



# CUTA

## INTERNATIONAL

OPEN  
2022

CUTA  
TEAM  
TRIALS

MARCH  
18-20

FRESNO  
CONVENTION  
CENTER

SELLAND ARENA

700 M STREET  
FRESNO, CA 93721

[WWW.CATKD.ORG](http://WWW.CATKD.ORG)

DOUBLE TREE BY HILTON HOTEL  
FRESNO CONVENTION CENTER



## TABLE OF CONTENTS

President's Letter.....	2
General Information.....	4
Competition Registration Fees and Deadlines.....	5
Event Schedule.....	6
Event Registration.....	8
Coach Requirements.....	9
Awards.....	10
Bracketing.....	10
Board Breaking.....	13
Poomsae.....	14
Recognized Sport Poomsae.....	15
Major Changes.....	17
Competition Equipment.....	17

January 15, 2022

Dear Grand Masters, Masters, Instructors, Referees, Coaches, Athletes, Families & Volunteers,

On behalf of the #CUTA organization, I would like to invite you to the 2022 CUTA International Open & Team Trials. Our goal for CUTA International Open is to bring international competition experiences home to our US athletes. This year we are excited to host athletes from Mexico, Costa Rica, Columbia, Baja, Puerto Rico and others.

CUTA International Open is NOT a USAT sanctioned event. For this year, the state championships are NOT qualifiers to the USAT Nationals. We are planning a separate 12-point USAT sanctioned CA State Championship later this year. This year, we are excited to announce the formation of CUTA State Teams for both Kyoogi and Poomsae. CUTA Teams will be sponsored to a National, International Open Championship, and camps determined by the Event Director/Team Manager.

#CUTA accomplishments from 2019, the last year prior to COVID:

- **2019 State Championship** – with over 1,800 participants, it was the largest State Championship in the US and provided excellent competition experiences for all competitors.
- **Binationals, Baja Mexico (2019)** – The CUTA Youth, Cadet, and Junior Teams took on some of the best athletes from Baja, Costa Rica, and Mexico. The CUTA team earned first place overall.
- **Costa Rica Open (2020)** – CUTA Senior Team attended this G-2 rated event in March. This was the last CUTA event right before the pandemic lock down.

The purpose of the international team trips is to provide valuable high-level competition, cultural immersion in the host countries, all while fostering new friendships through Taekwondo. All these events are made possible through the teamwork of the CUTA Board of Directors, Event Manager, Master Elvis Chavez (and E-Productions), team managers, and a group of extraordinary team coaches who volunteer their time to work with our athletes throughout the year.

In addition to the CUTA BOD and staff, we are fortunate to have the most incredible sponsors and would like to thank them for their support over the years:

- Mr. James Kim of Mooto/BMA for making our teams look great and the envy of many.
- Bessie Escobar of Imagine Special Events, for the eye-catching graphics for event posters, signage, and print jobs.
- EZ-Events for a very efficient tournament management system, which helps to make our events run smoothly.
- Jared Reed of Moderyn for a clean and easy to navigate website.
- The Song family of TrueScore for bringing us the latest Daedo technology for our competitors.
- Peter Chang of No Surrender for his generous support and fun times for the CUTA athletes after every rumble.
- Jonny Oh of Tiger Claw for their sponsorships.
- This year we would like to welcome and thank JCalicu for becoming a CUTA Sponsor. We look forward to a great partnership.

Lastly, our sincerest gratitude to all the athletes, masters, coaches, referees and parents for your continued support.

Sincerely,

Grand Master Yong Choi

President

California Unified Taekwondo Association, #CUTA!





2019 Binationals, Tijuana, Baja California, Mexico  
CUTA Youth, Cadet & Junior Team (missing athletes)

## GENERAL INFORMATION

### EVENT CONTACT

cutastates@gmail.com

### COMPETITION VENUE

Fresno Convention Center Selland Arena  
700 M Street  
Fresno, CA 93721

### LODGING

Double Tree Hilton Hotel & Conference Center  
2233 Ventura St.  
Fresno, CA 93721

### EVENT SPECTATOR TICKETS

Event Tickets	Price
All Event Pass (Saturday & Sunday)	\$30
Single Day Pass (6+ years)	\$20
Children (5 & younger)	Free

### VENUE INFORMATION & BAG POLICY

<http://bit.ly/2uMVdLf>

COVID19 regulations will be the current City of Fresno rules & regulations.

### COMPETITOR REGISTRATION

**ALL participants must register at <https://catkd.org/events/>.**

**NO REFUNDS** will be given for any reason.

- To obtain the early registration price, you must pay online by the March 6, 2022 deadline. If the registration fee is not paid by the early registration deadline, the entry fee will automatically be changed to the final registration fee.

### COACH REGISTRATION

All coach registrations must take place on the <https://catkd.org/events/>.

- All coaches must follow rules and regulations and keep in Martial Arts conducts and ably by USATKD/PATU/WT rules and regulations. **Must not be named on USATKD Suspension List.**

**OUR PRIORITY IS THE SAFETY OF ALL OUR ATHLETES.**

## COMPETITION REGISTRATION FEES & DEADLINES

Events	Ages	Belts
Board Breaking	All Ages	All Ranks
Poomsae	All Ages	All Ranks
Grassroots Poomsae	12+	Black Belts Only
Sports Poomsae	12+	Black Belts Only
Pair Sports Poomsae	Cadet, Junior, U30, O30	Black Belts
Team Sports Poomsae	Cadet, Junior, U30, O30	Black Belts
Sparring	All Ages	Black Belts
Grassroots Sparring	12+	Black Belts
World Class Sparring	12-32	Black Belts

### ATHLETES

Early Registration 1st Event	Early Registration EACH Additional Event	Early Registration Last Day	Final Registration 1st Event	EACH Additional Event	Final Registration Deadline
\$115	\$30	March 6, 2022	\$130	\$40	March 16, 2022

### COACHES

Early Registration	Early Registration Deadline	Final Registration	Final Registration Date
\$40	March 6, 2022	\$ 50	March 16, 2022

**NO ONSITE REGISTRATION FOR ATHLETES OR COACHES, THIS INCLUDES ADDING EVENTS.**

**\*\* Registration Deadline is at 11:59 pm (Pacific)\*\***



## EVENT SCHEDULE

### 2022 CUTA INTERNATIONAL OPEN EVENT SCHEDULE

#### Thursday, March 10, 2022

11:59 pm	Designated Poomsae Published	CUTA Website ( <a href="https://catkd.org">https://catkd.org</a> )
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#### Monday, March 14, 2022

6:00 pm	Coach Meeting	Via Zoom & will be posted on CUTA's YouTube
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#### Friday, March 18, 2022

		<b>Poomsae:</b> <b>Color &amp; Black Belt Grassroots:</b> 18+ <b>Black Belt Sports Poomsae:</b> (U30, U40, U50, U60, U65, O65) <b>Black Belt Sports Poomsae Pair &amp; Team:</b> (Cadet, Junior, U30, O30) <b>Black Belt Freestyle:</b> Pairs (U17, O17), Mixed Team (U17, O17)
TIME	DESCRIPTION OF EVENT	LOCATION
11:00am - 1:00pm	Participant check-in, Friday Competitors Only	Double Tree Hilton Hotel
12:00pm - 2:00pm	Participant check-in & Weigh-in for all Saturday Sparring Competitors Coaches Check-in	Double Tree Hilton Hotel
4:00pm- 7:00pm	Participant check-in & Weigh-in for all Saturday Sparring Competitors Coaches Check-in	Double Tree Hilton Hotel
2:00 pm	Competition Starts for Poomsae	Selland Arena
<b>All FRIDAY Poomsae Competitors must check-in by 1:00 pm. Double Tree Hilton Hotel</b> <b>All SATURDAY participants must Check-in AND or Weigh-in by 7:00 pm. <u>INCLUDING COACHES</u></b> <b><u>Credential Pick Up opens at 9am on SATURDAY</u></b>		
Schedule subject to change without notice.		
<b>If you compete on Sunday but want to enter the event venue another day, you must come to check-in to pick up your venue access.</b>		

## Saturday, March 19, 2022

<b>Sparring:</b> Color Belts: All ages Black Belts: Dragons (6-7), Tigers (8-9), Ultra (33 & over), All Grassroots (Cadet, Junior, Senior)		<b>Poomsae:</b> Color Belts & Grassroots Black Belts: All belts 17 & younger Black Belt Sports Poomsae: Cadet, Junior Board Breaking: All color belts and Black Belts
TIME	DESCRIPTION OF EVENT	LOCATION
8:00 am	Arena Doors Open	Selland Arena
9:00 am	Poomsae Black Belt: Cadet Female ----- All Board Breaking Participants	Ring 9 & 10 ----- Staging Area
9:00 am – 12:00 pm 2:00pm – 5:00pm	Participant check-in for ALL competitors Weigh-in for all Sunday Competitors	Double Tree Hilton Hotel
9:30 am	Competition Starts	Selland Arena
To Be Posted	Poomsae & Sparring Schedule will be posted night before event <u>by bracket numbers</u>	CUTA Website & Facebook
All SUNDAY Poomsae ONLY Competitors must check-in by 5:00 pm. All SUNDAY Sparring Competitors must check-in AND weigh-in by 5:00 pm.		
Schedule subject to change without notice.		

## Sunday, March 20, 2022

<b>Sparring:</b> <b>Black Belt Sparring:</b> Youth (10–11) <b>Black Belt Sparring World Class:</b> Cadet (12-14) World Class, Junior (15-17) World Class, Senior (18-32) World Class			<b>Poomsae:</b> <b>Black Belt Sports Poomsae Freestyle Individual:</b> U17, O17		
TIME	DESCRIPTION OF EVENT		LOCATION		
8:00 am	Arena Doors Open		Selland Arena		
8:30 am	Poomsae Black Belt: Individual Freestyle		Ring 10		
9:00 am	Competition Starts		Selland Arena		
To Be Posted	Sparring Schedule will be posted night before event <u>by bracket number</u>		CUTA Website & Facebook		



## EVENT REGISTRATION

### CHECK-IN & WEIGH IN

Double Tree Hilton Hotel & Conference Center  
2233 Ventura St.  
Fresno, CA 93721

ALL COMPETITORS must check-in at registration for credential pick-up the **day before** their competition to be included in their division brackets. Friday competitors will have a separate line at registration and must be checked in by 1:00 pm to be included in the brackets; otherwise, they will be disqualified.

### CHECKLIST

Completing all items on this list will help ensure a speedy check-in and weigh-in process at the CUTA International Open.

- ☐ Ensure you registered online. NO ONSITE registrations will be allowed.
- ☐ A valid form of ID: ID, U.S. Birth Certificate, Passport Book or Card, School ID or Report Card, Valid Driver's License or Government Issued ID, or Military ID.
- ☐ Sparring competitors: bring appropriate attire - refer to "Weigh-In Rules."
- ☐ Poomsae ONLY competitors must still check-in the day before (or Friday) in order to be on brackets, if not, they will be disqualified.
- ☐ Bring payment if required: cash or credit/debit only. No Checks.
- ☐ Coaches must pick up during credential pick up times only.

### WEIGH-IN RULES

Weigh-In is MANDATORY for ALL SPARRING COMPETITORS. DAY BEFORE YOUR EVENT.

- ALL sparring competitors MUST weigh-in the **DAY BEFORE** the scheduled competition. A maximum of two (2) weigh-ins are allowed per athlete. The 2nd weigh-in must occur before registration is officially closed.
- Contestants are required to show a valid form of ID to weigh-in.
- Any irregular action by the competitor or coach during the weigh-in may result in disqualification from event participation.
- There is a \$20 division change fee cash only.
- **\*\*\*NOTE:** Weigh-ins, for both males and females, shall be done in athletic clothing. A total of .5 kgs will be deducted from the weight on the scale. Athletes 18+ by the time of event date, may weigh-in in undergarments. But will not be given the .5 kgs deduction when weighed in undergarments. ***Under NO circumstance may an athlete weigh-in in the nude in the U.S. No sports bras or crop tops for females and males must wear a T-shirt.***



## COACH REQUIREMENTS

In addition to the coach's attire and conduct requirements as outlined in the rules, there will be the following requirements:

- Coach courtesy hold and match management
  - First-round we will make accommodations for coaches with multiple athletes in separate rings
  - Due to the scale and scheduling of this event, referees will be instructed to hold matches for a maximum of one minute prior to starting the match
  - Once the division brackets and match orders are set by officials, no changes will be accepted on the floor
- Coach etiquette (sparring and poomsae)
  - No recording video or pictures ringside or on the competition floor
  - No phones, headsets, earbuds, etc. at ringside or on the competition floor
  - No loitering behind the ring table
  - No questions during the competition

Violations of etiquette may be penalized with a yellow card (sanction)

## AWARDS

### SPARRING

California Medals and certificates will be given out to the top 4 athletes, in the respective divisions and weight categories: 1st Place, 2nd Place, 3rd Place, 3rd Place.

### POOMSAE

California Medals and certificates will be given to the top 4 individuals, pairs (co-ed) and teams and individual Black Belts Divisions in the respective divisions: 1st Place, 2nd Place, 3rd Place, 3rd Place.

All color belts will be awarded 1st Place, 2nd Place, 3rd Place, 3rd Place.

## BRACKETING

### FEMALE SPARRING AGE DIVISIONS & WEIGHT CATEGORIES

AGE CLASSES	**AGE DIVISIONS	BELT COLOR	*WEIGHT CATEGORIES (KG)	WEIGHT CLASSES
DRAGONS	6-7 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U19, U23, U27 & O27	FIN, LIGHT, MIDDLE & HEAVY
TIGERS	8-9 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U21, U25, U30 & O30	FIN, LIGHT, MIDDLE & HEAVY
YOUTH	10-11 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U30, U35, U40 & O40	FIN, LIGHT, MIDDLE & HEAVY
^CADET	12-14 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U29, U33, U37, U41, U44, U47, U51, U55, U59, O59	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LT. MIDDLE, MIDDLE, LT. HEAVY & HEAVY
JUNIOR	15-17 YEARS OLD	YELLOW, GREEN, BLUE & RED	U42, U44, U46, U49, U52, U55, U59, U63, U68 & O68	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LT. MIDDLE, MIDDLE, LT. HEAVY & HEAVY
^JUNIOR	15-17 YEARS OLD	BLACK	U42, U44, U46, U49, U52, U55, U59, U63, U68 & O68	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LT. MIDDLE, MIDDLE, LT. HEAVY & HEAVY
SENIOR	17-32 YEARS OLD	YELLOW, GREEN, BLUE & RED	U46, U49, U53, U57, U62, U67, U73, O73	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, MIDDLE, & HEAVY
^SENIOR	17-32 YEARS OLD	BLACK	U46, U49, U53, U57, U62, U67, U73, O73	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, MIDDLE, & HEAVY
ULTRA	33+ YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U49, U57, U67 & O67	FIN, LIGHT, MIDDLE & HEAVY

U= Under, O=Over

## MALE SPARRING AGE DIVISIONS & WEIGHT CATEGORIES

AGE CLASSES	**AGE DIVISIONS	BELT COLOR	*WEIGHT CATEGORIES (KG)	WEIGHT CLASSES
DRAGONS	6-7 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U19, U23, U27 & O27	FIN, LIGHT, MIDDLE & HEAVY
TIGERS	8-9 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U21, U25, U30 & O30	FIN, LIGHT, MIDDLE & HEAVY
YOUTH	10-11 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U30, U35, U40 & O40	FIN, LIGHT, MIDDLE & HEAVY
^CADET	12-14 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U33, U37, U41, U45, U49, U53, U57, U61, U65, O65	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LT. MIDDLE, MIDDLE, LT. HEAVY & HEAVY
JUNIOR	15-17 YEARS OLD	YELLOW, GREEN, BLUE & RED	U45, U48, U51, U55, U59, U63, U68, U73, U78 & O78	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LT. MIDDLE, MIDDLE, LT. HEAVY & HEAVY
^JUNIOR	15-17 YEARS OLD	BLACK	U45, U48, U51, U55, U59, U63, U68, U73, U78 & O78	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LT. MIDDLE, MIDDLE, LT. HEAVY & HEAVY
SENIOR	17-32 YEARS OLD	YELLOW, GREEN, BLUE & RED	U54, U58, U63, U68, U74, U80, U87, O87	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, MIDDLE, & HEAVY
^SENIOR	17-32 YEARS OLD	BLACK	U54, U58, U63, U68, U74, U80, U87 & O87	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, MIDDLE, & HEAVY
ULTRA	33+ YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U58, U68, U80 & O80	FIN, LIGHT, MIDDLE & HEAVY

U= Under, O=Over

APPLICATION OF JUNIOR SAFETY RULES FOR USAT & CALIFORNIA STATE			Duration of Rounds Round-Times-Rest
Age	Belt Color	Applicable Rules	
<b>Dragon</b> 6 - 7 years	Yellow	No Head Contact	<b>All Division</b> Three - 60 seconds - 30 seconds rest
	Green		
	Blue		
	Red		
	Black		
<b>Tigers</b> 8-9 years	Yellow	<b>No Head Contact</b>  Junior Safety Rules	<b>All Division</b> Three - 60 seconds - 30 seconds rest
	Green		
	Blue		
	Red		
	Black		
<b>Youth</b> 10 - 11 years	Yellow	<b>No Head Contact</b>  Junior Safety Rules	<b>All Color Belts</b> Three - 60 seconds - 30 seconds rest  <b>All Black Belts</b> Three -60 seconds 30 seconds rest
	Green		
	Blue		
	Red		
	Black		
<b>Cadet</b> 12 - 14 years	Yellow	Junior Safety Rules  (Including Black Belt Grassroots) <b>Senior Rules</b>	<b>All Color Belts &amp; Grassroots</b> Three - 60 seconds - 30 seconds rest  <b>World Class Black Belts</b> Three -60 seconds 30 seconds rest
	Green		
	Blue		
	Red		
	Black Belt Grassroots		
	World Class Black		
<b>Junior</b> 15 - 17	Yellow	Junior Safety Rules (Including Black Belt Grassroots) <b>Senior Rules</b>	<b>All Color Belts &amp; Grassroots</b> Three - 60 seconds - 30 seconds rest  <b>World Class Black Belts</b> Three -90 seconds 30 seconds rest
	Green		
	Blue		
	Red		
	Black Belt Grassroots		
	World Class Black		
<b>Senior</b>	Yellow	Junior Safety Rules (Including Black Belt Grassroots) <b>Senior Rules</b>	<b>All Color Belts &amp; Grassroots</b> Three - 60 seconds - 30 seconds rest  <b>World Class Black Belts</b> Three -90 seconds 30 seconds rest
	Green		
	Blue		
	Red		
	Black Grassroots		
	World Class Black		

\* CUTA reserves the right to modify the number of rounds at their discretion. \*

**Junior Safety Rules:** Attacks to the head with light contact is allowed. The Referee will penalize the athlete for excessive contact. The referee can decide the winner of RSC (Referee Stop Contest) in case of a significant difference of competing ability between two athletes.

## BOARD BREAKING

Board breaking shall follow USA Taekwondo rules

([https://www.teamusa.org/-/media/USA\\_Taekwondo/Documents/2020/03-March/Referee-Rules-Update-ALT/2020\\_Breaking\\_Rules.pdf](https://www.teamusa.org/-/media/USA_Taekwondo/Documents/2020/03-March/Referee-Rules-Update-ALT/2020_Breaking_Rules.pdf)). Coaches and athletes are responsible for reading and understanding the competition rules. A few highlights of those rules include:

- 3 minutes for setup, performance, and clean-up, with 0.3 penalty every 10 seconds over time.
- 15 boards maximum, no limit on number of attempts.
- 0.3 penalty for each failed attempt, attempt with “help” from the holders, or board brought into the competition area that remains unbroken at the end of the performance.
- No altering the boards and no spacers allowed. Mechanical holders are allowed and must be inspected prior to competition.
- 60% score shall be technical (3.0 points for number of boards broken, 3.0 points for difficulty) and 40% presentation (4.0 points for Technique, Rhythm, Style, and Creativity).
- The board size shall be an exception to the USA Taekwondo rules.
  - ALL AGES: Standard board size shall be 12 inches by 8 inches and 3/8 inches thick (1/2 inch nominal).
  - Boards must be purchased from the event vendor at the competition venue, They will be given to you at the competition floor when your turn comes up.
  - Event ages 6-7, 8-9, 10-11, 12-14, 15-17, 18-29, 30-39, 40-49, 50-59, 60+ All ranks one division

## POOMSAE

**(Designated Poomsae will be posted on CUTA Website March 10 2022)\*\*\***

### INDIVIDUAL COLOR BELT AND GRASSROOTS BLACK BELT POOMSAE

Consists of 1 Male or 1 Female with belts from WHITE TO RED for the following age divisions: Dragon (6-7), Tiger (8-9), Youth (10-11), Cadet (12-14), Juniors (15-17), Senior (-30,-40,-50,-65,+65)

### INDIVIDUAL GRASSROOTS BLACK BELT POOMSAE

Consists of 1 Male or 1 Female competitor for the following age divisions: Youth (10-11), Cadet (12-14), Juniors (15-17), Senior (-30,-40,-50,-65,+65)

Belt	Compulsory Poomsae	Compulsory Poomsae
White		Taegeuk 1
Yellow	Taegeuk 1	Taegeuk 2
Green	Taegeuk 3	Taegeuk 4
Blue	Taegeuk 5	Taegeuk 6
Red	Taegeuk 7	Taegeuk 8
Black Belts 1st Dan	Taegeuk 8	Koryo
Black Belts 2nd Dan	Koryo	Keumgang
Black Belts 3rd Dan	Keumgang	Taeback
Black Belts 4th Dan	Taeback	Pyongwon
Black Belts 5th Dan	Pyongwon	Chonkwon

## RECOGNIZED SPORT POOMSAE

### INDIVIDUAL POOMSAE

Consists of 1 Male or 1 Female competitors for the following age divisions: Cadet (12-14), Juniors (15-17), 1st Pairs (18-30) & 2nd Pairs (31+) Pairs Poomsae.

### PAIRS POOMSAE (CO-ED)

Consists of 1 Male & 1 Female competitors for the following age divisions: Cadet (12-14), Juniors (15-17), 1st Pairs (18-30) & 2nd Pairs (31+) Pairs Poomsae.

### TEAM POOMSAE

Consists of 3 competitors of the same gender for the following age divisions: Cadet (12-14), Junior (15-17) 1st Team (18-30) & 2nd Team (31+) Team Poomsae.

AGE	Individual Compulsory Poomsae
CADET	Taegeuk 4, Taegeuk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang
JUNIOR	Taegeuk 4, Taegeuk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taebak
-30	Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
-40	
-50	Taegeuk 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Chonkwon, Jitae
-60	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Chonkwon, Jitae, Hansu
-65	
+65	

AGE	Pair and Team Compulsory Poomsae
CADET	Taegeuk 4, Taegeuk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang
JR.	Taegeuk 4, Taegeuk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taebak
-30	Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
+30	Taegeuk 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Chonkwon, Jitae

### REGISTRATION

Ensure competitors are registered for ALL events they plan on participating in by the time registration closes. NO ONSITE registrations will take place. Meaning, if you plan on competing in a Team or in Pairs, but one (1) member did not register, your team or pair will be disqualified.

\*CUTA International Open will not have Dragon, Tiger and Youth Pairs Poomsae, or Color belt Co-Ed Pairs. \*

## POOMSAE PRE-COMPETITION REQUIREMENTS

Athletes competing in Recognized Poomsae Pairs, Recognized Poomsae Teams, and all Freestyle Poomsae have additional pre-competition requirements to ensure smooth competition.

### FREESTYLE MUSIC REVIEW AND APPROVAL

All Freestyle athletes must upload their edited music files using the Google Form linked below by Monday, March 14, 2022. Freestyle pairs and teams must also declare their pair or team membership using the same Google Form linked below. Athletes that do not have approved music at the time of their competition will be disqualified.



You will need a Google account (e.g. a Gmail account) to access the form. Use your web browser to go to <https://forms.gle/JsKAEnm2bquYoQnT6> or use your phone camera on the QR code and choose to go to the Google Form in your web browser.

Music must be edited to 90-100 seconds and cannot contain any verbal lyrics in any language. Non-verbal singing is allowed. The music file cannot be more than 10 MB in size, and MP3 format is preferred.

After submission, you will receive an approval code or request to resubmit within 1-2 business days. Approval codes will be issued for each individual, pair, or team, so even if the music file is the same for multiple athletes, please request approval for each individual, pair, or team. Please upload your music early, in case resubmission is required, to ensure your music is ready for your competition time.

## MAJOR CHANGES

### Grassroots participation for black belts

1. *Cadet, Junior, Sr & Ultra Poomsae*
2. *Cadet Junior & Sr. Sparring black belts*

## COMPETITION EQUIPMENT

### OFFICIAL SPARRING UNIFORM (DOBOK)

- All contestants must wear a white Taekwondo V-neck PATU/WT uniform (dobok) in good condition.
- Black belts must wear black-collared uniforms.
- Poom rank (14 and under black belts) may wear poom uniforms with black and red collars.
- Color belts must wear white-collared uniforms; color belts cannot wear black-collared uniforms.
- No tape will be allowed on any part of the uniform.



White V-Neck  
Color Belts



Poom V-Neck  
Black Belts U14



Black V-Neck  
Black Belts

### OFFICIAL POOMSAE UNIFORM (DOBOK)

- All contestants must wear a white Taekwondo V-neck PATU/WT approved uniform or WT approved Poomsae competition uniform in good condition, and appropriate to the contestants' division.
- Black Belts must wear black-collared white uniforms or WT approved Poomsae competition uniform.
- Only black belt athletes 14 and under may wear a poom belt. If an athlete wears a poom collar uniform they must wear a poom belt.
- Color belts may not wear black-collared uniforms.

## DAEDO PSS & PROTECTIVE EQUIPMENT



GEN 2

## DAEDO SOCKS - REQUIRED FOR ALL (you may use Gen 1 or Gen 2 Electronic socks)



GEN 1



GEN 2



CUTA Sponsor Truescore/Daedo will be at event selling socks. To purchase socks before event, visit <http://bit.ly/3aTqDQI>.

Call us at 510-556-5516 (1) or email us at [karina@truescore.com](mailto:karina@truescore.com)

**FOREARM GUARDS - REQUIRED**



**SHIN GUARDS - REQUIRED**



**HAND GLOVES - REQUIRED FOR ALL BLACK BELTS CADET, JUNIOR & SENIOR COMPETITORS**



### **HEADGEARS - REQUIRED FOR ALL COMPETITORS**

We will use a head electronic headgear adaptor that inserts on top of your own helmet for sanitary reasons. White Red or Blue Helmets blue or red must match hogu color.



### **MOUTHGUARD - REQUIRED (White or Clear Only) (If you have braces you must cover completely)**



### **FEMALE & MALE PROTECTORS - REQUIRED**



**#CUTA and #2022CUTAOpen as you prepare for the  
CUTA International Open. We'll see you in Fresno!  
Thank you!**