



# 30<sup>th</sup> Annual U.S. Central Open Taekwondo Championship



### PRESENTED BY:

Grand Master Won's Taekwondo

### SPONSORED BY:

U.S. Central Taekwondo Association  
World Taekwondo Han Moo Kwan Federation

### TOURNAMENT DIRECTOR:

Great Grand Master In Hui Won

### ASSISTANT DIRECTOR:

Grand Master John Carpenter

### TOURNAMENT COORDINATORS:

LaRisa Walton  
Heather Bergseth  
Amy Bergseth

### LOCATION:

Grand Master Won's Taekwondo  
10801 S. Sunnyslane Rd  
Oklahoma City, OK 73160

### DATE:

October 1, 2022

### SCHEDULE:

7:00am Registrations begins  
8:30am 4-9 yrs. Kyorugi & Poomsae  
Special Events  
12:00pm Lunch  
1:00pm 10 yrs. & up Kyorugi & Poomsae  
Special Events

**\*\*EVENT TIMES MAY CHANGE BY +/- 1 HOUR\*\***

### ENTRY FEE:

Competitor Pre-Registration received by:  
**September 28, 2022**  
\$75.00 any one event  
\$95 for any two events  
+\$25 for additional event  
At the Door Late Fee: \$20.00

### ADMISSION:

**FREE ADMISSION**

### POOMSAE & KYORUGI DIVISIONS

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

### 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.
- There will be maximum 4 competitors per division.
- Fighting divisions will be divided by weight.
- Special event materials must be provided by the competitors or purchased at the door.

### SPECIAL EVENTS

- Hapkido**
  - Long Falling Competition
  - High Falling Competition
  - Self-Defense
  - Step Sparring
- Breaking**
  - Power**
  - Technical**

**Scoring Criteria**

  - 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**
  - Couples
  - Team Forms (3 competitors or more)
  - Creative Poomsae
- Weapons**
- Double Roundhouse Bag Kicks**  
Divided by belt color and age +/- one year
- Special Needs:** Forms and Special Events Only

### FOR INFORMATION

**GRAND MASTER WON'S TAEKWONDO**  
10801 S. Sunnyslane Rd  
Oklahoma City, OK 73160  
Tel: (405) 793-0752  
Fax: (405) 794-0768  
[gmwons.com](http://gmwons.com) [gmwons@gmail.com](mailto:gmwons@gmail.com)

### AWARDS:

Kyorugi, Poomsae, & Special Events:  
1<sup>st</sup>, 2<sup>nd</sup>, and two 3<sup>rd</sup> places receive medal or trophy & certificate

### COMPETITION RULES:

World Taekwondo Federation and USA Taekwondo/AAU rules apply & Junior safety rules: 11 yrs. & under no face contact.

### ELIMINATIONS:

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

### TEAM AWARDS:

Top 10 schools with the most competitors (minimum 10 competitors) will receive a special team award

### SPECIAL NOTICES:

- Coach fee will be waived for one Headmaster OR Instructor per school. \$30 fee for additional coaches.
- Lunch & dinner will be provided to all Officials, Referees, and Volunteers.
- All Referees and School Owners will receive a special award from World HanMookKwan Federation.
- Long-distance Master/Instructors will be reimbursed for the hotel specifically reserved for the tournament depending on number of competitors:  
8+ competitors = 1 night  
15+ competitors = 2 nights

### 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 ACCOMMODATIONS:

La Quinta Inn & Suites (405) 759 7700  
2140 Riverwalk Dr.  
Moore, OK 73160  
Double -\$95 + tax • Double w/ pull out: \$109 + tax  
King w/ pull out: \$95 + tax  
Pool & Hot Tub • Workout Room • Free Breakfast • Free Wi-Fi