



PENN

태권도
[Taekwondo]



Dear Members of the ECTC,

The University of Pennsylvania Taekwondo Club is pleased to invite you to the final Eastern Collegiate Taekwondo Conference tournament of the 2009-2010 season. The 2010 Penn Taekwondo Invitational will be held on Saturday, April 3rd in the Palestra at the University of Pennsylvania.

Enclosed in this document, you will find a schedule of events, registration instructions, eligibility requirements, referee information, a brief summary of the ECTC rules, directions, parking information, and lodging recommendations. As usual, registration will be conducted online via email, and registration will close on Thursday, April 1st at 10 pm.

Please note that schools wishing to become ECTC members may find the league registration form at the end of this document, along with detailed instructions. Forms should be submitted, along with the yearly league dues of \$100, to Master Dan Chuang at dbchuang@gmail.com.

If you have any other questions or concerns that are not addressed in this packet, feel free to contact me by email at penntkd+2010@gmail.com, or by phone at 408 513 5799. We look forward to seeing you in Philadelphia!

Sincerely,

Robert Li
Co-President
Penn Taekwondo Club

Soyeon Park
Co-President
Penn Taekwondo Club

Planned Schedule of Events

Friday, April 2nd

7:00 pm – 9:00 pm Early Weigh-in (Hutchinson Gymnasium)
Please email penntkd+2010@gmail.com prior to April
1st if you wish to weigh in early.

Saturday, April 3rd

8:00 am – 9:00 am Registration and Weigh-in; Referee Credential Pick-up

9:00 am – 9:15 am Opening Ceremony

9:15 am – 9:45 am Coach, Referee, and Black Belt Meeting

9:45 am – 11:30 am Forms Competition

11:30 am – 7:00 pm Sparring Competition
1. A-Team Division
2. C-Team Division
3. D-Team Division
4. B-Team Division

7:00 pm Awards Presentation and Closing Ceremony

Registration

Registration will be conducted online and must be completed by Thursday, April 1st, 2010 at 10 pm. To register, obtain a tournament registration spreadsheet at <http://ectc-online.org/registration.html> and email the completed form to Master Chuang at tournaments@ectc-online.org by the deadline above.

Tournament Fees

ECTC Member Clubs

Tournament entry fees are \$30 per competitor, cash or check made out to the club treasurer, "Gabriel Fernando"

Non-member Clubs

Tournament entry fees are \$40 per competitor, cash or check made out to the club treasurer, "Gabriel Fernando"

Note that a \$10 fee per competitor will be assessed for any teams that register after the April 1st deadline.

To register a school or club with the ECTC for the current year, please mail club dues to the league treasurer, or bring the \$100 fee to the tournament, along with the registration form found at the end of this document. If you have already paid club dues for the 2009-2010 season, you do not need to pay again. For questions regarding ECTC registration, email Master Chuang at dbchuang@gmail.com.

Competitor Eligibility

All competitors must be full-time students at the time of the competition. While student IDs are used as proof of student enrollment, the ECTC reserves the right to request proof of full-time status from the registrar of any school if there is a question about a student's full-time status.

Competitors must bring the following on the day of the tournament:

- Valid, current student ID
- Medical insurance information
- Tournament fees, as described above

Referee Information

Referees should indicate their intent to attend and officiate by sending an email to penntkd+2010@gmail.com with their name and any applicable certification. Only registered referees and league officials will be allowed to act as judges for black belt forms and center referees. Lunch and refreshments will be provided for all registered referees.

ECTC Tournament Rules

This tournament will follow the ECTC rules for the 2009-2010 season. A complete copy of the rules may be found at <http://ectc-online.org/rules.html>. Rules posted there supersede all competitor information found in this packet.

Poomsae Competition

There are ten poomsae divisions, separated by belt rank and gender. The divisions are:

- Men's White and Yellow Belts
- Men's Green Belts
- Men's Blue Belts
- Men's Red Belts
- Men's Black Belts
- Women's White and Yellow Belts
- Women's Green Belts
- Women's Blue Belts
- Women's Red Belts
- Women's Black Belts

Competitors must perform the poomsae appropriate to their rank as follows:

- White/Yellow Taeguk 1 or 2
- Green Taeguk 3 or 4
- Blue Taeguk 5 or 6
- Red Taeguk 7 or 8
- Black Koryo

In the black belt division, only two men and two women may compete from each school.

Medals will be awarded to the top 4 competitors in each division.

Sparring Competition

Sparring is contested on a team basis. Each team may have one lightweight, one middleweight, one heavyweight, and two alternates of any weight class. The ECTC weight classes are as follows:

Weight Class	Men	Women
Light	≤ 145.0 lbs.	≤ 117.0 lbs.
Middle	145.0 – 172.0 lbs.	117.0 – 137.0 lbs.
Heavy	> 172.0 lbs.	> 137.0 lbs.

When weighing in, competitors are allowed an extra 2 lbs. if they are wearing their dobok and belt. Competitors may fight in the weight class immediately above theirs, at their coach's discretion.

There are eight sparring divisions, separated by rank and gender. The divisions are:

Division	Rank	Duration
A-Team	Black and below	2 rounds of 2 minutes with 30 seconds rest
B-Team	Red and below	2 rounds of 90 seconds with 30 seconds rest
C-Team	Green and below	2 rounds of 60 seconds with 30 seconds rest
D-Team	White and yellow; 1st martial arts tournament	2 rounds of 60 seconds with 30 seconds rest

D-Team competitors shall kick only with their right leg during the first round and only with their left leg during the second round.

Competitors that have participated in A-Team may no longer compete in C-Team.

All teams in each division will compete in a single elimination bracket. Medals will be awarded to the top 4 teams in each division.

Equipment

USA Taekwondo equipment regulations will be enforced for sparring competition. All competitors must wear:

- Helmet
- Mouthpiece
- Hogu (must be WTF-style with shoulder pads and back protection)
- Forearm guards
- Shin guards
- Instep guards
- Groin protector (for men)

Tournament Scoring

Competitors earn points for towards their team's overall score according to the following guidelines:

<i>Poomsae</i>	1st	2nd	3rd	4th
White & Yellow	10	8	6	4
Green	12	10	8	5
Blue	15	12	9	6
Red	20	16	12	8
Black	35	28	21	14

<i>Sparring</i>	1st	2nd	3rd	5th
A-Team	128	64	32	16
B-Team	96	48	24	12
C-Team	64	32	16	8
D-Team	0	0	0	0

Directions to The Palestra

The Palestra is located at 215 S. 33rd Street, Philadelphia, PA 19104. It is adjacent to Hutchinson Gymnasium, which was the location of the tournament last year. The entrance is on 33rd street, behind the Hunter Lott Tennis Courts.

From North

Take I-95 South to the New Jersey Turnpike. Take exit 3 NJ-168 towards Camden. Take I-295 South to exit 26, I-76 West. Stay on I-76 West until exit 346B, University Avenue. Merge onto S 34th Street, then make a slight left onto University Avenue. Turn right at Civic Center Boulevard, then continue onto S 33rd Street. The Palestra is on your right, past Franklin Field and behind the Lott Tennis Courts.

From South

Take I-95 North to exit 13, PA-291 East, and take the ramp onto I-76 West. Stay on I-76 West until exit 346B, University Avenue. Merge onto S 34th Street, then make a slight left onto University Avenue. Turn right at Civic Center Boulevard, then continue onto S 33rd Street. The Palestra is on your right, past Franklin Field and behind the Lott Tennis Courts.

From West

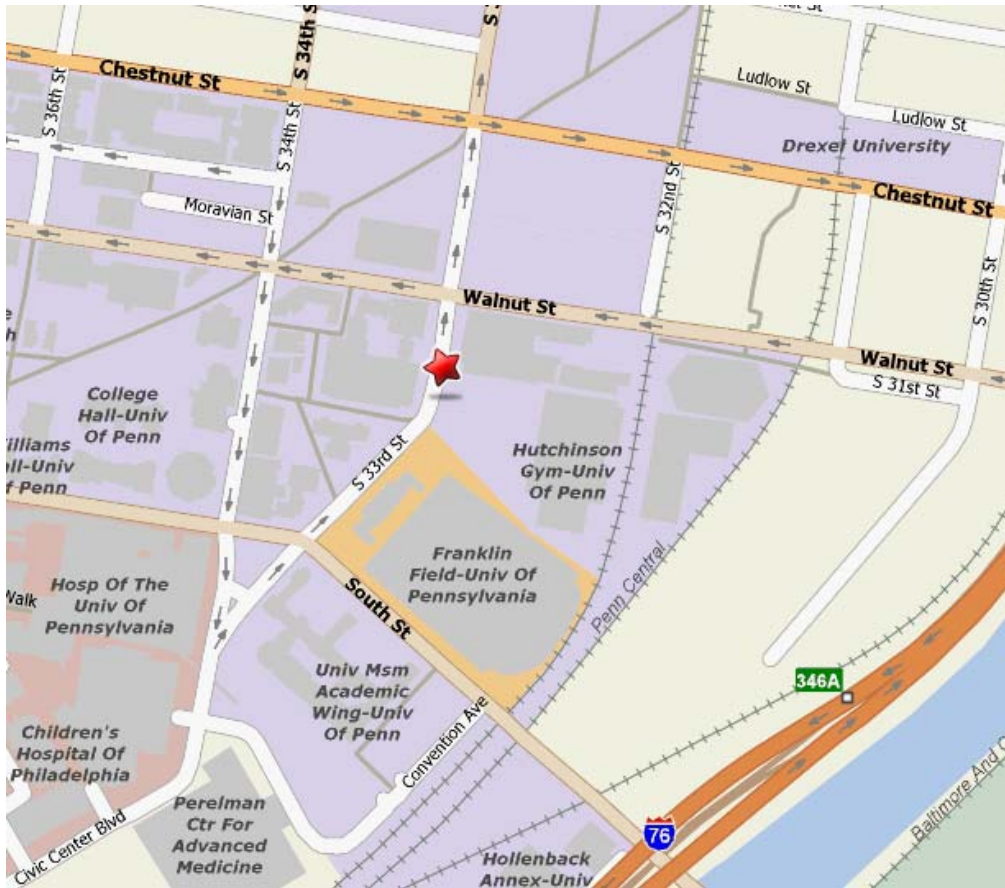
Take the Pennsylvania Turnpike towards Philadelphia. Take exit 326, the Valley Forge Interchange, and enter I-76 East. Stay on I-76 East until exit 346B, University Avenue. Merge onto S 34th Street, then make a slight left onto University Avenue. Turn right at Civic Center Boulevard, then continue onto S 33rd Street. The Palestra is on your right, past Franklin Field and behind the Lott Tennis Courts.

Parking Information

Street parking is available nearby on 33rd, 34th, Walnut, and Spruce Streets. There are also parking structures that charge a flat daily fee located at 34th and Chestnut, 34th and Civic Center Blvd, and 32nd and Walnut.

Please see the attached maps on the next pages.





Lodging Recommendations

On Campus

Hilton Inn at Penn

3600 Sansom Street

215 222 0200

\$209 per room, \$178 advance purchase

Sheraton University City

36th and Chestnut Streets

1 800 596 0369

\$249 per room, \$224.10 advance purchase

In Philadelphia

Marriott Courtyard

21 N. Juniper Street

1 800 887 8130

\$129 per room

1.8 miles

Best Western

501 N. 22nd Street

215 568 8300

\$139 per room, \$111.20 advance

1.6 miles

Residence Inn

1 E. Penn Square

1 800 331 3131

\$149 per room

1.8 miles

Holiday Inn

400 Arch Street

1 800 972 2796

\$169.95 per room, \$127.95 advance

3.2 miles

Crowne Plaza

1800 Market Street

215 561 7500

\$179.95 per room, \$162.95 advance

1.3 miles

Embassy Suites

1776 Benjamin Franklin Parkway

215 561 1776

\$199 per room, \$159.20 advance

1.6 miles

For more lodging options, you may want to consider staying outside Philadelphia in nearby Camden, NJ (5 miles), Darby, PA (6 miles), Conshohocken, PA (15 miles) or King of Prussia, PA (18 miles).

Dining Recommendations

Fast Food and Take Out

Moravian Food Court
CVS, Quiznos, Sbarro, Taco Bell
3401 Walnut Street

Koreana (Korean/Chinese)
3801 Chestnut Street

McDonald's
34th and Civic Center Boulevard
3935 Walnut Street

Restaurants

Chili's
3801 Chestnut Street

Abner's Cheesesteaks
3813 Chestnut Street

Chipotle
3925 Walnut Street

Potbelly Sandwich Works
3401 Civic Center Boulevard
(Drive south on 33rd Street toward the
UPenn Hospital)

Sitar India
60 S. 38th Street
(38th and Walnut, north of Chili's)

Cosi
140 S. 36th Street
(36th and Walnut, north of
Penn bookstore)

Wawa
3604 Chestnut Street
3744 Spruce Street

Boston Market
3901 Chestnut Street

Allegro's Pizza
3942 Spruce Street

Thai Singha
3939 Chestnut Street

Greek Lady
224 S. 40th Street
(On 40th Street between Walnut
and Spruce Streets)

Sang Kee Noodle House (Chinese)
3549 Chestnut Street

2009-2010 Club Registration Form Eastern Collegiate Taekwondo Conference

The Eastern Collegiate Taekwondo Conference (formerly Ivy/Northeast Collegiate Taekwondo League) club dues for the 2009-2010 season are \$100.

Please enclose a \$100 check or money order made out to "Ivy Northeast Collegiate Taekwondo League." **No cash; check or money order only.**

If possible, please submit this form electronically to dbchuang@gmail.com and **also** submit a hard copy by mail as well with the payment.

Submit this form to the ECTC Treasurer at:

Daniel Chuang
44 Concord Ave. Unit #404
Cambridge, MA 02138

Club information:

College name							
Club Contact Person							
Head Instructor							
Club Address							
City				State		Zip	
Club Phone No.			Contact email				
Club Web Site							

Please write below any additional information you would like to appear about your school on the ECTC website: