



2019 GARDEN STATE CUP XXIII

Taekwondo Championships

Sunday, November 10, 2019

Ridge High School, Basking Ridge, NJ

September 15, 2019

Garden State Cup (GSC) is proud of all the elite taekwondo athletes who began their successful taekwondo competition career at GSC.

We've been developing champions for 23 years and have become the gold standard of taekwondo events.

Keeping up with our fall competition tradition, I am once again excited to extend my personal invitation to you and your students to the **23rd Garden State Cup XXIII Taekwondo Championships** on Sunday, November 10, 2019 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, and our debut event; **Team Breaking Relay**.

Taekwondo competition does not have to center around the sparring event, the spirit of competition comes from hard work and sweat of every athlete and their trainers, 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 DaeDo 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.**

As the world prepares for the Summer Olympic Games 2020 in Tokyo, give the opportunity of an Olympic dream to your students and athletes. We will never know what treasure each of them holds. 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.

Come join us and celebrate 23 years of **Garden State Cup** at **Ridge High School on November 10, 2019** a fall taekwondo tradition with fast growing followings. Please take the time to carefully read over the enclosed information package and contact us for assistance with your questions and concerns.

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

Sincerely,

Grand Master Ji Ho Choi

Hosts & Director

GARDEN STATE CUP XXIII