



34th ANNUAL US CENTRAL OPEN TAEKWONDO CHAMPIONSHIP



PRESENTED BY:
Grand Master Won's Taekwondo

SPONSORED BY:
U.S. Central Taekwondo Association
World Taekwondo Han Moo Kwan Federation
International Hapkido Federation

TOURNAMENT DIRECTORS:
Great Grand Master In Hui Won

ASSISTANT DIRECTORS:
Grand Master: John Carpenter, Hak Jin Kim,
Richard Vasquez, Anthony Boyle
Master: Cynthia Like, Greg Love, Raymond Salas,
Lyndi Salas, Doug Austin, Daniel Synder,
Rick Vann, Larry Hunter, Mr. Phillip Bobek,
Mr. Jong Bok Park

Tournament Coordinator
Maria Won, Jane Won, & Alicia Esparza

LOCATION:
Kerr MiddleSchool
2300 Linda Lane, Del City, OK 73115
DATE:
February 23, 2018

SCHEDULE:
7:00am – Registration Begins
8:30am –4-9yrs Forms and Sparring
12:00-1:00pm –Lunch
1:00pm – Special Events (All Ages)
3:00 – 10 yrs. & up Poomsae and Kyorugi
**Times are subjected to change by plus or minus one hour.

ENTRY FEE:
Pre-Registration received by: February 20, 2019
\$70.00 any one event
\$10.00 for any second event
\$25.00 for each additional event
Late Fee: \$20.00 at the door

ADMISSION:
Adults: \$8.00 Ages 5-12 yrs. & 60 yrs. & up: \$5.00
4yrs & under: Free

POOMSAE & KYORUGI DIVISION

| | | |
|--|---|---|
| Men (18-29) Black Red & Brown Blue & Purple Green Yellow & Orange White | Executive Senior Men (40+) Women (40+) Black Red & Brown Blue & Purple Green Yellow & Orange White | PeeWee (10-11) Black Red & Brown Blue & Purple Green Yellow & Orange White |
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| Women (18-29) Black Red & Brown Blue & Purple Green Yellow & Orange White | Junior (16-17) Black Red & Brown Blue & Purple Green Yellow & Orange White | PeeWee (8-9) Black Red & Brown Blue & Purple Green Yellow & Orange White |
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| Senior Men (30-39) Black Red & Brown Blue & Purple Green Yellow & Orange White | Junior (14-15) Black Red & Brown Blue & Purple Green Yellow & Orange White | Tots (6-7) Black Red & Brown Blue & Purple Green Yellow & Orange White |
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|---|---|---|
| Senior Women (30-39) Black Red & Brown Blue & Purple Green Yellow & Orange White | Junior (12-13) Black Red & Brown Blue & Purple Green Yellow & Orange White | Tots (4-5) Black Red & Brown Blue & Purple Green Yellow & Orange White |
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Notes

- All Taekwondo forms are acceptable in form competition
- Forms and Fighting division may be combined with one rank/age higher or lower if there are less than four competitors in a division.
- Fighting divisions will be divided by weight
- Black Belts division 12+ will perform two Poomsae
- Special event materials must be provided by the competitors or purchased at the door.

Special Events

- Hapkido**
 - Self Defense (6 Techniques)
 - Long Falling Competition
 - High Falling Competition
- Breaking**
 - Power**
 - Technical**
 - Difficulty of Technique will be based on the following order of superiority: hand technique standing kick technique, jump kick technique, kicking technique with spinning motion, jump kick with spinning motion, multiple breaking jump kick, multiple spinning jump kick.
 - Difficulty of breaking will also be based on the number of boards
 - Technique will be based on Accuracy, Speed, and Power
 - The maximum time to complete the performance is 1 min
 - The maximum number of tries is 2 times

***No breaking glass or concrete, BOARDS ONLY.**
All boards may be purchased at the door. Please bring volunteer board holders

- Poomsae (Forms)**
 - Couples
 - Creative
 - Musical
 - Team Forms (3 competitors or more)

4. Weapons

5. Double Roundhouses

6. Special Needs: Forms and Breaking Only

FOR INFORMATION

GRAND MASTER WON'S TAEKWONDO
10801 S. Sunnyslane Oklahoma City, OK 73160
Tel: (405) 793-0752 Fax: (405) 794-0768
<http://www.gmwons.com> Gmwons@gmail.com

AWARDS:

Kyorugi & Special Event:
1st, 2nd, and two 3rd place receive beautiful trophy
Poomsae:
1st, 2nd, and two 3rd place receive beautiful medal
All competitors receive participation trophy

COMPETITION RULES:

World Taekwondo Federation and USA Taekwondo
10 & Up Black Belt- Junior Safety Rules
12 & Up Color Belts- Junior Safety Rules

ELIMINATIONS:

All color belts, 2 rounds (1min. each)
11yrs. & under black belts, 2 rounds (1min. each)
Black belts 12yrs.& up, 2 rounds (1.5 min. each)

SPECIAL TEAM AWARDS:

Top 10 schools with the most competitors (minimum 10 competitors) will receive beautiful team plaque
All Referees will receive a special award plaque
Each School head instructor will receive a special award plaque

(Pre-registration is required)

SPECIAL NOTICES:

- Coach fees will be waived for Head Masters/ Instructors. \$25 dollar fee for additional coaches.
- Lunch & dinner will be provided to all Officials and Volunteers.
- Master/Instructors will be reimbursed for the hotel specifically reserved for the tournament. (6+ competitors = 1 night/ 11+ competitors = 2 nights)
- Referees who work all day will receive \$40 or may compete in one event for free. (Forms and Special events only)

EQUIPMENT REQUIREMENTS:

- Fist, forearm, shin & instep.
 - Protective cup (males)
 - Mouthpiece (all fighting competitors)
 - Chest protector and head gear
- *all equipment and boards may be purchased at the door

HOTEL ACCOMODATIONS:

HAWTHORN SUITES BY WYNDHAM (405) 737-7777
5701 Tinker Diagonal
Midwest City, OK 73110
\$89 per night plus tax (includes continental breakfast)