



SO'S TAEKWONDO'S

COMPETITION TEAM 2025 HANDBOOK

Compete against who you were yesterday, to strive to become better everyday.

Many team sports provide for a route to express competitiveness, however, the outcome is largely dependent on shared responsibility and accountability. Taekwondo competition places the accountability and responsibility on the sole competitor. We train as a team, help each other get better, cheer for each other, but once it's time to perform, we do it solo. The confidence and life skills gained from this experience is difficult to match in other pursuits.

Sparring competitions call for a contest of mentality and physicality between two individuals who are striving for the same limited goal. Focus, grit, composure, sportsmanship, introspection, effort, dedication, humility, and ambition are exercised in practices and competitions. Much like how our muscles become stronger with repetition, so will our mentality.

So's Taekwondo's competition team members strive for excellence on the mat, in the ring, and in all aspects of life.

As your head coach, my goals are:

1. Develop habits and mindset for success in the real world
2. Improve physical conditioning and abilities
3. Train and improve Taekwondo skills to succeed in competition
4. Create a bond amongst athletes, where teammates are more than practice partners

Thank you for your trust, support, and cooperation in this program.

Students (athletes) can claim a spot on our competition team by completing the 4 phases described in this handbook.

Deadlines

April 18, 2024 - 2024 Asian American Celebration Taekwondo Championships Registration due (tournament is on 5/5/24)
(Phase 1)

May 24, 2024 - Private Lesson Evaluation Due **(Phase 2)**

May 24, 2024 - Tryouts Registration Due **(Phase 3)**

May 31, 2024 - Enrollment/Commitment to 2025 Season/
Equipment Order Form due **(Phase 4)**

July 8, 2024 - Season begins!

*Tournament dates will be announced as we receive invitations (We'll know at least one month in advanced)

Last season's schedule (to get a rough idea):

9/16, 10/7, 10/14, 10/21, 11/18, 2/24, 3/9, 4/6, 4/20, 5/5, 5/18,
6/1

Phase 1: Pre-Evaluation

To create a baseline for all potential team members for the 2025 competition season, athletes who are trying out for competition team are required to participate in the 2024 Asian American Celebration Taekwondo Championships in Bel Air, MD on Sunday, May 5, 2024, as the first phase of the tryouts roadmap.

Evaluation criteria includes:

1. Ability to handle pressure - nerves, adversity, etc.
2. Coachability - ability to take instruction, adjustments, and advice during matches
3. Composure - awareness of situations during and after matches
4. Sportsmanship - win or loss, treat ourselves and everyone around us with respect
5. Team Spirit - encouragement to teammates, and staying to support teammates after competition

Registration forms are available at the front desk. Please complete and return the registration form along with payment (cash) by April 22, 2024.

ATHLETES ARE REQUIRED TO HAVE VIDEO FOOTAGE OF THEIR ENTIRE SPARRING MATCH(ES)!

Phase 2: 1 on 1 Prerequisites

Athletes who have competed in the May 5th pre-evaluation tournament are required to schedule and complete a private lesson session. The session will include evaluation of the athlete's performance at the tournament, recommendations to get ready for future tournaments, and a description of tryouts format to prepare for tryouts.

Athletes can book a private lesson on the So's Taekwondo App (in the shop).

Phase 3: Tryouts

Competition team tryouts for the 2025 season will be held on Saturday, May 25th, 2024 from 1PM-3PM.

Requirements will be discussed during the private lesson.

Athlete Checklist:

1. Full Taekwondo uniform
2. Full sparring gear set
3. Running attire (not Taekwondo uniform)
4. Sneakers
5. Water Bottle

Results will be announced on May 28th, 2024. All athletes who have tried out will receive a letter containing results.

Phase 4: Enrollment

Athletes who've received an acceptance letter must submit the 2025 season athlete agreement form by May 31, 2024 to secure a spot on So's Taekwondo Competition Team 2025!

Our season will go from July 8, 2024 - June 30, 2025 (estimated end date)

The practice times will be announced shortly. We are finalizing the class time schedule changes.

Costs Involved

Tuition - \$170/month (separate from standard Taekwondo membership). Tuition covers practices during the week, coaching fees, and team management software (one time, cash payment option is \$1,600)

Competition Registration - \$80 to \$120 per tournament (varies depending on the host of the tournament. Spectators are also charged \$10 to \$20)

USA-Taekwondo membership - only applies to athletes competing in qualifiers and/or nationals

Equipment - Daedo foot socks \$95, competition uniform ~\$110

Clinics/Cross Training - \$45/session (please plan for about one session per month)