



2015“GARDEN STATE CUP XIX”

Taekwondo Championships

Sunday, November 01, 2015

Ridge High School, Basking Ridge, NJ

September 22, 2015

Dear Masters, Instructors, Athletes, and Parents,

On behalf of the Ji Ho Choi Taekwondo Institute, I am pleased to extend my sincere invitation to you and your students to the 19th Annual Garden State Cup XIX Taekwondo Championships to be held on Sunday, November 01, 2015 at Ridge High School Gymnasium School in Basking Ridge, New Jersey!

This year, we are celebrating our nineteenth year of what has now become a fall tradition, the Garden State Cups. Our organizing committee meets continuously throughout the year to research and develop the competition to enhance both athlete and spectator experience, and this year we have been able to form many valuable partnerships with local and regional masters and globally recognized companies that we feel would enrich all participants across the board.

We have also taken your suggestions and weighed-in on the benefits of some and put others aside for further development, and from your popular requests, we have included few more breaking events: **height, distance and power kick breaking events**. Taekwondo competition does not have to center around the sparring event, the spirit of competition comes from the sweat and hard work of every athlete, who are brave and bold to step onto that competition floor and demonstrate, confidence, integrity, perseverance, and pure sportsmanship, which are the true teachings of taekwondo. To uphold these qualities of athleticism, we are constantly working to develop and uphold a safe, fair play, and fair judging standards. The organizing committee has again approved the usage of WTF approved Electronic Body Protectors and Scoring System to score the Junior and adult black belt sparring events. **To provide fair breaking competition, we will be mandating official approved breaking boards that will be on sale at the venue prior to the competition. All breaking competition competitors are now required to use the official approved boards instead of boards that are purchased previously at their schools and clubs.**

We invite you to join us at **Ridge High School on December 01, 2015** and become part of a fall taekwondo tradition. Please take some time to read over the enclosed package and call us if you need assistance or if you have any questions, please do not hesitate to call us.

We look forward to seeing you at the **Garden State Cup XIX**.

Sincerely,

Grand Master Ji Ho Choi
Hosts & Director
“GARDEN STATE CUP XIX”