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March 15, 2019

Dear Colleagues, Instructors, Coaches, Athletes, and Parents:

Please join us on **Saturday, April 13, 2019** for the annual **Great Falls Invitational Taekwondo Tournament (GFIT) AND the 2019 State Hanmadang Championship**. The GFIT will be held in the morning with events in Singles Sparring and Tag Team Sparring. 13 Hanmadang Events will comprise the afternoon (Forms and Board-Breaking).

The tournament will be held at the **C.M. Russell High School Fieldhouse 228 17<sup>th</sup> Avenue NW, Great Falls, MT 59404**. A 3- 4 person **round-robin format** will be used for Olympic style Individual Sparring. Single Elimination will be used for the 2-3 person Tag-Team Sparring. MTA rules will be used for individual sparring and individual traditional forms. The National Hanmadang rules will be used for all other Forms and Board Breaking events. Please go to [www.usopenTKD.com](http://www.usopenTKD.com) for more information on the Hanmadang events and rules.

**The schedule of events this year will be:**

- 8-8:45 AM: All Sparring Competitors Must Check-In (non-sparring competitors can check in early too)
- 8:30-8:45 AM: Officials/Referee Meeting
- 9:00 AM: Competition begins with White/Yellow/Orange Belt Individual Sparring and Tag Team  
Green/Blue/Purple Belt Individual and Tag-Team Sparring  
Red/Brown/Black Individual and Tag-Team Sparring
- 10:30-11 AM: Last chance to check in for those competing in the afternoon events ONLY (not sparring)
- 12 Noon: Opening Ceremonies with National Anthems and presentation of the flag by the Honor Guard
- Afternoon: Forms Events Starting with Individual Traditional Forms White/Yellow/Orange Belts  
Board Breaking Events

Please support the **Montana Taekwondo Association (MTA)** by becoming a member for \$20. You **MUST** provide a copy of your MTA card with your registration to get the discount. Your 12 month membership will give you a \$10 discount on registration fees for this tournament (and all future MTA affiliated tournaments during your membership period). Visit: [www.montanataekwondo.org](http://www.montanataekwondo.org)

Big Sky Taekwondo will be hosting an **MTA referee seminar** on Saturday, April 6, 2019 at 12 PM at Big Sky Taekwondo in Great Falls. If you are in need of updating your status please feel free to attend.

Thank you to all of the **qualified referees and corner judges** who help our tournament run smoothly. Your loyalty and support is always greatly appreciated!

Gratefully,  
**Grand Master Scott Miranti and Mrs. Darci Miranti**

Great Falls Invitational Taekwondo TOURNAMENT  
 MTA State HANMADANG  
 COMPETITOR REGISTRATION FORM 2019



COMPETITOR INFORMATION		
COMPETITOR'S LAST NAME:	COMPETITOR'S FIRST NAME	AGE
COMPETITOR'S MAILING ADDRESS:		
CITY:	STATE:	ZIP:
EMERGENCY CONTACT:	RELATIONSHIP:	EMERGENCY CONTACT PHONE #
BELT LEVEL:	MALE	FEMALE
MARTIAL ARTS SCHOOL NAME:	Competitor phone # or email	
INSTRUCTOR NAME:	Martial Arts School City	

Payment Information	Entry Fees
Payment can be made by CHECK, CASH, MONEY ORDER OR CREDIT CARD  Make checks payable to: "Big Sky Taekwondo"  <b>REGISTRATION MUST BE RECEIVED BY Wed. APRIL 10<sup>th</sup></b> A \$15 late fee will be applied for any LATE REGISTRATION.  Please Mail Your Tournament Registration Form and Fees To :  <b>Big Sky Taekwondo                      920 13<sup>th</sup> Avenue South                      Great Falls, MT 59405</b>	<b>MTA MEMBERS:</b> <input type="checkbox"/> \$55 FOR 1 <sup>st</sup> 2 EVENTS + <input type="checkbox"/> \$10 EACH additional EVENT (# of additional Events _____ x \$10)  Please provide a copy of your current MTA membership card for your discount. Interested in joining the MTA? Visit <a href="http://www.montanataekwondo.org">www.montanataekwondo.org</a>  <hr/> <b>NON MTA MEMBERS:</b> <input type="checkbox"/> \$65 FOR 1 <sup>st</sup> 2 EVENTS + <input type="checkbox"/> \$15 EACH additional EVENT (# of additional Events _____ x \$15)  <b>TOTAL AMOUNT:</b> \$ _____ <input type="checkbox"/> Credit Card Your zip code _____ #'s on back _____ CARD # _____ EXP: _____ NAME ON CARD: _____ SIGNATURE: _____

**Please select your EVENTS:**

- Singles Sparring**
- Tag Team Sparring**  
This is a 2-3 person team.
- ITF-Individual Traditional Forms**  
(Taeguk/Kukkiwon ONLY)  
(Rules for below: [www.usopentkd.com](http://www.usopentkd.com))
- ICFWO-Individual Creative Forms**  
without Weapons (Ages 5 and up)
- ICFWW-Individual Creative Forms**  
with Weapons (Age 7 and up)
- TTF-Team Traditional Forms**  
2-10 Members Taeguk/Kukkiwon
- TCFWO-Team Creative Forms**  
without Weapons (2-10 Members)
- TCFWW-Team Creative Forms**  
with Weapons (2-10 Members)
- TD-Team Demo/Martial Arts School**  
Demo (5+ Team Members)
- ISHK-Individual Spinning Hook Kick**  
(30 second time frame to break continuously)  
(Age 7 and up)
- IJH-Individual Jumping High Kick**  
(Highest wins. Age 7 and up)
- IPBK-Individual Power Breaking**  
Back Kick (Age 7 and up)  
**# of Boards you will break: \_\_\_\_\_**
- IPSSK-Individual Power Breaking**  
Skipping Side Kick (Age 7 and up)  
**# of Boards you will break: \_\_\_\_\_**
- IPKH-Individual Power Breaking**  
Knife Hand (Downward only) Age 13 and up.  
**# of Boards you will break: \_\_\_\_\_**
- ICB-Individual Creative Breaking**  
1-6 Boards (Age 5 and up)  
**# of Boards you will break: \_\_\_\_\_**

**Waiver and Liability Release**

In lieu of the acceptance of my registration and application to participate in this event, I represent the following:

I understand that all sports contain inherent risks of injury, and that such risks may be minor, or may be severe, and may include infection, paralysis or death. I also understand that Taekwondo is a body-contact sport and accept the risks of injury or infection as a result of participation. I hereby waive, release and forever discharge, for myself, my heirs, executors, administrators and assigns, any and all claims I might have against the host school (Big Sky Taekwondo), tournament organizers, director, officials, agents, representatives, successors, or competitors, as well as the Montana Taekwondo Association (MTA) and any MTA official, for any and all damages I may incur or sustain, for injury, medical expenses, and any other losses, while participating in this event, and for travel to and from this event. I have read the rules of the competition and have taken the opportunity to make myself aware of their content. I understand them and agree with them in their entirety.

Competitor's Name (PRINTED)

Competitor's Signature or Parent/Guardian if Competitor is under 18 years of Age/DATE



## Great Falls Invitational Tournament 2019

### TAG TEAM SPARRING INFORMATION

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**Sparring Tag-Teams** will consist of 2 or 3 people (selected prior to April 13). Male and female groups may go together. The members of each team **must be** in the same division (i.e. no orange belts with green belts, no red belts with yellow belts and/or no adults with children). **There will be no exceptions to this rule! If you do not have a team but want to participate, please show up to holding when your division is called and we will do our best to TRY to find you a team.**

The belt divisions will be:

- White/Yellow/ Orange Belts (no head contact allowed)
- Green/ Blue/ Purple Belts (very light head contact allowed)
- Red/ Brown/Black Belts (light head contact allowed)

The age divisions will be:

- 6-9 years old
- 10-13 years old
- 14-17 years old
- 18+ years old

Each team will consist of 2 or 3 persons. Each fighter must begin one round. Within each round each fighter can tag out to allow the next fighter to enter the ring and take over the match.

- Junior Safety Rules Apply.

**Please note:**

If you are competing in Tag-Team Sparring **you MUST have your partner/team selected prior to arriving at this tournament.** Remember, your partner/team must be in the same belt division as you are.

A SINGLE ELIMINATION FORMAT WILL APPLY TO TAG-TEAM SPARRING ONLY.

## MTA State Hanmadang 2019

### FORMS AND BOARD BREAKING RULES

We will follow the National Hanmadang criteria for FORMS and BOARD BREAKING events at this tournament. For more detailed information and videos on these events please visit [www.usopenTKD.com](http://www.usopenTKD.com) . Below you will find basic information regarding these rules.

#### **FORMS:**

##### **ITF Individual Traditional Forms**

Requirements: All Ages and Ranks. Each participant will have 60 seconds to perform a Taeguek or Kukkiwon Black Belt form. NO music.

##### **ICFWO-Individual Creative Forms without Weapons**

Requirements: Age 5 years and up, all ranks. Each participant will have 60 seconds to perform a creative form. There are 6 compulsory techniques: 2 front snap kicks (any variation), 2 round house kicks (any variation), and 2 sidekicks (any variation). NO Weapons. Music is HIGHLY encouraged. All martial arts disciplines welcome: i.e. NON-Kukkiwon poomse, Karate, Kung-Fu, Kempo, etc.

##### **ICFWW-Individual Creative Forms with Weapons**

Requirements: Age 7 years and up, all ranks. Each individual will have 60 seconds to perform a creative form. There are 6 compulsory techniques: 2 front snap kicks (any variation), 2 round house kicks (any variation), and 2 sidekicks (any variation). Martial arts weapons are accepted. Music is HIGHLY encouraged. NO sharp-edged weapons will be allowed!

##### **TTF Team Traditional Forms**

Requirements: All Ages and Ranks. 2-10 Members. Each team will have 60 seconds to perform a Taeguek or Kukkiwon Black Belt form. Synchronization and team work is important. NO music.

##### **TCFWO Team Creative Forms without Weapons**

Requirements: All ages and ranks. 2-10 Members. Each team will have 60 seconds to perform a creative form. There are 6 compulsory techniques: 2 front snap kicks (any variation), 2 round house kicks (any variation), and 2 sidekicks (any variation). NO Weapons. Synchronization and team work is important. Music is HIGHLY encouraged.

##### **TCFWW Team Creative Forms with Weapons**

Requirements: All ages and ranks. 2-10 Members. Each team will have 60 seconds to perform a creative form. There are 6 compulsory techniques: 2 front snap kicks (any variation), 2 round house kicks (any variation), and 2 sidekicks (any variation). Martial arts weapons are accepted. No sharp blades! Synchronization and team work is important. Music is HIGHLY encouraged.

##### **TD Team Demo (Martial Arts School Demonstration)**

Requirements: All Ages and ranks. 5+ team members. Each team will have 5 minutes total (not including setup) to perform a demonstration. Teams must provide their own breaking materials and props. There are 3 compulsory techniques: forms, (traditional or creative), board breaking and self-defense (ie: fight scene). Synchronization and Team Work is important. Music is HIGHLY encouraged.

MTA State Hanmadang 2019  
FORMS AND BOARD BREAKING RULES

Visit [www.usopenTKD.com](http://www.usopenTKD.com) for detailed rules on these events (and videos).

**BOARD BREAKING**

**ISHK Individual Spinning Hook Kick**

Requirements: age 7 years and up, all ranks. Each participant will have 30 seconds to break as many boards as possible with spinning hook kick. All boards are 1/4 inch pine boards.

**IJH Individual Jumping High Kick**

Requirements: Age 7 years and up, all ranks. Each participant will have 20 seconds to attempt to break with running jumping front snap kick. Each participant has only 1 attempt to break the board (1/4 inch pine board) for each round. Participant must break the board to advance to the next round. The participant to break the highest board will be declared the winner.

**IPBK Individual Power Breaking Turning Back Kick**

Requirements: Age 7 years and up, all ranks. Each participant will have 1 attempt to break as many boards (each pine board is 1 inch thick) as they declare with a back kick. All boards will be placed on a board holding stand. The boards must be as high as the participant's waist. The participant who breaks the most boards wins. There is a 60 second time limit. NOTE: You are not allowed to touch the boards during your break except with your kick!

**IPSK Individual Power Breaking Skipping Side Kick**

Requirements: Age 7 years and up, all ranks. Each participant will have 1 attempt to break as many boards (each pine board is 1 inch thick) as they declare with a skipping side kick. All boards will be placed on a board holding stand. The boards must be as high as the participant's waist. The participant who breaks the most boards wins. There is a 30 second time limit.

**IPKH Individual Power Breaking Knife Hand (downward)**

Requirements: Age 13 years and up, all ranks. Each participant will have 1 attempt to break as many boards (each pine board is 1 inch thick) as they declare with a downward Knife hand strike. All boards will be placed on a board holding stand. The board holding stand is 4 inches tall and will be placed on the floor. The participant who breaks the most boards wins. There is a 60 second time limit.

**ICB-Individual Creative Breaking**

Requirements: Age 5 years and up, all ranks. Each individual will have 60 seconds to setup and 60 seconds to break a minimum of 1 and maximum of 6 boards at their discretion. All boards are 1/4 inch pine.

**IMPORTANT: You cannot touch any of your boards once you are set up. The first touch will be considered your break.**

**ALL BOARDS WILL BE PROVIDED BY BIG SKY TAEKWONDO**