



# 28<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 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, Rick Vann, Larry Hunter, Daniel Snyder, Jeffrey Rohena, Phillip Bobek  
**Instructor:** Brad Kaser

**TOURNAMENT COORDINATORS:**

Alicia Esparza, Maria Won, Cody Roberts

**LOCATION:**

Kerr Middle School  
2300 Linda Lane. Del City, OK 73115

**DATE:**

September 28, 2019

**SCHEDULE:**

7:00am – Registration Begins  
8:00am – Ages 9 & Under All belts Special Events, Poomsae, & Kyorugi  
10:00am – Opening Ceremonies  
12:30pm-1:30pm – Lunch  
1:30pm – Ages 10+ All Belts Special Events, Poomsae, Kyorugi

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

**ENTRY FEE:**

**Competitor Pre-Registration received by:**  
**September 26, 2019**  
\$70.00 any one event  
\$10.00 for any second event  
\$25 for third or more events  
Late Fee: \$20.00

**ADMISSION:**

Adults: \$9.00  
Ages 5-12 yrs. & 60 yrs. & up: \$6.00  
4yrs & under: Free

**POOMSAE & KYORUGI DIVISIONS**

ALL RINGS WILL BE USING ELECTRONIC SCORING SYSTEM

Men (18-29)	Executive Senior Men (40+) Women (40+)	PeeWee (10-11)
Black	Black	Black
Red & Brown	Red & Brown	Red & Brown
Blue & Purple	Blue & Purple	Blue & Purple
Green	Green	Green
Yellow & Orange	Yellow & Orange	Yellow & Orange
White	White	White

  

Women (18-29)	Junior (16-17)	PeeWee (8-9)
Black	Black	Black
Red & Brown	Red & Brown	Red & Brown
Blue & Purple	Blue & Purple	Blue & Purple
Green	Green	Green
Yellow & Orange	Yellow & Orange	Yellow & Orange
White	White	White

  

Senior Men (30-39)	Junior (14-15)	Tots (6-7)
Black	Black	Black
Red & Brown	Red & Brown	Red & Brown
Blue & Purple	Blue & Purple	Blue & Purple
Green	Green	Green
Yellow & Orange	Yellow & Orange	Yellow & Orange
White	White	White

  

Senior Women (30-39)	Junior (12-13)	Tots (4-5)
Black	Black	Black
Red & Brown	Red & Brown	Red & Brown
Blue & Purple	Blue & Purple	Blue & Purple
Green	Green	Green
Yellow & Orange	Yellow & Orange	Yellow & Orange
White	White	White

**NOTES**

- All Taekwondo forms will be 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
- Special event materials must be provided by the competitors or purchased at the door.
- Electronic Scoring system will be provided for all rings.
- We will be using PoomsaePro system for Black belt divisions.

**SPECIAL EVENTS**

- Hapkido**
  - Self Defense (6 Techniques)
  - Long Falling Competition
  - High Falling Competition
- 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)
- Weapons**
- One, Two, or Three-step Sparring**
- Double Roundhouse Bag Kicks**  
Divided by belt color and age +/- one year
- 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](mailto:Gmwons@gmail.com)

**AWARDS:**

**Kyorugi:**  
1<sup>st</sup>, 2<sup>nd</sup>, and two 3<sup>rd</sup> place receive beautiful trophy  
**Poomsae & Special Event:**  
1<sup>st</sup>, 2<sup>nd</sup>, and two 3<sup>rd</sup> place receive beautiful medal

**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 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 fees will be waived for Headmasters OR Instructors. \$25 dollar fee for additional coaches.
- For every 10 competitors per school you will receive 1 coach pass free of charge.
- Lunch & dinner will be provided to all Officials and Volunteers.
- All Referees and School Owners or School Representatives will receive a special award plaque.  
**\*\*NAMES MUST BE SUBMITTED IN ADVANCE, NO LATER THEN SEPTEMBER 23<sup>rd</sup>\*\***
- Master/Instructors will be reimbursed for the hotel specifically reserved for the tournament.  
(7+ competitors = 1 night/ 14+ 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 ACCOMODATIONS:**

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