

THE PHOENIX IRON GAUNTLET

SMYRNA, TN

FORGED IN FIRE. TESTED IN BATTLE



SATURDAY, SEPTEMBER 19, 2026

SMYRNA HIGH SCHOOL SMYRNA, TN

SPARRING ONLY. DOUBLE ELIMINATION IN ALL DIVISIONS

KP & P E HOGU/HEADGEAR FOR RED & BLACK BELTS

HOSTED BY PHOENIX MARTIAL ARTS



PHOENIX IRON GAUNTLET

To all competitors, coaches, officials, and spectators,

Welcome to the Phoenix Iron Gauntlet.

This event was built with a very specific purpose in mind... To give athletes **MORE REAL MATCH EXPERIENCE.**

Too often, competitors train hard, travel, and invest in a tournament... only to walk away with one match. While winning is always the goal, development comes from time in the ring.

The Iron Gauntlet was created to change that.

This is a sparring-only Taekwondo tournament designed to maximize opportunity, challenge athletes, and provide the kind of experience that prepares them for higher levels of competition.

ALL DIVISIONS will be run in a **DOUBLE ELIMINATION FORMAT** to ensure that every competitor has the chance to gain meaningful ring time. Divisions may be combined when necessary to maintain competitive brackets and provide the best possible experience for all athletes.

For our red and black belt divisions, we will be using KP&P electronic scoring systems to create a realistic competitive environment consistent with national-level events. White through blue belt divisions will use manual trigger scoring. Any white through blue belt athlete who wishes to gain experience with electronic scoring may request to compete up in the red belt division. These requests must be made with the tournament director prior to competition day, and athletes may only compete in one division.

Cadet, Junior, and Senior sparring team members (AAU and USAT) are invited to compete free of charge. This is part of our commitment to supporting athletes who are actively pursuing higher levels of competition.

We are committed to running an efficient, fair, and well-organized tournament. Our officials and staff will work to ensure a smooth experience for athletes, coaches, and spectators alike.

Most importantly, we ask that all participants—athletes, coaches, and spectators—represent their schools with professionalism, respect, and strong sportsmanship throughout the day.

We appreciate the time, effort, and commitment it takes to prepare for competition, and we are honored to have you be a part of this event.

We look forward to seeing your athletes compete.

Respectfully,
Nick Cotellese
Tournament Director- Phoenix Martial Arts

RULES AND REGULATION OF THE PHOENIX IRON GAUNTLET

Modified World Taekwondo Olympic Sparring Rules will govern the Iron Gauntlet. There will be head contact in ALL Divisions. 15-17 Black Belt and all 18 and up divisions will be full contact. Black Belts under 15 and all colored belts ages 6-17 will use Junior Safety Rules which means light contact to the head.

Cost

Entry fee for the Iron Gauntlet is \$103.99

Match Format

All matches will be decided by best 2 out of 3 rounds

Scoring

1 point punch, 2 points kick to trunk, 3 points kick to head, 4 points turning kick to body, 6 points turning kick to head. Point gap will be 15 points.

Gear:

Required Gear: Taekwondo uniform in good condition, white shin/instep guard, white forearm guard, mouthguard (any color except red), WT approved headgear (white, red/blue), WT approved hogu (chest gear), groin cup for males. Red and Black Belts will require KPP n P e foot gear. KPP n P e hogu and e head gear will be provided by the tournament for red/black belts. There will be **NO KPP n P SOCKS FOR SALE ON SITE.**

Coaches:

1 free coach pass for every 5 players per team. Additional coach passes outside of that may be purchased for \$20 by contacting tournament director.

Pictures and Video:

Pictures and videotaping are freely permitted and Team/School banners are encouraged.

Misc.

Sport Goggles may be approved at Tournament Director's discretion.

AGE DIVISIONS	
TIGER	6-7 YEARS OLD
DRAGON	8-9 YEARS OLD
MINI-CADET	10-11 YEARS OLD
CADET	12-14 YEARS OLD
JUNIOR	15-17 YEARS OLD
SENIOR	18-32 YEARS OLD
EXECUTIVE	33-42 YEARS OLD
ULTRA	43 YEARS OLD AND UP

BELT DIVISIONS	
NOVICE	WHITE, YELLOW, ORANGE
INTERMEDIATE	GREEN, BLUE, PURPLE
ADVANCED	BROWN, RED
BLACK	1 ST DAN THROUGH 9 TH DAN

Players will be bracketed by age, belt division, weight, and gender. **ALL Athletes MUST weigh in at check in.** Age is determined by how old the player will be on December 31, 2026- same as AAU/USAT competition age.

EARNED. NOT GIVEN.



BEAUTIFUL, CUSTOM DESIGNED MEDALS AWARDED
FOR 1ST, 2ND, AND TWO 3RD PLACE IN EACH DIVISION.

BRING YOUR TEAM. GET REWARDED.

Bringing your whole team? The Iron Gauntlet rewards teams that show up STRONG!! Bring 10 or more athletes to unlock the incentives.



10-19 ATHLETES

Bring 10-19 athletes and head coach receives a \$10 rebate per registered athlete.



20-29 ATHLETES

Bring 20-29 athletes and head coach receives a \$15 rebate per registered athlete.



30+ ATHLETES

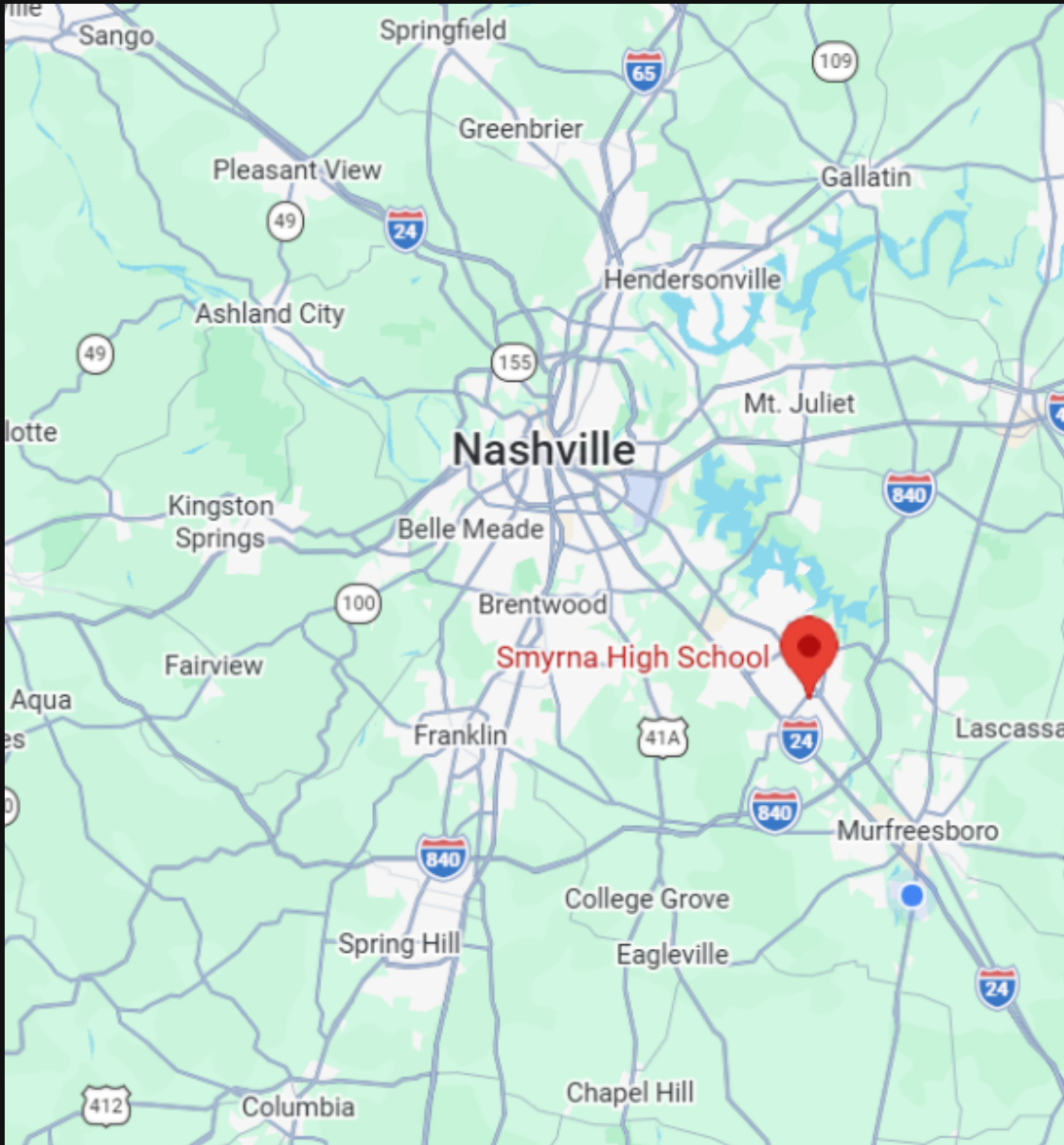
Bring 30 or more athletes and head coach receives a \$20 rebate per registered athlete.

TERMS:

- Athletes must be registered and paid
- Rebates issued after event completion
- Team counts based on registered athletes

EVENT LOCATION

Smyrna High School
100 Bulldog Dr.
Smyrna, TN 37167



- 22 miles from Nashville
- Easy interstate access
- Ample parking