



# 35th 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 DIRECTOR:**  
Great Grand Master In Hui Won

**ASSISTANT DIRECTORS:**  
Grand Master: John Carpenter, Hak Jin Kim,  
Richard Vasquez, Anthony Boyle  
Masters/ Instructors: Cynthia Like, Greg Love,  
Raymond Salas, Lyndi Salas, Doug Austin,  
Daniel Synder, Rick Vann, David Williams,  
Jeffrey Rohena, Mr. Brad Kaser

**Tournament Coordinator:**  
Alicia Esparza

**Equipment Coordinator:**  
Cody Roberts

**LOCATION:**  
Kerr MiddleSchool  
2300 Linda Lane, Del City, OK 73115

**DATE:**  
February 29, 2020

**SCHEDULE:**  
7:00am – Registration Begins  
8:30am – 12:00pm 4-9yrs  
Special Events, Kyorugi, Poomsae

12:00-1:00pm –Lunch

1:00pm 10 & up  
Special Events, Kyorugi, Poomsae

\*\*Times are subjected to change by plus or minus one hour.

**ENTRY FEE:**  
Pre-Registration received by: February 26, 2020  
\$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: \$9.00 Ages 5-12 yrs. & 60 yrs. & up: \$6.00  
4yrs & under: Free

## POOMSAE & KYORUGI DIVISION

<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 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

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

## Special Events

1. Hapkido
    - A. Self Defense (6 Techniques)
    - B. Long Falling Competition
    - C. High Falling Competition
  2. Breaking
    - A. Power
    - B. Technical

**Scoring Criteria**

    - a. 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.
    - b. Difficulty of breaking will also be based on the number of boards
    - c. Technique will be based on Accuracy, Speed, and Power
    - d. The maximum time to complete the performance is 1 min
    - e. 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
3. Poomsae (Forms)
    - A. Couples B. Creative C. Musical
    - B. 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](mailto:Gmwons@gmail.com)

## AWARDS:

Kyorugi & Poomsae:  
1<sup>st</sup>, 2<sup>nd</sup>, and two 3<sup>rd</sup> place receive beautiful trophy  
Special Event:  
1<sup>st</sup>, 2<sup>nd</sup>, and two 3<sup>rd</sup> 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: (Pre-registration is required)

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

## SPECIAL NOTICES:

1. Coach fees will be waived for Head Masters/ Instructors. \$25 dollar fee for additional coaches.
2. Lunch & dinner will be provided to all Officials and Volunteers.
3. Referees who work all day will receive \$40 or may compete in one event for free.  
(Forms and Special events only)

## EQUIPMENT REQUIREMENTS:

1. Fist, forearm, shin & instep.
  2. Protective cup (males)
  3. Mouthpiece (all fighting competitors)
  4. 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)