

SPORT TAEKWONDO CENTER ASSOCIATES  
NEWSLETTER

Athletes that are planning to participate in the upcoming tournaments sanctioned by either the United States Taekwondo Union (USTU) or Amateur Athletic Union (AAU), the checklist below must be adhered to. (Note: any changes made by the unions regarding equipment will be updated and passed on to you so we can adjust to meet the requirements)

## Competitor Checklist

### Paperwork (primarily for State, National and International events):

#### **Copies of ALL Registration paperwork:**

Competitor Entry Form and Waiver

Eligibility Certificate

Cashier's Check or Money Order Receipt

USTU or AAU Membership Card USTU- \$35.00 per year due date Jan AAU- \$12.00 per year due date Aug

WTF Black Belt Card (if applicable)

Proof of Citizenship **Only** for the USTU

Proof of Age (if applicable)

Proof of Delivery (see below).

[Registration paperwork should be sent to any Tournament Organizer by way of "secure" mail (U.S. Postal Service, Federal Express, United Parcel Service, etc.). Federal Express and United Parcel Service provide web based printing of the "proof of delivery".]

For those under eighteen traveling without Parents or Guardians – Signed Waiver for Medical Treatment and / or Insurance Card (to be used by Coach or Team Manager).

Hotel Reservation and / or Confirmation Number (Hotel Phone Number)

#### Equipment:

Clean V-Neck White Collar (Black if applicable) Doboks (Uniform). Athletes may wear a shirt underneath the dobok, but it must be white, and free of all lettering or logo. You will be notified as to what patches can be worn. (Note: In the event the athlete's uniform becomes bloody, he/she may be required to change it.

Belt (all competitors must wear a belt appropriate to their rank with the knot of the belt in the front).

Warm-Up Suit or other "Team" Jacket (if applicable)

Two Mouthpieces **(about \$2.50 to \$5.00)**

Hogu (Chest Protector) – two if applicable) **(\$35.00)**

Headgear **(\$25.00)**

Shin Pads, Instep Pads, or Shin / Instep Combination **(\$12.00)**

Forearm Guards **(\$10.00)**

Groin Cup (primarily for Males) – must be worn inside Dobok **(about \$4.00 to \$6.00)**

#### Additional Equipment:

Extra Contact Lenses (if applicable) Only "sport" eyeglasses will be allowed in sparring competition.

Pre-Wrap and Athletic Tape

Spray Ice and / or Breakable Ice Packs

Band Aids

Antiseptic Cream (Neosporin, etc.)

Ibuprofen or Motrin

Finger / Toenail Clippers (make sure your nails are clipped prior to competition)

Towel

Prescription Medicine (if required)

Cash (for water, snacks, and food – see below)

Kicking Target (Focus Paddle) **(not necessary)**

#### Notes:

Most of the above equipment should fit in a standard Taekwondo "equipment bag". Medical or other non-essential items can be packed separately in a suitcase. If you are traveling by air, TAKE YOUR BAG ON THE PLANE.

Page 2 of 2

You may be able to purchase new and / or replacement equipment at the Tournament, the cost will be outrageous, and there is no certainty that they will have your size in stock.)

Once at the Tournament, purchase plastic bottles of Water and / or Gatorade to have during and after your fight(s). Also, you may want to purchase fruit and / or snacks (that provide quick energy and are nutritious – Power Bar, etc.). most tournament locations have a store nearby.

At the Tournament:

Allow sufficient time for Competitor “check-in” (pick up paperwork, Badge, etc. and weigh-in), and arrive (at the Competition Venue) early the day of competition. Make sure you have your BADGE the day of competition.

This is only for tournament purpose:

Additional work out will be on Thursday from 7:00-8:00 PM at Jordye Bacon Elementary School.

Date is subject to change.

To become a member of the AAU. Go to this web page <http://gaaau.net> , click on **Taekwondo**, click on

**Individual AAU Membership**, click on **join now**, please follow the instruction. Ower club

number is **GATWWXWKB**, school name **LCRD Sport Taekwondo Center**, Association

**Georgia**. Instructor **Master Rafael Medina**, Address **1084 Desert Shield St, Hinesville GA 31313**.

Membership Athlete **\$12.00 or \$14.00**.

USTU events, we will keep you posted as to upcoming tournaments.

**All competitors will have the required equipment for additional workouts. (no exceptions).**

DIRECTOR: Master Rafael Medina  
Vice President : Mr. Edmond Conyers