

# 36<sup>th</sup> Annual Oklahoma Invitational 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 Directors:

Grand Master John Carpenter

## Tournament Coordinators:

Alicia Esparza and Cody Roberts

## Location:

U.S. Central Taekwondo Association  
Central Gym  
10801 S. Sunnyslane Rd  
Oklahoma City, Oklahoma, 73160

## Date:

May 1, 2021

## Schedule:

7:00a – Registration Pickup Opens  
8:00a – Ages 9 & Under All Belts Special Events, Poomsae & Kyorugi  
10:00a – Opening Ceremonies  
12:30p – 1:30p – Lunch  
1:30p – Ages 10+ All Belts Special Events, Poomsae & Kyorugi

**\*\*SCHEDULE MAY CHANGE  
BY +/- 1 HOUR\*\***

## Entry Fee:

Competitor Pre-Registration received by:  
April 28, 2021

\$65.00 one event  
\$20.00 for second event  
\$25.00 each additional event  
\$20.00 late fee at the door

## Admission:

**Free admission for all spectators!**

## Poomsae & Kyorugi Divisions

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

## NOTES

- All Taekwondo forms will be acceptable in poomsae competition.
- Poomsae and sparring division may be combined with one rank/age higher or lower if there are less than four competitors in a division.
- Special event materials must be provided by competitors or purchased at the door.
- We will be using PoomsaePro system for Black belt divisions.
- It is recommended by Oklahoma City that all outdoor event attendees wear a mask when in large gatherings.

## Special Events

### 1. Hapkido

- Self Defense (6 Techniques)
- Long Falling Competition
- High Falling Competition

### 2. 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
- The maximum time to complete the performance in 1 minute.
- The maximum number of tries is 2 times.

All boards may be purchased at the door.  
Please bring volunteer board holders.

### 3. Poomsae

- Couple
- Team Forms (3+ competitors)
- Family Poomsae

### 4. Weapons

### 5. One, Two, or Three-step Sparring

### 6. Double Roundhouse Bag Kicks

- Divided by belt color and age (+/-) 1 year

### 7. Special Needs: Poomsae and Breaking

## FOR INFORMATION

### Grand Master Won's Taekwondo

10801 S. Sunnyslane Rd  
Oklahoma City, OK 73160

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E-Mail: [gmwons@gmail.com](mailto:gmwons@gmail.com)

[www.gmwons.com](http://www.gmwons.com)

## Awards:

### Kyorugi & Poomsae:

1<sup>st</sup>, 2<sup>nd</sup>, and two 3<sup>rd</sup>, place competitors will receive a beautiful trophy.

### Special Events:

1<sup>st</sup>, 2<sup>nd</sup>, and two 3<sup>rd</sup>, place competitors will receive a beautiful medal.

## Competition Rules:

World Taekwondo and USA Taekwondo  
10 & up black belts – Junior Safety Rules  
12 & up color belts – Junior Safety Rules

## Eliminations:

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

## Special Notices:

- Coach fees will be waived for headmasters OR instructors. \$25 fee for additional coached.
- For every 10 competitors per school you will receive 1 coach pass free of charge.
- Master/Instructors will be reimbursed for hotel stay up to \$100 per night with receipt.  
(7 competitors = 1 night / 14+ competitors = 2 nights)

## Equipment Requirements:

- First, forearm, shin, and instep.
- Protective cup (males)
- Mouthpiece (all sparring competitors; no red)
- Chest protector and head gear

**\*all equipment and boards may be purchased at the door\***

