



# 33<sup>rd</sup> Annual U.S. Central Open Taekwondo Championship & 1<sup>st</sup> Annual Oklahoma Kukkiwon Hanmadang



**PRESENTED BY:**

Grandmaster Won's Taekwondo

**SPONSORED BY:**

U.S. Central Taekwondo Association  
World Taekwondo HanMookwan Federation  
U.S. Kukkiwon Branch Oklahoma

**TOURNAMENT DIRECTOR:**

Great Grandmaster In Hui Won

**ASSISTANT DIRECTOR:**

Grandmaster John Carpenter

**REFEREE CHAIRMAN:**

Grand Master Seung Hwan Kim

**TOURNAMENT COORDINATORS:**

Master Cheongwook Park, Verina Ware Park  
Heather Bergseth, Amy Bergseth

**MEDICAL PERSONNEL:**

Sr. Master Lyndi Salas

**LOCATION:**

Grandmaster Won's TKD Main Gym  
10801 S. Sunnyslane Rd., Oklahoma City, OK 73160

**DATE:** September 27, 2025

**SCHEDULE:**

7:00am \*Registration open

**\*YOU MAY PICK UP YOUR CREDENTIALS AT LEAST AN HOUR BEFORE YOUR EVENT/AGE GROUP IS SCHEDULED**

8 am 4-9 yrs. All Events

12 noon Lunch

1 pm 10-14 yrs. All Events

3 pm 15 yrs. & Up All Events

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

**ENTRY FEE:**

Competitor Pre-Registration received by Sept 24, 2025  
\$85 any one event, +\$35 per additional event  
At the Door Late Fee: \$25

**SPECTATOR ADMISSION:**

Adults \$10, Kids & Seniors \$5

**POOMSAE & KYORUGI (SPARRING) DIVISIONS**

**Tots (4-5)**

Red & Brown  
Blue & Purple  
Green  
Yellow & Orange  
White

**Tots (6-7)**

Red & Brown  
Blue & Purple  
Green  
Yellow & Orange  
White

**Youth (8-9)**

Black  
Red & Brown  
Blue & Purple  
Green  
Yellow & Orange  
White

**Youth (10-11)**

Black  
Red & Brown  
Blue & Purple  
Green  
Yellow & Orange  
White

**Cadet (12-13)**

Black  
Red & Brown  
Blue & Purple  
Green  
Yellow & Orange  
White

**Junior (14-15)**

Black  
Red & Brown  
Blue & Purple  
Green  
Yellow & Orange  
White

**Junior (16-17)**

Black  
Red & Brown  
Blue & Purple  
Green  
Yellow & Orange  
White

**Women (18-29)**

Black  
Red & Brown  
Blue & Purple  
Green  
Yellow & Orange  
White

**Men (18-29)**

Black  
Red & Brown  
Blue & Purple  
Green  
Yellow & Orange  
White

**Senior Men (30-39)**

Black  
Red & Brown  
Blue & Purple  
Green  
Yellow & Orange  
White

**Senior Women (30-39)**

Black  
Red & Brown  
Blue & Purple  
Green  
Yellow & Orange  
White

**Executive Senior  
Men(40+), Women(40+)**

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. There will be maximum 4 competitors per division.
4. Fighting divisions will be divided by weight.
5. For breaking competitors, boards are available for purchase at the door. Hanmadang events must buy boards at the event to ensure same for all competitors. Please bring volunteer board holders. Equipment may be available/limited.

**SPECIAL EVENTS**

1. **Breaking:** A) Power; B) Technical  
**Scoring Criteria**
  - a. Difficulty of Technique
  - b. Number of boards
  - c. Technique will be based on Accuracy, Speed, & Power
  - d. The maximum time to complete the performance is 1 min
2. **Poomsae:** A) Couples; B) Team Forms (3+ competitors); C) Creative or Musical Poomsae; D) Family Poomsae
3. **Weapons** (gumdo, nunchucks, bow staff, etc.)
4. **Double Roundhouse Bag Kicks** (alternating legs) & **single roundhouse kicks** (30 sec right leg, 30 sec left leg)
5. **Para (Special Needs):** Forms and Special Events Only

**HANMADANG SPECIAL EVENTS\***

1. **Knife Hand Power Breaking**
2. **Side/Back Kick Power Breaking**
  - a. For knife, side, and back kick breaking, whoever breaks the most # of boards wins.
  - b. There should be no space between the boards
  - c. Boards must be purchased here at the event (to ensure fairness of quality).
3. **Speed Spin Hook Kick**
  - a. 20 seconds
  - b. Most number of board breaks wins.
4. **Jumping High Kick**
  - a. Highest snap kick board break wins.
  - b. May divide participants by rank, height, &/or age.
5. **Self Defense Individual: 1.5-2 min to 2**
6. **Self-Defense Group**
7. **Team Demo**

\*Any questions, refer to the 2025 Kukkiwon World Taekwondo Hanmadang rules. YouTube also offers tutorials. Hanmadang events must buy boards at the event to ensure same for all competitors.

**FOR INFORMATION**

GRANDMASTER WON'S TAEKWONDO  
10801 S. Sunnyslane Rd  
Oklahoma City, OK 73160  
Tel: (405) 793-0752

[gmwons.com](http://gmwons.com) [gmwons@gmail.com](mailto:gmwons@gmail.com)  
[worldhanmookwan.org](http://worldhanmookwan.org)

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**AWARDS:**

Kyorugi, Poomsae, & Special Events:  
1<sup>st</sup>, 2<sup>nd</sup>, and two 3<sup>rd</sup> places receive a large, beautiful trophy.

**COMPETITION RULES:**

USATaekwondo and AAU rules.

**ELIMINATIONS:**

All belts 3 rounds (1 min. each). Winner of 2 out of 3 rounds is winner (as per new rules).

**TEAM AWARDS:**

Top 10 schools with the most competitors (minimum 11 competitors) will receive a special team award.

**SPECIAL NOTICES:**

1. Coach fee will be waived for one Headmaster OR Instructor per school. \$35 fee for additional coaches (late fee at the door +\$25).
2. Lunch & dinner will be provided to all Officials, Referees, and Volunteers.
3. All Referees will receive a special award.
4. Long-distance Master/Instructors will be reimbursed \$100 each night for hotel stay depending on number of competitors attending:  
8+ competitors = 1 night  
15+ competitors = 2 nights

**EQUIPMENT REQUIREMENTS:**

1. Fist, forearm, shin & instep.
2. Protective cup (males).
3. Mouthpiece (all fighting competitors).
4. Chest protector and head gear.
5. All black belts ages 10 & up who are sparring must have Daedo E-socks.

**HOTEL ACCOMMODATIONS:**

La Quinta Inn & Suites (405) 759 7700  
2140 Riverwalk Dr. Moore, OK 73160  
Free Breakfast, Wi-Fi, Indoor Pool, Hot Tub  
or

Located 2 miles from dojang:  
Extended Stay America - OKC Southeast  
4112 E Interstate 240 Service Rd,  
Oklahoma City, OK 73135  
(405) 619-9495, extendedstayamerica.com