



PAN AMERICAN OPEN 2013 INTERNATIONAL TAEKWONDO CHAMPIONSHIP

KYORUGI AND POOMSAE
ALL BELT LEVELS AND AGES
JUNIOR TEAM COMPETITION K-5



GOBIERNO DE SOLUCIONES



20th - 22th September 2013

EVERYBODY FEEL THE TAEKWONDO
QUERETARO, MEXICO

OFFICIAL SPONSOR





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PROMOTED :

Pan American Taekwondo Union

President, Grand Master Ji Ho Choi

4 Brook Lane

Plainfield, New Jersey 07060, USA

PHONE: (201) 694-1986 / FAX: (908) 561-5648

E-MAIL: masterjihochoi@aol.com / Website: www.patu.org

ORGANIZED :

FEDERACION MEXICANA DE TAEKWONDO

President: Juan Manuel López Delgado

Av. Río Churubusco puerta 9 entre Añil y Viaducto Río de la Piedad,

Col. Magdalena Mixihuca, Delegación Iztacalco,

C.P. 08010 México, D.F

www.femextkd.net

Phone: 52-5558030114

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panamericanopen2013@gmail.com

DATES: September 20-22 , 2013.

VENUE:

CENTRO DE CONGRESOS QUERETARO

Paseo de las Artes #1531-B

Col. Centro Sur. C.P. 76090

Querétaro, México

Tel. 52 (442) 238.6400

Web site: www.qcc.mx

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ELIGIBILITY:

All participants must meet the following requirement.

1. This event is open to all participants of Taekwondo all belts from the age of 6 years onwards.

2. The Black Belts must have their Dan or Poom Kukkiwon certification or duly certified.

* A copy of your certificate of Kukkiwon must be submitted when registering and require accreditation. If this requirement is not met, the competitor will not be accepted to participate.

** For obtaining the certificate later Dan / Poom of the Kukkiwon which is in progress, a copy of the application form and the certificate of payment of Dan / Poom which was sent to the Kukkiwon must be delivered to the registry for accreditation. Please refer to the website of the Kukkiwon (www.Kukkiwon.or.kr) for more information.

AFFILIATES:

All participants must have the nationality of the country they represent.

EVENT SCHEDULE:

Please check the package apart Pan American Info International Taekwondo Open, which will be separately.

TEAM COMPETITION RULES AND STANDARDS PERMITTED

COMPETITION RULES:

WTF Rule Changes and age divisions

On December 26, 2012, the WTF has made changes to its age classification. These changes are as follows:

SPARRING:

- Juniors = 15-17 years
- Seniors = 17 + years (anyone 17 and older can compete in the Senior Division)
- Cadets = 12-14 years

POOMSAE

- Junior = 15-17 years (individual, pairs, Team)
- 1st senior = 18-29
- 1st Pair = 18-29
- Cadet = 12-14 years (individual, pairs, Team)

Current WTF Competition Rules / PATU

6-13 Open Divisions will use modified junior combat safety rules.

Current Rules Sport Poomsae (WTF reduced format) WTF / PATU

TEAM:

PATU / Mexican Taekwondo Federation will be using KP&P Scoring System (PSP) approved by the WTF at the Pan American Taekwondo Open Championship 2013. Athletes can rent this equipment for the cost of \$ 20.00 for the duration of the event of combat. If athletes have their own equipment PSP they may use it in combat competition. The PATU provide complementary use of PSP for all international athletes. However, all foreign athletes must provide their own socks with electronic sensors to combat competition. Athletes from all Belts are required to have and use the PSP sensor sock. The PSP sensor socks can be purchased by visiting the store in the event PSP.

All athletes are responsible for bringing their own protective headgear, gloves, feet, arms, shin guards and mouth guards.

OFFICIAL UNIFORM: (Dobok)

All contestants shall wear a uniform (Dobok) Taekwondo White V-neck of the Corporation / WTF in good condition. Black Belts must wear uniforms with black neck. The ribbons should wear uniforms of white collar, colored Belts can not wear black uniforms neck. Patches, embroidered logos, team names, countries, athlete's name and stripes are allowed in uniform. No tape will be allowed in any part of the uniform.

PROTECTIVE EQUIPMENT:

Contestants must wear an approved trunk protector, head protector (white or red and blue Hong Chung), groin protector (optional feminine competitors), gloves (see below), forearm protector, instep protector, socks with sensor (if using electronic protector and Scoring System) and mouthpiece before entering the contest area. The head protector must be firmly placed under the left arm to enter the competition area and will place it on the head followed by the instructions of the referee before the start of competition. Protecting groin, forearm and upper should be worn inside the Taekwondo uniform. Using any other item on the head other than the head protector shall not be permitted. Previously approved religious articles must be worn under the protective headgear and within Dobok and shall not cause damage or obstruction to the opponent.

BELT COLORS:

Only WTF belt colors / PATU will be allowed (black, red, blue, green, yellow, orange and white). Striped belt will be allowed.

GLOVES:

14-17 years Black Belt and Black Belt Adults are required to wear gloves approved by the WTF Taekwondo. Gloves can be red, blue or white, white are preferred. However, red and blue are allowed. If the competitor chooses red or blue gloves should

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match the color of your trunk protector. Gloves should be open-fingered style. For other divisions, gloves are optional and must meet that rule.

ELBOW AND KNEE PADS

The use of elbow and knee pads is OPTIONAL. Elbow and knee pads, if used, should be foam, fabric or vinyl. Any color is allowed.

MOUTHGUARD

All athletes are required to wear mouthguards. A mouth cover may be used by those with braces orthodontist if a note is provided before the start of competition. Mouthguards can be any color.

HAEDGEAR:

All participants must provide their own headgear RED and BLUE unmarked another corporate logo. Red and blue are required. If the competitor chooses to use headgear red or blue, the color must match the trunk protector. Cracks or defects in the head protector shall not be permitted.

GROIN PROTECTOR:

All male athletes are required to wear a groin protector inside the dobok during competition. The groin protector is optional for women, if used, should be used inside the uniform.

SHIN AND INSTEP

Shin and Instep are required and must be made of foam, fabric or vinyl. When they are available, socks with PSP sensors and Instep will also be allowed. If an athlete chooses to use foam protections must be taped and will cover the area from the base to the toes, on top of the instep to the side of the foot, with no more than two can tape. Shin or additional Instep must be approved and stamped by the Department of Sports Medicine in order to protect from injury. Important note: "foot gloves" are not allowed to use PSP skills.

FOREARM PROTECTION:

Forearm protection is required and mandatory for athletes to use only foam products, fabric or vinyl. Any color is allowed forearm. Note: The Mexican Taekwondo Federation reserves the right to reject any uniform or equipment if he is found offensive or demeaning in any way.

AWARDS:

1st Place: Gold Medal (1) and a 2013 Pan Am Open Taekwondo Championships Award Certificate

2nd Place: Silver Medal (1) and a 2013 Pan Am Open Taekwondo Championships Award Certificate

3rd Place: Bronze Medal (2) and a 2013 Pan Am Open Taekwondo Championships Award Certificate

*** Participants Winners Mexican-American and Mexico will be included in the official Ranking With the corresponding points FEMEXTKD ***

Best Competitor: Trophy (male and female)

Best Referee: Trophy (male and female)

Best Coach: Trophy (male and female)

Best Volunteer: Plate (male and female)

REGISTRATION FEES, TERMS AND CONDITIONS OF PARTICIPANTS:

1. Round air travel and subsistence charges must be paid by all participants.
2. Fee of **\$ 100.00 USD** for an event for all international participants. **\$ 20.00 USD** for each additional event. Fee of **\$ 80.00 USD** for event current members of Mexico.
3. Fee **\$ 300.00** per Team Competition (Freestyle Poomsae or demo equipment).
4. All wire transfers should be to the following account:

Bank name: Banco Nacional de Mexico (Banamex)

Bank address: Isabel la catolica numero 44

Colonia centro

Delegacion cuauhtemoc

Mexico, d.F.

Cp. 06000

Bank sucursal address:

Aeropuerto Internacional de la Ciudad de Mexico,
Terminal 2, Mexico, D.F.

Beneficiary account number: 8442302740

Routing number: 002180084423027407

Beneficiary account name: Federacion Mexicana de Taekwondo, A.C.

Beneficiary Account Address: Av. Río Churubusco Puerta 9 Entre Añil y

Viaducto Río de la Piedad, Col. Magdalena Mixihuca,

Delegación Iztacalco, C.P. 08010 México, D.F

Phone: 52-5558030114

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REFEREES:

1. PATU will appoint the required number of referees.
2. The round trip must be paid by each participating International Referee.
3. The Organizing Committee will cover four (5) nights of lodging and meals (Registration early afternoon of September 18, 2013, departure before 10 am on September 23, 2013). Please note that the board of referees and training will be September 12 from 9:00 AM - 6:00 PM.
4. The Organizing Committee will provide each participant with an International Referee daily fee of \$ 100.00 for the three days of competition (Kyoroogi, Poomsae, K5 Team Competition Adult and Youth and Open Competition Pan)

WEIGH-IN:

1. The weight in of the athletes must be completed the day before the day of competition.
2. At the weight in male competitors may wear underwear and feminine competitors may wear underwear and bra. Athletes can weight naked if they prefer.

INDEMNIFICATION:

1. Participants without proper entry form to participate and effective insurance coverage will not be allowed to compete in the championship.

LODGING:

1. The Organizing Committee is not responsible for any issues that occur during the championship if nations participating athletes and officials are not staying at the official hotel.
2. Specific details about hotel reservations can be found at <http://www.femextkd.net>

INLAND:

1. Ground transportation is responsibility of the participants.

REGISTRATION FORMS AND DEADLINES FOR REGISTRATION:

All registration forms must reach the Organizing Committee **September 7, 2013**. Registrations received after the deadline will be subject to late charges and fees.

- Records received by: **September 7, 2013: No late charges and fees**
- **September 8-10, 2013: \$ 20.00 USD** late fee per participant. **NO EXCEPTIONS.**
- **September 11-13, 2013: \$ 50.00 USD** late fee per participant. **NO EXCEPTIONS**
- Absolutely no registration will be accepted on / after **September 13, 2013**.

VISA ENTRY:

The official letter of invitation and visa application are available by contacting Juan Manuel Lopez Delgado, President lopesdel82@hotmail.com FEMEXTKD to email. Any international federation with the specific need visa invitation may contact the Grand Master Ji Ho Choi, President of the Corporation in masterjihochoi@aol.com email for assistance.

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Divisions and Competition Format

6-7 years old: single elimination, 2 rounds a minute with periods of 30 seconds rest.

Combat Junior Male (All Belts)		Junior Female Combat (All Belts)	
Fin	UNDER 19 KG (41.9 LBS)	Fin	UNDER 19 KG (41.9 LBS)
Light	19.1 KG (42 LBS) – 23 KG (50.6 LBS)	Light	19.1 KG (42 LBS) – 23 KG (50.6 LBS)
Middle	23.1 KG (50.7 LBS) – 27 KG (59.4LBS)	Middle	23.1 KG (50.7 LBS) – 27 KG (59.4LBS)
Heavy	27.1 KG (59.5 LBS) and over	Heavy	27.1 KG (59.5 LBS) and over

8-9 years old: single elimination, 2 rounds a minute with periods of 30 seconds rest.

Combat Junior Male (All Belts)		Combat Junior Female (All Belts)	
Fin	UNDER 21 KG (46.2 LBS)	Fin	UNDER 19 KG (41.9 LBS)
Light	21.1KG (46.3 LBS) – 25 KG (55 LBS)	Light	19.1 KG (42 LBS) – 23 KG (50.6 LBS)
Middle	25.1 KG (55.4 LBS) – 30 KG (66 LBS)	Middle	23.1 KG (50.7 LBS) – 27 KG (59.4LBS)
Heavy	30.1kg (66.1lbs) and over	Heavy	27.1 KG (59.5 LBS) and over

10-11 years old: single elimination, 2 rounds a minute with periods of 30 seconds rest.

Combat Junior Male (All Belts)		Combat Junior Female (All Belts)	
Fin	UNDER 30 KG (66 LBS)	Fin	UNDER 30 KG (66 LBS)
Light	30.1 KG (66.1 LBS) – 35 KG (77 LBS)	Light	30.1 KG (66.1 LBS) – 35 KG (77 LBS)
Middle	35.1 KG (77.1 LBS) – 40 KG (88 LBS)	Middle	35.1 KG (77.1 LBS) – 40 KG (88 LBS)
Heavy	40.1 kg (88.1 lbs) and over	Heavy	40.1 kg (88.1 lbs)and over

12-13 years old: single elimination, 2 rounds a minute with periods of 30 seconds rest.

Combat Junior Male (All Belts)		Combat Junior Female (All Belts)	
Fin	UNDER 34 KG (74.8 LBS)	Fin	UNDER 33 KG (72.6 LBS)
Bantam	34.1 KG (74.9 LBS) – 40 KG (88 LBS)	Bantam	33.1 KG (72.7 LBS) – 37 KG (81.4 LBS)
Light	40.1 KG (88.1 LBS) – 45 KG (99 LBS)	Light	37.1 KG (81.5 LBS) – 43 KG (94.6 LBS)
Middle	45.1KG (99.1LBS) – 50KG (110LBS)	Middle	43.1 KG (94.7 LBS) – 48 KG (105.6 LBS)
Heavy	50.1 kg (110.1 lbs) and over	Heavy	48.1 kg (105.7 lbs) and over

14-15 & 16-17 years of age: single elimination, 3 rounds a minute with periods of 30 seconds rest

Combat Junior Male		Combat Junior Female	
Fin/Fly	UNDER 48 KG (105.8 LBS)	Fin/Fly	UNDER 44 KG (97 LBS)
Bantam/Feather	48.1 KG (105.9 LBS) – 55 KG (121.2LBS)	Bantam/Feather	44.1 KG (97.1 LBS) – 49 KG (108 LBS)
Light/Welter	55.1 KG (121.3 LBS) – 63 KG (138.9 LBS)	Light/Welter	49.1 KG (108.1 LBS) – 55 KG (121.2 LBS)
Light Middle/Middle	63.1 KG (139 LBS) – 73 KG (160.9 LBS)	Light Middle/Middle	55.1 KG (121.3 LBS) – 63 KG (138.9 LBS)
Light Heavy/Heavy	73.1 kg (161lbs) and over	Light Heavy/Heavy	63.1 kg (139 lbs) and over

18-32 years of age all belts: single elimination, 3 rounds a minute with periods of 30 seconds rest.

Adults Fighting Male		Adults Fighting Female	
Fin/Fly	Fin exceder 58 kg (127.9 lbs)	Fin/Fly	Sin exceder 51 kg (108.0 lbs)
Bantam/Feather	58.1 kg (127.9 lbs) – 67 kg (149.9 lbs)	Bantam/Feather	51.1 kg (108.0 lbs) – 59 kg (125.7 lbs)
Light/Welter	67.1 kg (150.0 lbs) – 78 kg (176.4 lbs)	Light/Welter	59.1 kg (125.7 lbs) – 67 kg (147.7 lbs)
Middle/Heavy	78.1 kg (176.5 lbs) and over	Middle/Heavy	67.1 kg (147.8 lbs) and over

OFFICIAL BLACK BELTS

Youth Divisions (10-11 year olds) – 3 rounds, 1 minute and 30 seconds rest.

Male Divisions		Female Divisions
Classification	Weight Category (kg)	
Fin	Not exceeding 30kg	Not exceeding 30kg
Light	Over 30kg & Not exceeding 35kg	Over 30kg & Not exceeding 35kg
Middle	Over 35kg & Not exceeding 40kg	Over 35kg & Not exceeding 40kg
Heavy	Over 40kg	Over 40kg

Cadet Divisions (12-14 year olds) – 3 rounds, 1 minute and 30 seconds rest.

Male Divisions		Female Divisions
Classification	Weight Category (kg)	
Fin	Not exceeding 33kg	Not exceeding 29kg
Fly	Over 33kg & Not exceeding 37kg	Over 29kg & Not exceeding 33kg
Bantam	Over 37kg & Not exceeding 41kg	Over 33kg & Not exceeding 37kg
Feather	Over 41kg & Not exceeding 45kg	Over 37kg & Not exceeding 41kg
Light	Over 45kg & Not exceeding 49kg	Over 41kg & Not exceeding 44kg
Welter	Over 49kg & Not exceeding 53kg	Over 44kg & Not exceeding 47kg
Light Middle	Over 53kg & Not exceeding 57kg	Over 47kg & Not exceeding 51kg
Middle	Over 57kg & Not exceeding 61kg	Over 51kg & Not exceeding 55kg
Light Heavy	Over 61kg & Not exceeding 65kg	Over 55kg & Not exceeding 59kg
Heavy	Over 65kg	Over 59kg

Junior Divisions (15-17 year olds) – 3 rounds, 1 minute 30 seconds with 30 seconds rest.

Male Divisions		Female Divisions
Classification	Weight Category (kg)	
Fin	Not exceeding 45kg	Not exceeding 42kg
Fly	Over 45kg & Not exceeding 48kg	Over 42kg & Not exceeding 44kg
Bantam	Over 48kg & Not exceeding 51kg	Over 44kg & Not exceeding 46kg
Feather	Over 51kg & Not exceeding 55kg	Over 46kg & Not exceeding 49kg
Light	Over 55kg & Not exceeding 59kg	Over 49kg & Not exceeding 52kg
Welter	Over 59kg & Not exceeding 63kg	Over 52kg & Not exceeding 55kg
Light Middle	Over 63kg & Not exceeding 68kg	Over 55kg & Not exceeding 59kg
Middle	Over 68kg & Not exceeding 73kg	Over 59kg & Not exceeding 63kg
Light Heavy	Over 73kg & Not exceeding 78kg	Over 63kg & Not exceeding 68kg
Heavy	Over 78kg	Over 68kg

Senior Divisions (17+ year olds) – International Team Divisions – 3 rounds, 2 minutes with 1 minute rest.

Male Divisions		Female Divisions
Classification	Weight Category (kg)	
Fin	Not exceeding 54kg	Not exceeding 46kg
Fly	Over 54kg & Not exceeding 58kg	Over 46kg & Not exceeding 49kg
Bantam	Over 58kg & Not exceeding 63kg	Over 49kg & Not exceeding 53kg
Feather	Over 49kg & Not exceeding 53kg	Over 53kg & Not exceeding 57kg
Light	Over 68kg & Not exceeding 74kg	Over 57kg & Not exceeding 62kg
Welter	Over 74kg & Not exceeding 80kg	Over 62kg & Not exceeding 67kg
Middle	Over 80kg & Not exceeding 87kg	Over 67kg & Not exceeding 73kg
Heavy	Over 87kg	Over 73kg

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Note:

(Explanation #1)

Not exceeding:

The weight limit is defined by the criteria of one decimal place away from the stated limit. For example, not exceeding 50kg is established as 50.0kg with 50.1kg being over the limit and resulting in disqualification.

(Explanation #2)

Over: Over 50.00 kg marks occur at the 50.1kg reading and 50.0kg and below is regarded as insufficient, resulting in disqualification.

**Athletes are not permitted to enter more than one (1) weight category, per age division. **

** Athletes must compete in their age divisions that they fall in. An athlete cannot compete "up or down" in age divisions. **

Ultra Divisions (33+ year olds) – 3 rounds, 1 minute with 30 seconds rest.

Male Divisions		Female Divisions
Classification	Weight Category (kg)	
Fin	Not exceeding 58kg	Not exceeding 49kg
Light	Over 58kg & Not exceeding 68kg	Over 49kg & Not exceeding 57kg
Middle	Over 68kg & Not exceeding 80kg	Over 57kg & Not exceeding 67kg
Heavy	Over 80kg	Over 67kg

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Poomsae Guidelines

COMPETITION RULES:

REGLAS DE COMPETENCIA:

The WTF Competition Rules / PATU can be found in http://www.wtf.org/wtf_eng/site/rules/poomsae.html

METHOD OF COMPETITION:

Elimination System:

- 1) Preliminaries: After the completion of two (2) of the four (4) 1st Compulsory Poomsae predetermined by the Corporation, 50% of participants above qualify for the next round according to the average score of the two shows.
- 2) Final Selection: 50% of participants would have to demonstrate the remaining two (2) 1st Compulsory Poomsae. The eight (8) top athletes in each category (individual, couples and teams) will be selected according to the average score of the two shows.
- 3) Final: The eight (8) top athletes in each category would have to show two (2) of the 2nd Compulsory Poomsae predetermined by the Corporation. The classification of the three (3) top athletes in each category will be determined by the average score of the two shows.
- 4) The poomsae competitors for all ribbons will be completed in two rounds: Preliminary (50% of above advance to the final round) and the Finals.

2013 Pan American Open Poomsae Required

Belt Division All Colors		
Belt Range	1er Poomsae Required	2do Poomsae Required
yellow	Taegeuk 1	Taegeuk 2
green	Taegeuk 1 & 2	Taegeuk 3 & 4
blue	Taegeuk 1-3	Taegeuk 4-6
red	Taegeuk 1-4	Taegeuk 5-8

Child black belts		
Belt Range	1er Poomsae Required	2do Poomsae Required
6-7 years	Taegeuk 2-5	Taegeuk 6-8, Koryo
8-9 years old		

OFFICIAL BLACK BELT POOMSAE		
DIVISIÓN	COMPULSORY POOMSAE	
11 and Under	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo	
14 and Under	Taegeuk 3, 4, 5, 6, 7, 8 Jang, Koryo, Keumgang	
Junior	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek	
29 and Under	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin	
39 and Under		
49 and Under	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon	
59 and Under	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu	
Over 59		
Pair	11 and Under	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
	14 and Under	Taegeuk 3, 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
	29 and Under	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Teaback, Pyongwon, Shipjin
	Over 29	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Team	11 and Under	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
	14 and Under	Taegeuk 3, 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
	29 and Under	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
	Over 29	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

POOMSAE FREESTYLE COMPETITION TEAM / TEAM \$ 300.00 USD

For freestyle Poomsae, each team is allowed to have a minimum of 3 competitors and a maximum of 10 competitors per team. All poomsae competitions freestyle should be performed with music. Skills Freestyle Poomsae should be completed during the 3-minute margin. **The duration of Freestyle Poomsae for Each participating team must be a minimum of 2 minutes and maximum of 3 minutes including setup time.** Poomsae Competition freestyle will be judged based on the following criteria:

- Creativity**
- Artistic Expression**
- Music synchronization techniques**
- Variety of kicking and acrobatic moves.**
- Spirit and teamwork**

RIBBONS AND AGE DIVISION OF EVENTS FOR BREACH OF TABLE

Male and Female	
Age Groups	Groups of Belts
6-7 years	
8-9 years old	White
Age 10-11 years	Orange
Age 12-13 years	Yellow
14-17 years old	Green
18-32 years	Blue
33-40 years	Red
41-50 years	Black
51 years of age or older	

COMPETITION KYUK-PA (BREAK)

Breakdown by Height: The winner will be the participant to jump as high as a table-sized break regularized.

Breakdown by Distance: The winner will be the participant who jump the greatest distance while breaking a table size regularized.

Breaking freestyle:

- Competitors can choose the type of techniques and the number of tables to break.
- The maximum set time is 1 minute.
- The maximum time to complete the demonstration is 1 minute.
- The maximum number of attempts is 2 times.
- Competitors may set the number of desired break stations.
- The demonstration shall be made in the size of the sand regulated by the WTF (8 mx 8 m).
- All tables for over 18 years must be pino12-inch by 10-inch, ½ inch thick. All tables for 10-17 years old pine must be 12-inch by 8-inch, ¼ thick.

The Organizing Committee must sell official breaking tables that will be used by competitors in the competition.
. Competitors must provide their own supporters.

SCORING RULES FOR FREESTYLE KYUKPA

1. The difficulty of the technique is based on the following order of superiority (in ascending order):

- Hand Technique (less difficult)
- Technical kicking foot
- Jumping kicking technique
- Kicking technique with spin
- Kick with bounce and swivel
- Breaking multiple jump kick with
- Breaking multiple jump and spin kick with (more difficult)

2. The Difficulty of Breaking also be based on the number of tables.

- Number of boards held together
- Total number of tables in the demonstration

3. The techniques are based on accuracy, speed and power

The break in the first attempt is higher than the break in the second attempt and the break in the middle of the table is higher than the breaking out of the center.

DEMONSTRATION TEAM COMPETITION: Registration Fee / \$ 300.00 USD per Team

- The maximum time is set for 1 minute.
- The maximum time to complete the demonstration is of 10 minutes.
- The demonstration should be done in the area governed by the size of WTF (8 mx 8 m).
- You must have a minimum of three members and no more than ? members in the Demonstration Team.
- The music and the reproductive system to be provided by the demonstration team.
- NO you can stop at tables or chairs. The Organizing Committee or the venue will not be responsible for any accident caused by the chair or table to the venue
- NO pyrotechnics, fireworks or rockets at all.
- Weapons, official tables or other accessories shall be provided by the demonstration team.

Grading policy for equipment demonstration

The score of the show will be based teams in the following order of superiority (in ascending order):

- Synchronization technique (20%).
- Excitement on the show (20%).
- Successful completion of Taekwondo techniques (20%).
- Entertainment generated by the computer (20%).
- Displayed Precision, Speed and Power (20%).

Contestants may compete in more than one category of competition unless it is limited by gender.



Application Form

*Please, send the Individual Application Form or The Team Competition Entry Form by e-mail to the address below:
E-mail: lopesdel82@hotmail.com OR panamericanopen2013@gmail.com On or before September 07, 2013

PLEASE PROVIDE THE FOLLOWING INFORMATION FOR EACH PARTICIPANT.

- Non FEMEXTKD member Registration Form (to be mailed to FEMEXTKD office by September 07, 2013)
- Individual Application Form (1 form for each COMPETITOR, officials and contestants alike).
- Proof of age (Copy of passport, birth certificate or valid ID)
- Copy of Kukkiwon black belt certification (when applicable).
- Signed FEMEXTKD Consent for Medical Treatment
- For payment, Wire Transfers confirmation of the transfer or Credit Card Information are required.

Mail Application to:

FEDERACION MEXICANA de TKD
Av. Río Churubusco puerta 9 entre Añil y Viaducto Río de la Piedad,
Col. Magdalena Mixihuca, Delegación Iztacalco,
C.P. 08010 México, D.F
Phone: 52-52-58030114
E-mail: lopesdel82@hotmail.com or panamericanopen2013@gmail.com

INDIVIDUAL

APPLICATION FORM



(Must be filled out by each participant not registering online)

*Please type or write in Capital letters.

Full Name: _____ Sex: _____ Age: _____

Date of Birth: ____/____/____ Weight Category: _____ Belt Color: _____

Address: _____ USAT ID #: _____

Please Check One. (All Team Competitors must fill out separate Team Competition Application Forms)

**Sparring
Gyorugi**

**Individual
Poomsae**

**Poomsae
Parejas**

**Poomsae
Equipos**

**Free Style
Kyukpa**

**Height
Kyukpa**

**Distance
Kyukpa**

PAYMENT INFORMATION:

FMTKD MEMBER EARLY REGISTRATION: 1Event:\$80 + (\$30 Each Additional Event) / Entry Deadline: Sept. 07, 2013

NON FMTKD MEMBERS: 1 Event: \$100 + (\$30 Each Additional Event) / \$20 or \$50 late fee for all after Sept. 07, 2013

Total Events Entered: _____ Events Total Amount Due: \$ _____

PAYMENT INFORMATION:

PAYMENT TYPE: CASHIER'S CHECK MONEY ORDER VISA MASTER CARD DISCOVER AMERICAN EXPRESS

CREDIT CARD #: _____

EXP. DATE: ____/____/____ SECURITY CODE _____

NAME: _____

SIGNATURE OF CARD HOLDER: _____ ZIP: _____

I hereby submit my application to participate at the 2013 Pan American Open Taekwondo Championships to be held on September 12-15, 2013 In Queretaro, Qro. Mexico. As a competitor, I will compete under the competition rules & regulation of the WTF and PATU to the best of my ability. I will also respect and accept all decisions made by the international referees of this event. .

Liability Waiver

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 may accrue to me against Mexico Taekwondo Federation (FEMEXTKD), the organizing committee, the Pan American Taekwondo Union, the World Taekwondo Federation, and all members of the championship, or their respective officers, committees, medical committee, agents, representatives, successors, and/or assignees 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, or which may arise out of traveling to, participating in, and returning from this athletic event. I understand that Taekwondo is a body-contact sport, which involves a risk of injury. I understand all the contents of the competition rules and general information published by the organizers and sponsors, and I hereby agree with them in their entirety. I understand that if I fail to abide by the rules of the FEMEXTKD, the organizing committee, Centro de Congresos, the Pan American Taekwondo Union, the World Taekwondo Federation, or any of its counterparts, or if my conduct is not cooperative for the successful operation of the tournament that I may be dismissed from the premises without compensation, and my credentials may be taken away along with all rights and privileges provided by those credentials. If I fail to show up at the competition, I knowingly forfeit all applicable registration fees. I understand that refunds will not be given for any reason. I understand that personal/business Checks are not acceptable forms of payment for registration and that they will be returned to the applicant with his/her application. I further understand that any pictures taken of me in connection with the 2013 Pan Am Open Taekwondo Championships may be used by all involved organizations for publicity or promotion without compensation. I hereby agree to all the terms and conditions of the liability waiver above.

Parent or Guardian

_____/____/____
Competitor's Name Signature Date

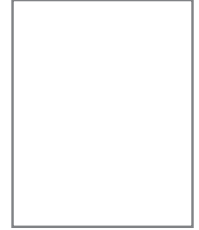
_____/____/____
Parent's Name Signature Date

Emergency Contact Tel. or Cell Phone: _____ Relation to Minor: _____

MASTERS & INSTRUCTORS

APPLICATION FOR ACCREDITATION

PLEASE READ THE GENERAL INFORMATION PACKAGE CAREFULLY BEFORE COMPLETING.
(PLEASE BE SURE TO INCLUDE ONE I.D. SIZE PHOTO OF YOURSELF)



APPLICATION FOR ACCREDITATION

MASTER

INSTRUCTOR

PLEASE TAKE NOTE OF THE FOLLOWING CONDITIONS.

1. THIS IS APPLICATION FOR MASTER OR INSTRUCTOR PASS, NOT A COACH PASS.
2. MASTERS WISHING TO COACH MUST SUBMIT A COACH PASS APPLICATION FORM WITH ALL APPROPRIATE FEES.
3. MASTER OR INSTRUCTOR PASS HOLDERS WILL HAVE LIMITED ACCESSIBILITY TO ATHLETE HOLDING AREA AND THE SPECTATOR'S AREA ONLY. NO ACCESS TO COMPETITION FLOOR.

NAME IN FULL : _____

DAN LEVEL : _____ DAN

SCHOOL/CLUB AFFILIATION : _____

ADDRESS : _____

CITY/TOWN : _____ STATE : _____ ZIP CODE : _____

PHONE : () _____ #OFFICE : () _____

Master / Instructor Accreditation Fee: \$30.00

DEADLINE: SEPTEMBER 07, 2013 / LATE REGISTRARION FEE: \$50.00 / REFUNDS CANNOT BE MADE UNDER ANY CIRCUMSTANCES!

PAYMENT INFORMATION

PAYMENT TYPE: INTERNATIONAL MONEY ORDER VISA MASTER CARD AMERICAN EXPRESS OTRA

CREDIT CARD# : _____

CREDIT CARD #: _____

EXP. DATE: ____/____/____ SECURITY CODE _____

Liability Waiver

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 may accrue to me against Mexico Taekwondo Federation (FEMEXTKD), the organizing committee, the Mexican Olympic Committee, Centro de Congresos, the Pan American Taekwondo Union, the World Taekwondo Federation, and all members of the championship, or their respective officers, committees, medical committee, agents, representatives, successors, and/or assignees 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, or which may arise out of traveling to, participating in, and returning from this athletic event. I understand that Taekwondo is a body-contact sport, which involves a risk of injury. I understand all the contents of the competition rules and general information published by the organizers and sponsors, and I hereby agree with them in their entirety. I understand that if I fail to abide by the rules of the FEMEXTKD, the organizing committee, the Mexican Olympic Committee, Centro de Congresos, the Pan American Taekwondo Union, the World Taekwondo Federation, or any of its counterparts, or if my conduct is not cooperative for the successful operation of the tournament that I may be dismissed from the premises without compensation, and my credentials may be taken away along with all rights and privileges provided by those credentials. If I fail to show up at the competition, I knowingly forfeit all applicable registration fees. I understand that refunds will not be given for any reason. I understand that personal/business Checks are not acceptable forms of payment for registration and that they will be returned to the applicant with his/her application. I further understand that any pictures taken of me in connection with the 2013 Pan Am Open Taekwondo Championships may be used by all involved organizations for publicity or promotion without compensation. I hereby agree to all the terms and conditions of the liability waiver above.

APPLICANT'S NAME

SIGNATURE

_____/_____/_____
DATE

OFFICIAL COACH

APPLICATION FORM



PLEASE READ THE GENERAL INFORMATION PACKAGE CAREFULLY BEFORE COMPLETING.
(PLEASE BE SURE TO INCLUDE ONE I.D. SIZE PHOTO OF YOURSELF)

NAME: _____

ADREESS : _____

CITY : _____ STATE : _____ ZIP CODE : _____

PHONE # : (_____) _____ E-MAIL : _____

DATE OF BIRTH : ____/____/____ AGE : _____ SEX : MALE _____ FEMALE _____

TAEKWONDO RANK: _____ DAN / IF NONE SPECIFY RELATIONSHIP TO ATHLETE) : _____

SCHOOL/CLUB NAME: _____ PHONE # : (_____) _____

MASTER/INSTRUCTOR'S NAME : _____

COACH PASS: \$80.00

DEADLINE: SEPTEMBER 07, 2013 / LATE REGISTRARION FEE: \$100.00 / REFUNDS CANNOT BE MADE UNDER ANY CIRCUMSTANCES!

PAYMENT INFORMATION

PAYMENT TYPE: INTERNATIONAL MONEY ORDER VISA MASTER CARD AMERICAN EXPRESS OTRA

CREDIT CARD# : _____

CREDIT CARD # : _____

EXP. DATE: ____/____/____ SECURITY CODE _____

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 may accrue to me against Mexico Taekwondo Federation (FEMEXTKD), the organizing committee, the Mexican Olympic Committee, Centro de Congresos, the Pan American Taekwondo Union, the World Taekwondo Federation, and all members of the championship, or their respective officers, committees, medical committee, agents, representatives, successors, and/or assignees 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, or which may arise out of traveling to, participating in, and returning from this athletic event. I understand that Taekwondo is a body-contact sport, which involves a risk of injury. I understand all the contents of the competition rules and general information published by the organizers and sponsors, and I hereby agree with them in their entirety. I understand that if I fail to abide by the rules of the FEMEXTKD, the organizing committee, the Mexican Olympic Committee, Centro de Congresos, the Pan American Taekwondo Union, the World Taekwondo Federation, or any of its counterparts, or if my conduct is not cooperative for the successful operation of the tournament that I may be dismissed from the premises without compensation, and my credentials may be taken away along with all rights and privileges provided by those credentials. If I fail to show up at the competition, I knowingly forfeit all applicable registration fees. I understand that refunds will not be given for any reason. I understand that personal/business Checks are not acceptable forms of payment for registration and that they will be returned to the applicant with his/her application. I further understand that any pictures taken of me in connection with the 2013 Pan Am Open Taekwondo Championships may be used by all involved organizations for publicity or promotion without compensation. I hereby agree to all the terms and conditions of the liability waiver above.

APPLICANT'S NAME

SIGNATURE

_____/_____/_____
DATE

FEMEXTKD CONSENT FOR MEDICAL TREATMENT

This form must be filled out by all participants.

I, _____, consent to medical treatment for athletic related injuries/illnesses by FEMEXTKD Medical Personnel and /or Hospital Medical Staff. I authorize treatment by such personnel in the event of injury or illness.

(Athlete's Signature) _____ / ____ / ____
(Date)

As a parent or legal guardian of _____, who is under the age of 18, I hereby authorize medical treatment in the event of an injury or illness while participating in a FEMEXTKD event or as a member of FEMEXTKD administered by FEMEXTKD Medical Personnel and/or Hospital Medical Staff.

(Firma del Padre/Tutor) _____ / ____ / ____
(Fecha)

All medical evaluations completed by FEMEXTKD Medical Personnel for athletic injuries are considered confidential and will be filed at the FEMEXTKD National Office. Copies of medical injury forms can be requested verbally from the FEMEXTKD Medical Coordinator by the injured athlete, or parent of a minor athlete at the time of injury or requested in writing following a competition. The original injury report form will remain on file in the FEMEXTKD National Office. No information about an individual athlete will be released without that athlete's permission. Information pertaining to injury data without using an athlete's name will be released to the Medical Director, the Medical Coordinator or their assistants for purposes of injury research or recommendations for safety rule changes only. An athlete's name and injury will only be released in cases pertaining to head injuries requiring the athlete to not compete for 30 days. This information will be released to the Medical Director, Medical Coordinator, Referee Chairperson, Tournament Director, PATU, WTF, and or Board of Directors for purposes of enforcing the 30-day rule in compliance with FEMEXTKD, PATU and WTF rules.

(Athlete's Signature) _____ (Parent/Guardian Signature) _____ / ____ / ____
(Date)

INSURANCE INFORMATION:

Primary Insurance Company: _____ Policyholder's Name: _____

Insurance Address: _____

Insurance Phone: _____ Policy #: _____ Claimant's Name (Print): _____

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

• In consideration of your acceptance of my entry 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, and 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 FEMEXTKD and for its states and district associations, this athletic meet, its organizing committee, the Mexican Olympic Committee, the National Ministry of Sports, the City of Queretaro, Gro. Mexico, 2013 Pan Am Open International Taekwondo Championships, the Pan American Taekwondo Union, the World Taekwondo Federation, and all members of this athletic meet, or their respective officers, committees, medical committee, agents, representatives, successors, sponsors, advertisers, volunteers, owners and lesser of premises on which the athletic meet takes place, assignees and against any competitor for any and all damages which may be sustained by me or the minor child, in connection with my association with or entry in the above athletic meet, or which may arise out of traveling to, participating in, and returning from this athletic meet. I understand that all entry fees are nonrefundable.

• I understand the nature of FEMEXTKD Taekwondo activities and believe that my experience and capabilities, or that of the minor child, to be qualified to participate in this athletic meet. I understand that FEMEXTKD 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 athletic meet.

• 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