

# 2024 Super Challenge Sparring Spree



**Saturday, June 8, 2024**  
**Mary Ellen Henderson Middle School**  
**7130 Leesburg Pike, Falls Church, VA**

**Bopper Sparring - Ninjas, White and Yellow Belts**

**Point Sparring - White to Black Belts**

All primary matches 2 minutes or first to 10 points

1 point punch/ 2 point body kick / 3 point head kick

**Forms - Red Belts and higher only**

- **Practice round** for all bopper sparring divisions before competition rounds begin
- **2nd Chance round** for those who don't place in the competition round (17 and under, blue belts and lower)

**All large divisions will be subdivided by rank or height when possible**

**Registration is online only! [TheBlackBeltLeague.com](http://TheBlackBeltLeague.com)**

Pre-Registration: \$70 (before 5/27) (includes 1 spectator ticket) / Additional spectator fee \$5

Late-Registration: \$85 (5/27 to 6/5) (includes 1 spectator ticket) / Additional spectator fee \$10

Spectator fee at the door: \$10 cash only

**Questions? Email us: [Rheefc@gmail.com](mailto:Rheefc@gmail.com) (We will respond quickly!)**

# 2024 Super Challenge - Sparring Spree

## Saturday, June 8, 2024

### WHAT:

The Super Challenge Sparring Spree is a Tae Kwon Do tournament with a sparring emphasis. Forms divisions will be offered to ranks red belt and up. The best thing about our tournament is that we eliminate the "one and done" most competitors face in a regular tournament if they lose their first match. First we have a "practice" round before the real competition starts (bopper sparring only). Secondly, we run a "second chance" round for students who did not place in the first round (not offered to red belts and higher - forms are offered instead). Lastly, we will split the divisions by gender, rank, or height if there are more than 30 competitors entered in a division to keep the competition as fair as possible and provide a better opportunity for YOU to win a medal or trophy. Point sparring matches are also to 10 points with the introduction of a 3 point play (controlled kick to the head). The final match in advanced and Black Belt divisions are 2 minutes / total points with a 7 point spread.

### WHERE:

Mary Ellen Henderson Middle School Gym (lower level). 7130 Leesburg Pike, Falls Church, VA 22046. School is located just off of exit 66 on I-66 in the City of Falls Church, VA.

### WHEN: Saturday, June 8, 2024

Arrive at least 30 minutes prior to your scheduled start time. Please note that these are general start times. Delays may occur due to unforeseen circumstances. Please plan on spending at least 2.5 hours at the tournament.

8:30 am	Breakfast & Judges meeting: All judges please wear black or blue uniform pants, your school T-shirt and belt.
9:00 am	Black Belts: Point Sparring & Beethoven or Traditional (Won-Hyo or Hwa Rang)
10:30 am	Red/Brown/Novice Black Belts: Point Sparring (Advanced Point Sparring) & Pyung Wa or Exodus
12:00 pm	Ninja/Dragon: Bopper Sparring (ninjas 7 and older will be grouped with white & yellow belts)
12:00 pm	White/Yellow Belts: Bopper Sparring <i>*White &amp; Yellow belts who want to point spar must have all sparring gear (see requirements below). You can only choose one of the two options, point or bopper, not both.</i>
2:00 pm	White/Yellow/Orange/Green Belts: Point Sparring (Beginner Point Sparring)
2:00 pm	Purple/Blue Belts: Point Sparring (Intermediate Point Sparring)

### FEES/REGISTRATION: Registration is Online Only! [TheBlackBeltLeague.com](http://TheBlackBeltLeague.com).

The pre-registration rate before 5/7/24 is \$70 includes 1 spectator admission. Additional spectator tickets are \$5 each. Late registration between 6/1 and 6/5 is \$85 and includes 1 spectator ticket. Additional spectator tickets are \$10 each. **NO REGISTRATION AFTER 6/5/24.** Spectators tickets at the door are \$10 each and **CASH ONLY**. Spectator admission will be charged to all ages two and up.

### GENERAL RULES:

**AGE RULE:** All competitors must compete at the age they are on 6/8/24.

**UNIFORM RULE:** Full uniform required for forms divisions. You must wear your belt. TKD School T-shirt or Super Challenge T-shirt okay for sparring divisions.

**EQUIPMENT RULE:** All equipment, including belt, hands/feet/shin pads, groin cup (males), head gear with face shield, mouth guard and chest guard is mandatory for all ranks and ages. All gear must be in good condition at the discretion of Master Chun Rhee. Boxing style hand gloves and sparring shoes (Ringstar) not permitted. No gear required for bopper sparring. If you have a question about the eligibility of your gear, email photo to Rheefc@gmail.com.

**BOPPER SPARRING RULES:** *Please watch our rules video @TheBlackBeltLeague.com.* (One point for all strikes) Point scoring areas exclude the groin area, face and arms. All other body parts are legal scoring areas. 7 points or 1 minute, whichever comes first. Competitors can only use one hand on bopper to strike and must be balanced on their feet. Points cannot be scored while diving, or while a free hand or knee is touching the floor. A distinct striking motion is necessary for a point to be awarded. Incidental contact with a scoring area may not result in a point at the discretion of the center judge. Bopper must also be in control for a point to be awarded. If a competitor drops their bopper after making a legal strike, the point will not count. Judges can call for a penalty point for the following infractions: excessive contact, striking with two hands, running out of bounds or falling to avoid sparring or diving while trying to score a point. A point can be scored by each competitor if it occurs at the same time. Disqualification rule for point sparring also applies to bopper sparring, please see below.

**POINT SPARRING RULES:** (1 point punch / 2 point body kick / 3 point head kick) All matches in the primary rounds will be 2 minutes or first to 10 points. Final matches for 1st and 2nd place in advanced and black belt divisions are 2 minutes total points (7 point spread). Light face shield contact allowed. **Excessive contact will not be tolerated.** **Automatic Disqualification for:** cursing, dissent, drawing blood (before bow out), taunting or unsportsmanlike conduct. **Calling of Penalty Points:** Any judge can call for a penalty point/disqualification, however a majority vote is needed to award a penalty point. A player receiving a penalty point cannot also score a point during the same call, however a scoring point and penalty point can be called against a player. Any contact with enough force to cause pain or injury to another competitor will be deemed excessive. Competitors attempting 3 point head kicks must maintain control. 3 points may be awarded to the recipient if excessive contact is determined. No warnings for fouls. Judges can call for a penalty point for the following infractions: Excessive head contact (head is rocked back), running out of bounds or falling to avoid fighting, sweeping, contact on illegal areas (below the belt and back), uncontrolled strikes (contact not necessary), hitting after the break. **2nd Chance divisions** are 1 minute matches first to 7 points. 2nd Chance divisions can only run in divisions with 6 or more competitors.

**ADVANCED BELT FORMS RULES:** Full uniform top and bottom required - NO T-shirts. Divisions with less than 3 competitors may be combined with the next older division. In case of a scoring tie for any of the top 4 places, competitors will re-perform and winner determined by a hand vote. Students may compete 2 or 3 at a time. Music will be used for Exodus and Beethoven.

### AWARDS:

**Bopper Sparring:** 1st Place, Gold medal / 2nd Place, Silver medal / 3rd Place, (2) Bronze medal. **Beginner, Intermediate, Advanced Point Sparring, and Advanced Forms:** 1st Place, 3 foot trophy / 2nd Place, 2 foot trophy / 3rd Place (2) Bronze medal. **Black Belt Divisions:** 1st Place Sparring, Cup / 1st Place Forms, Plaque / 2nd Place, 2 foot trophy / 3rd Place, (2) Bronze medal. **2nd Chance divisions are only offered in bopper, beginner point (17-), and intermediate point sparring (17-):** 1st Place and 2nd Place medals

### PREPARATION: Read carefully before tournament day

Pre-registered competitors will pick up your wristbands from your instructor the week of the tournament. Late registered students will pick up wristbands at tournament will call. Your TKD school T-shirt or Super Challenge T-shirt is okay for sparring divisions. We are not responsible for lost or stolen items. PLEASE REVIEW ALL RULES ABOVE. Double check your sparring bag for all gear. Arrive at least 30 minutes before your scheduled time above.

# 2024 Super Challenge Sparring Spree

*All sparring divisions are Black Belt League points eligible*

## POINT SPARRING BASICS

*1 point punch / 2 point body kick / 3 point head kick*

*Competition Round: 2 minute matches first to 10 points*

*2nd chance rounds: 1 min or first to 7 points (not offered to black belts, advanced belts or adults)*

### **9:00 am Black Belts: *Black Belt Point Sparring & Forms***

BB1 \_\_\_ Black Belt *point* 11- (b)  
BB2 \_\_\_ Black Belt *point* 11- (g)  
BB3 \_\_\_ Black Belt *point* 12-13 (b)  
BB4 \_\_\_ Black Belt *point* 12-13 (g)  
BB5 \_\_\_ Black Belt *point* 14-15 (b)  
BB6 \_\_\_ Black Belt *point* 14-15 (g)  
BB7 \_\_\_ Black Belt *point* 16-17 (b)  
BB8 \_\_\_ Black Belt *point* 16-17 (g)  
BB9 \_\_\_ Black Belt *point* 18+ (M)  
BB10 \_\_\_ Black Belt *point* 18+ (F)

#### *You can only choose 1 forms division*

*Won-Hyo or Hwa-Rang*

*Beethoven*

BB11 \_\_\_ Black Belt *Traditional* 12- (b/g)      BB15 \_\_\_ Black Belt *Beethoven* 12- (b/g)  
BB12 \_\_\_ Black Belt *Traditional* 13-15 (b/g)      BB16 \_\_\_ Black Belt *Beethoven* 13-15 (b/g)  
BB13 \_\_\_ Black Belt *Traditional* 16-17 (b/g)      BB17 \_\_\_ Black Belt *Beethoven* 16-17 (b/g)  
BB14 \_\_\_ Black Belt *Traditional* 18+ (M/F)      BB18 \_\_\_ Black Belt *Beethoven* 18+ (M/F)

### **10:30 am Red / Brown / Novice Black Belts: *Advanced Point Sparring & Jung Yee/Pyung Wa or YiJunGu (Exodus)***

RB1 \_\_\_ Advanced *point* 8- (b)  
RB2 \_\_\_ Advanced *point* 8- (g)  
RB3 \_\_\_ Advanced *point* 9-10 (b)  
RB4 \_\_\_ Advanced *point* 9-10 (g)  
RB5 \_\_\_ Advanced *point* 11-12 (b)  
RB6 \_\_\_ Advanced *point* 11-12 (g)  
RB7 \_\_\_ Advanced *point* 13-14 (b)  
RB8 \_\_\_ Advanced *point* 13-14 (g)  
RB9 \_\_\_ Advanced *point* 15-17 (b)  
RB10 \_\_\_ Advanced *point* 15-17 (g)  
RB11 \_\_\_ Advanced *point* 18+ (M)  
RB12 \_\_\_ Advanced *point* 18+ (F)

#### *You can only choose 1 forms division*

RB13 \_\_\_ Advanced *Jung Yee or Pyung Wa* 8- (b/g)      RB19 \_\_\_ Advanced *YiJunGu (Exodus)* 8- (b/g)  
RB14 \_\_\_ Advanced *Jung Yee or Pyung Wa* 9-10 (b/g)      RB20 \_\_\_ Advanced *YiJunGu* 9-10 (b/g)  
RB15 \_\_\_ Advanced *Jung Yee or Pyung Wa* 11-12 (b/g)      RB21 \_\_\_ Advanced *YiJunGu* 11-12 (b/g)  
RB16 \_\_\_ Advanced *Jung Yee or Pyung Wa* 13-14 (b/g)      RB22 \_\_\_ Advanced *YiJunGu* 13-14 (b/g)  
RB17 \_\_\_ Advanced *Jung Yee or Pyung Wa* 15-17 (b/g)      RB23 \_\_\_ Advanced *YiJunGu* 15-17 (b/g)  
RB18 \_\_\_ Advanced *Jung Yee or Pyung Wa* 18+ (M/F)      RB24 \_\_\_ Advanced *YiJunGu* 18+ (M/F)

### **12:00 pm Ninja / Dragon: *Ninja Bopper Sparring (ages 4-6)***

ND1 \_\_\_ Ninja *bopper* 4 (b/g)  
ND2 \_\_\_ Ninja *bopper* 5 (b/g)  
ND3 \_\_\_ Ninja *bopper* 6 (b)  
ND4 \_\_\_ Ninja *bopper* 6 (g)

#### *Practice Round & 2nd Chance Round*

### **Revised Time 12:00 pm White / Yellow Belts: *Beginner Bopper***

WG1 \_\_\_ Beginner *bopper* 7- (b)  
WG2 \_\_\_ Beginner *bopper* 7- (g)  
WG3 \_\_\_ Beginner *bopper* 8-10 (b)  
WG4 \_\_\_ Beginner *bopper* 8-10 (g)  
WG5 \_\_\_ Beginner *bopper* 11-12 (b)  
WG6 \_\_\_ Beginner *bopper* 11-12 (g)  
WG7 \_\_\_ Beginner *bopper* 13-17 (b)  
WG8 \_\_\_ Beginner *bopper* 13-17 (g)

*Bopper Practice Round: (30 sec match)*

*Bopper sparring: 1 minute or first to 7 points*  
*2nd Chance Round: 1 minute or first to 7 points*

*Ninjas/Dragons who are 7 and older must bopper spar in the White/Yellow division.*

### **Revised Time 2:00 pm White / Yellow / Orange / Green Belts: *Beginner Point***

OG1 \_\_\_ Beginner *point* 7- (b)  
OG2 \_\_\_ Beginner *point* 7- (g)  
OG3 \_\_\_ Beginner *point* 8-10 (b)  
OG4 \_\_\_ Beginner *point* 8-10 (g)  
OG5 \_\_\_ Beginner *point* 11-12 (b)  
OG6 \_\_\_ Beginner *point* 11-12 (g)  
OG7 \_\_\_ Beginner *point* 13-14 (b)  
OG8 \_\_\_ Beginner *point* 13-14 (g)  
OG9 \_\_\_ Beginner *point* 15-17 (b)  
OG10 \_\_\_ Beginner *point* 15-17 (g)  
OG11 \_\_\_ Beginner *point* 18+ (M)  
OG12 \_\_\_ Beginner *point* 18+ (F)

*White & Yellow Belts have the option to point spar, but must have all sparring gear.*

*You can only choose one division bopper or point.*

*2nd Chance Round: 1 minute first to 7 points*  
*(not offered in adult division)*

### **Revised Time 2:00 pm Purple / Blue Belts: *Intermediate Point Sparring***

PB1 \_\_\_ Intermediate *point* 8- (b)  
PB2 \_\_\_ Intermediate *point* 8- (g)  
PB3 \_\_\_ Intermediate *point* 9-10 (b)  
PB4 \_\_\_ Intermediate *point* 9-10 (g)  
PB5 \_\_\_ Intermediate *point* 11-12 (b)  
PB6 \_\_\_ Intermediate *point* 11-12 (g)  
PB7 \_\_\_ Intermediate *point* 13-14 (b)  
PB8 \_\_\_ Intermediate *point* 13-14 (g)  
PB9 \_\_\_ Intermediate *point* 15-17 (b)  
PB10 \_\_\_ Intermediate *point* 15-17 (g)  
PB11 \_\_\_ Intermediate *point* 18+ (M)  
PB12 \_\_\_ Intermediate *point* 18+ (F)

*2nd Chance Round: 1 minute first to 7 points*  
*(not offered in adult division)*