

# 2009 Michigan-Midwest Tae Kwon Do Championships

Milan High School  
200 Big Red Drive  
Milan, MI 48160

**Saturday December 5, 2009**

**Hosted by: Milan Tae Kwon Do & Midwest Tae Kwon Do  
Milan, MI Plymouth, MI**



- Matted Rings
- Electronic Scoring
- Double elimination for 14-17 and 18-32 Black Belt Div.
- Bracketed poomsae divisions

**Registration begins at 9:00am**

For more information please contact:

Master Russell Gale  
(734) 459-4183  
[milantkd@yahoo.com](mailto:milantkd@yahoo.com)  
[www.milantkd.com](http://www.milantkd.com) OR [www.midwesttaekwondo.com](http://www.midwesttaekwondo.com)

# Tournament Information Sheet

**Date:** Saturday, December 5, 2009

**Location:** Milan High School  
200 Big Red Drive  
Milan, MI 48160

**Time:** 9:00am Registration and Weigh-In  
10:00am Referee/Coaches Meeting  
10:20am National Anthem  
10:30am Poomsae competition begins  
Olympic sparring competition will begin immediately after poomsae competition is completed.

Two rings will be dedicated to black belt forms and sparring. Black belt sparring will begin immediately after black belt forms complete.

**Fees:** **Competitors:** \$60 Pre-Registration for 1 or 2 events **Current AAU/USAT Jr/Sr. Team Members are Free!**  
(Must be postmarked by November 24, 2009)  
\$70 at-the-door registration

Please do not mail cash. Cashier's check or money order should be made out to Milan Tae Kwon Do. **Mail to: Milan TKD, 7 E. Main St. Milan, MI 48160.** Cash will only be accepted during registration at the door on the day of the tournament.

**Spectator Fee:** \$7 Adult      \$5 for 6-12 yrs old      5 yrs and under FREE

**Coach's Pass:** \$10/coach. Please fill out Coach's Registration form. Each school will receive one complimentary Coach Pass. Any school that provides a full time referee will receive an extra Coach Pass.

**Competition Rules:** **Poomsae-** Taegeuk or Palgwe poomsae for geup ranks  
Black Belts must perform WTF recognized poomsae

**Sparring-**Modified WTF and USAT rules will be used for sparring. NO head contact for ages 9 and under divisions. Light head contact for all colored belts and 10-13 year old Black Belts. Full contact for age 14 and older Black Belts.

**Divisions:**

<b>Rank</b>	Beginners	10 <sup>th</sup> geup-7 <sup>th</sup> geup
	Intermediate	6 <sup>th</sup> geup-4 <sup>th</sup> geup
	Advanced	3 <sup>rd</sup> geup-1 <sup>st</sup> geup
	Black Belt	All Dans and Pooms

<b>Age</b>	4-5 years	12-13 years
	6-7 years	14-17 years
	8-9 years	18-32 years
	10-11 years	33- up

**Weight** Light/Middle/Heavy

**Male/Female** Separate but may be combined for some forms & 7 and under sparring

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### Local Hotels:

#### **Sleep Inn**

1230 Dexter St.  
Milan, MI 48160  
(734) 439-4181

This hotel is 2 miles to the tournament venue.

#### **Comfort Inn**

621 Tecumseh  
Dundee, MI 48131  
(734) 529-5505

This hotel is 9 miles to the tournament venue.

#### **Country Inn and Suites**

665 Tecumseh  
Dundee, MI 48131  
(734) 529-8822

This hotel is 9 miles to the tournament venue.

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### **Directions:**

**From US-23 Northbound-** Milan is approximately 25 miles from the Ohio border

Take Exit 22 Cone/ Azalia  
Turn Left on to Ann Arbor Rd.  
Turn Left on to Cone Rd.  
Turn Right on to Wabash Rd. (becomes Wabash St.)  
Turn Left on to Redman Rd.  
Turn Right on to Big Red Drive

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**From US-23 Southbound (Lansing, MI area)**

Take I-96 East to US-23 South  
Take Exit 25 Plank Rd.  
Turn Left on to E. Main St.  
Turn Left on to Wabash  
Turn Right on to Redman Rd.  
Turn Right on to Big Red Drive

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**From Detroit/Canada**

Take I-94 West to US-23 South  
Take Exit 25 Plank Rd.  
Turn Left on to E. Main St.  
Turn Left on to Wabash  
Turn Right on to Redman Rd.  
Turn Right on to Big Red Drive.

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**From West Michigan (Indiana/Illinois/Kalamazoo)**

Take I-94 East to US-23 South  
Take Exit 25 Plank Rd.  
Turn Left on to E. Main St.  
Turn Left on to Wabash  
Turn Right on to Redman Rd.  
Turn Right on to Big Red Drive.

## Registration for Referees

Any school that supplies a Referee that officiates for both forms and sparring will receive 1 FREE Coach's Pass.

Lunch will be provided for all referees.

Referee meeting begins PROMPTLY at 10:00am

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Dan Rank: \_\_\_\_\_ Referee Level: \_\_\_\_\_

Name of School: \_\_\_\_\_

Address of School: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Instructor: \_\_\_\_\_

### 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 against Milan Tae Kwon Do LLC, Midwest Tae Kwon Do LLC, Milan Middle School, the city of Milan, MI, the Michigan Midwest Open Championships, sponsors, volunteers, officials, agents, competitors, other participants and advertisers for any and all damages which may be sustained by me in connection with my association with or entry in the Michigan-Midwest Open Championships Tae Kwon Do Tournament, or which may arise out of travel to or from this event. I understand that Tae Kwon Do is a body contact sport which involves risk of injury. The risk of injury from the activities involved in this event is significant, including the potential of permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce this risk, there is still a level of serious injury that can occur. I knowingly and freely assume all such risks, both known and unknown, even if arising from negligence of the releases or others and assume full responsibility for my participation. I also fully understand that any medical treatment I receive will be "First-Aid" only. In addition, I also consent that any pictures taken of me in connection with this event can be used for publicity purposes, including print or internet. I have read this release of liability and fully understand its terms.

I understand that there are no refunds of tournament fees for any reason.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Mail to: **Milan Tae Kwon Do**  
**7 E. Main Street**  
**Milan, MI 48160**

## Registration for Coaches

Coaches must register and display a Coach's Pass in order to accompany an athlete to, or coach an athlete in, a ring. Staff will be on the floor to enforce this policy to ensure a safer environment for all competitors & participants.

School owners will receive (1) complimentary Coach Pass.

Coach's Passes: \$10/coach      Pre-registration is encouraged but not mandatory.

Any school that provides a full time Referee for **BOTH** forms & sparring will receive (1) additional Pass.

Coach's meeting begins PROMPTLY at 10:00am

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Dan Rank: \_\_\_\_\_ Coaching Level: \_\_\_\_\_

Name of School: \_\_\_\_\_

Address of School: \_\_\_\_\_

Instructor: \_\_\_\_\_

### 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 against Milan Tae Kwon Do LLC, Midwest Tae Kwon Do LLC, Milan Middle School, the city of Milan, MI, the Michigan Midwest Open Championships, sponsors, volunteers, officials, agents, competitors, other participants and advertisers for any and all damages which may be sustained by me in connection with my association with or entry in the Michigan-Midwest Open Championships Tae Kwon Do Tournament, or which may arise out of travel to or from this event. I understand that Tae Kwon Do is a body contact sport which involves risk of injury. The risk of injury from the activities involved in this event is significant, including the potential of permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce this risk, there is still a level of serious injury that can occur. I knowingly and freely assume all such risks, both known and unknown, even if arising from negligence of the releases or others and assume full responsibility for my participation. I also fully understand that any medical treatment I receive will be "First-Aid" only. In addition, I also consent that any pictures taken of me in connection with this event can be used for publicity purposes, including print or internet. I have read this release of liability and fully understand its terms.  
I understand that there are no refunds of tournament fees for any reason.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Mail to: **Milan Tae Kwon Do**  
**7 E. Main Street**  
**Milan, MI 48160**

## Competitors Registration

**\$60 for one or two events Pre-Registration. Money Order/Cashier Check to Milan TKD.  
\$70 for one or two events at the door. Money order/Cashier Check or Cash at the door.**

**\*\*\*\*\*Pre-registration must be postmarked no later than November 24, 2009 \*\*\*\*\***

**Mail to: Milan TKD 7 E. Main St. Milan, MI 48160**

Athletes Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/ State/ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

School: \_\_\_\_\_ Instructor: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Rank: (Not Belt Color) \_\_\_\_\_

### 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 against Milan Tae Kwon Do LLC, Midwest Tae Kwon Do LLC, Milan Middle School, the city of Milan, MI, the Michigan Midwest Open Championships, sponsors, volunteers, officials, agents, competitors, other participants and advertisers for any and all damages which may be sustained by me in connection with my association with or entry in the Michigan-Midwest Open Championships Tae Kwon Do Tournament, or which may arise out of travel to or from this event. I understand that Tae Kwon Do is a body contact sport which involves risk of injury. The risk of injury from the activities involved in this event is significant, including the potential of permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce this risk, there is still a level of serious injury that can occur. I knowingly and freely assume all such risks, both known and unknown, even if arising from negligence of the releases or others and assume full responsibility for my participation. I also fully understand that any medical treatment I receive will be "First-Aid" only. In addition, I also consent that any pictures taken of me in connection with this event can be used for publicity purposes, including print or internet. I have read this release of liability and fully understand its terms.

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Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Sign (18 and under) \_\_\_\_\_ Date: \_\_\_\_\_

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#### Poomsae (Forms)

Name: \_\_\_\_\_

School: \_\_\_\_\_

Age: \_\_\_\_\_ Rank: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

#### Kyorugi (Sparring)

Name: \_\_\_\_\_

School: \_\_\_\_\_

Age: \_\_\_\_\_ Rank: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_