



2018 "GARDEN STATE CUP XXII"
Taekwondo Championships
Sunday, November 11, 2018
Ridge High School, Basking Ridge, NJ

September 01, 2018

Dear Masters, Instructors, Athletes, Coaches, Trainers, and Parents,

Garden State Cup is celebrating its 22nd year this year!!

On behalf of the Ji Ho Choi Taekwondo Institute, I am pleased to extend my sincere invitation to you and your students to the 22nd annual **Garden State Cup XXII Taekwondo Championships** to be held on Sunday, November 11, 2018 at Ridge High School Gymnasium in Basking Ridge, New Jersey.

For over two decades, Garden State Cup has been setting standards for taekwondo competitions across the nation and worldwide. Continuously innovating the next new development in taekwondo and opening up explorative platforms for athletes, coaches, masters, and spectators for experimentations and opportunities to grow and evolve with the ever-changing advancement of taekwondo. We are excited to present several new events this year with traditional competition events: WT Forms, WT Team Forms, Open/Weapons Forms, Free-Style Breaking, Individual Sparring, Tag Team Sparring (Tag Team League Member Teams Only), & Trick Kick events line up the exciting day of competition.

Taekwondo competition does not have to center around the sparring event, the spirit of competition comes from hard work and sweat of every athlete, who are brave and bold to step onto that competition floor and demonstrate confidence, integrity, perseverance, and true 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 by inviting highly qualified international referees. The organizing committee has once again approved the use of WT approved Electronic Body Protectors and Scoring System to score the Junior and adult black belt sparring events. **To provide fair breaking competition, it is mandatory for all athletes to use the competition approved breaking boards sold on the day of competition by an authorized dealer. Non-certified boards will not be allowed at this competition.**

It's an exciting time in taekwondo worldwide. Never has there been a better time to be a student of taekwondo of all ages and gender to join the brotherhood/sisterhood of taekwondo training and its teachings.

We invite you to join us at the **2018 Garden State Cup XXII** at **Ridge High School on November 11, 2018** to celebrate an event that has become a fall taekwondo tradition and be a part of our fast growing community. Please take some time to read over the enclosed package and contact us for assistance and/or with your questions and concerns.

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

Sincerely,
Grand Master Ji Ho Choi
Hosts & Director
"GARDEN STATE CUP XXII"