CUP



CHALLENGE

*TOURNAMENT DIRECTOR
GRANDMASTER JOHN L. HOLLOWAY*

DAEDO BLACK BELT SCORING

OLYMPIC STYLE SPARRING

BOARD BREAKING

POOMSAE:

TRADITIONAL//CREATIVE//FAMILY

TAG TEAM SPARRING

TOURNAMENT SITE

MARYLAND JUNIORS SPORTS CENTER
8221 PRESTON COURT JESSUP, MD
20794

MORE INFO gentleeast.com

captcup10@aol.com

Gentle East Taekwondo 8749 Flower Avenue
Silver Spring, MD 20901 301-585-2272



September 28, 2022

Dear Taekwondo Family,

Like so many others, Covid kicked us down but not out. We are back up and excited to invite you to the **27th Captain's Cup Challenge (CCC XXVII)**. We look forward to seeing you at the **Maryland Junior Sports Center** in Jessup, MD on **November 19, 2022** to celebrate old friendships, create new ones and, as always, participate in outstanding competition.

Our common goal is to help our athletes continue and grow in their pursuit of excellence. As has been the tradition at all the Captain's Cups, this event will feature traditional forms, board breaking and sparring competitions. Family forms competitions will allow athletes the opportunity to share the thrill of competition with family members. We will again be featuring 3-man TagTeam Black Belt Sparring. (Please contact the school if you are interested in fielding a team/s). Daedo scoring systems and hogus will be used in World Class divisions (only) and all World Class competitors must have Daedo Gen.2 footgear (available for purchase on www.tkdscore.com or on site). Cadet, Junior and Senior Black Belt competitors will have the option of competing in World Class (full head contact) or Grassroots (controlled head contact) divisions.

Over the years I have been honored and humbled to have so many of my International and National referee colleagues support the Captain's Cup Challenges. We have already received commitments from International and National referees experienced with the newest WT rules and with Master Bernard Robinson, International S Class referee, serving as Referee Chair, well-run rings and excellent officiating are a guarantee. The referee uniform will be black pants, white shirt and red tie and the meeting will begin at 8:30am.

To download a registration form please visits www.gentleeast.com. We are excited to be back in the ring and hope you share our enthusiasm. Join us on November 19th for an exceptional day of competition and fun. We look forward to seeing you there!

It's All Good

Grand Master John L. Holloway
Tournament Director
US Team Leader, 2000 Sydney Olympic Games
US Team Captain, 1977- 1979

LOCATION

Maryland Juniors Sports Center
8221 Preston Court
Jessup, MD 20794
301-490-5802

SCHEDULE OF EVENTS

7:30 -	ON SITE REGISTRATION
8:30 -	REFEREE MEETING
9:00 - 12:30	FORMS & BREAKING COMPETITION
12:30 - 12:45	OPENING CEREMONY
1:00 - 6:00	SPARRING COMPETITION

RULES

Modified WTF/USAT Rules will govern this tournament.

COMPETITION FEES

Pre-Registration for one Event (postmarked by 11/12/2022)	\$90.00
Additional Cost per Event	\$15.00
Late/On Site Registration for ONE Event.....	\$105.00
Coach Credential (one free per 10 students registered)	\$25.00..... \$35.00 on site

There will be no refund of competition fees.

COMPETITION RULES

(1) BOARD BREAKING-----Three Stations Only

A time limit of two (2) minutes shall be given to set up and complete the break, with **two chances allowed at each station**. Each competitor shall provide the wood and board holders. For competitors 13 and under the boards shall be 10"x12"x1/2" and for competitors 14 and over the boards shall be 10"x12"x1". **Boards will be available for purchase at the venue.**

(2) CREATIVE POOMSAE

The competitor shall complete the form within two (2) minutes. A minimum of six (6) kicks shall appear in the form. No musical accompaniment will be used by the competitor during this event.

(3) TRADITIONAL POOMSAE

All traditionally recognized Taekwondo forms (ITF/WTF) will be allowed in this competition.

(4) FAMILY POOMSAE

All traditionally recognized Taekwondo forms (ITF/WTF) will be allowed in this competition. Scoring will include accuracy of the form and synchronization as a team.

(5) SPARRING

All matches will be single elimination and the most recent WT best of three system will be used for all divisions. NO HEAD CONTACT rules will be enforced for all non-black belt, age 11 and under competitors. Black belt Cadets (12-14) and Juniors (15-17) will have one and a half (1.5) minute rounds and all non-black belt competitors 17 and under will have one (1) minute rounds. For adult non-black belt and ALL competitors 33 and over, rounds will be one and a half (1.5) minutes each. Senior black belt competitors (18-32) will have two (2) minutes rounds.

SPECTATOR ADMISSION

General Admission.....	\$10.00
Students	\$ 5.00
Children ages 6 & under & Senior Citizens.....	FREE

EQUIPMENT

All competitors must bring their own equipment. **WORLD CLASS competitors must have Daedo Gen2 socks** (purchase on-site or at www.tkdscore.com). All competitors shall wear WHITE TRADITIONAL or V-NECK uniforms. Shin & instep pads, forearm pads, chest protector, and headgear are required for sparring competitors. Also, male sparring competitors are required to wear a protective cup. A mouthpiece is mandatory. Gloves are mandatory for 15-32 Black Belt competitors and optional for all others.

AWARDS

Olympic-size medals shall be awarded to the first, second and third place winners in each division. There will be two third place winners in traditional forms and sparring divisions.

**GENTLE EAST
CAPTAIN'S CUP CHALLENGE XXVII
NOVEMBER 19, 2022**

NAME _____ EMAIL _____
ADDRESS _____
CITY _____ STATE _____ ZIP CODE _____
AGE _____ SEX _____ WEIGHT _____ HEIGHT _____
BELT RANK _____ GUP / DAN _____ BELT COLOR _____
MARTIAL ARTS SCHOOL _____
MARTIAL ARTS SCHOOL ADDRESS _____
CITY _____ STATE _____
ZIP CODE _____ SCHOOL PHONE _____
INSTRUCTOR'S NAME _____

In consideration of your acceptance of my entry, I do hereby, for myself, my heirs, executors, and administrators waive, release, and forever discharge any and all rights and claims for damages which I may have, or which may accrue to me against Gentle East Martial Arts, Inc., Gentle East Captain's Cup Challenge, the World Taekwondo Federation (WTF), USA Taekwondo (USAT), United States Olympic Committee (USOC), and all members of the tournament, or their respective officers, agents, representatives, successors and/or assigns, and against any competitor for any and all damages which may be sustained by me in connection with my association with or entry in the above athletic meet. I understand that Taekwondo is a body contact sport, which involves a risk of injury. I understand that the competition rules are based on the rules of the WTF. I agree to all tournament competition rules and understand that I may be disqualified if I do not follow these rules.

I further agree that any photographs taken of or by me in connection with the Gentle East Captain's Cup Challenge can be used by the Tournament Director for publicity or promotion without compensation at this time or any other time.

SIGNATURE: _____ DATE: _____

PARENT/GUARDIAN SIGNATURE _____ DATE: _____
(REQUIRED FOR ALL COMPETITOR UNDER AGE 18)

CHECK THE EVENTS YOU WISH TO ENTER

BOARD BREAKING CREATIVE FORMS TRADITIONAL FORMS FAMILY FORMS
 SPARRING CADET Sparring (Black Belts Only) World Class Grassroots

COACH CREDENTIAL ----NAME(S) _____

FAMILY/TEAM FORM NAMES _____

PRE-REGISTRATION FEE*:	\$90.00 FOR ONE EVENT	*MUST BE POSTMARKED BY 11/12/2022
ADDITIONAL EVENTS	\$15.00 PER EVENT	
LATE/ON SITE REGISTRATION	\$105.00 FOR ONE EVENT	
COACH CREDENTIAL	\$25.00	\$30.00 Late/on site

MAKE MONEY ORDERS OR CHECKS PAYABLE TO GENTLE EAST MARTIAL ARTS

SEND ALL ENTRY FEES AND APPLICATIONS TO:

**GENTLE EAST TAEKWONDO
8749 FLOWER AVENUE
SILVER SPRING, MARYLAND 20901**

ALL FEES ARE NON-REFUNDABLE. GENTLE EAST RESERVES THE RIGHT TO REJECT ANY APPLICATION.

DIVISIONS

BOARD BREAKING

MALE / FEMALE

AGE: Junior 7 and Under / 8-9 / 10-11 / 12-13 / 14-17 Senior 18-32 / 33 & Over

BELT: Color / Black

CREATIVE FORMS

AGE: Junior: 12 and Under / 13-17 Senior 18 and Over

BELT: Color / Black

FAMILY FORMS*

BELT: White & Yellow & Orange / Green & Blue & Purple / Red & Brown / Black

*Determined by lowest ranked family member

TRADITIONAL FORMS

MALE / FEMALE

AGE: 5-6 / 7-8 / 9-10 / 11-12 / 13-14 / 15-17 Senior 18-34 / 35 & Over

BELT: White & Yellow & Orange / Green & Blue & Purple / Red & Brown / Black

SPARRING*

MALE / FEMALE

AGE: 4-5 / 6-7 / 8-9 / 10-11 / 12-14 / 15-17 Senior 18-32 / 33 & Over

BELT: White & Yellow & Orange / Green & Blue & Purple / Red & Brown / Black Grassroots
Black World Class

WEIGHT DIVISIONS: Grassroots: Light / Middle / Heavy

World Class	13-14 MALE / FEMALE
Fin	under 72.8 lbs / under 63.9 lbs
Fly	72.9-81.6 lbs / 64-72.8 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 lbs / 90.5-97 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	over 143.3 lbs / over 130.1 lbs

World Class	15-17 MALE / FEMALE
Fin	under 99.2 lbs / under 92.6 lbs
Fly	99.3-105.8 lbs / 92.7-97 lbs
Bantam	105.9-112.4 lbs / 97.1-101.4 lbs
Feather	112.5-121.3 lbs / 101.5-108 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	150-160.9 lbs / 130.2-138.9 lbs
Light Heavy	161-172 lbs / 139-149.9 lbs
Heavy	over 172 lbs / over 150 lbs

World Class 18 - 32 MALE / FEMALE

Fly	under 127 lbs / under 107 lbs	Middle	150-176 lbs / 126-147 lbs
Light	128-149 lbs / 108- 125 lbs	Heavy	over 176 lbs / over 147 lbs

* All Divisions above may be modified