



31st Annual U.S. Central Open Taekwondo Championship



PRESENTED BY:

Grandmaster Won's Taekwondo

SPONSORED BY:

U.S. Central Taekwondo Association
World Taekwondo HanMookKwan Federation

TOURNAMENT DIRECTOR:

Great Grandmaster In Hui Won

ASSISTANT DIRECTOR:

Grandmaster John Carpenter

TOURNAMENT COORDINATORS:

Master Cheongwook Park
Heather Bergseth
Amy Bergseth

LOCATION:

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

DATE:

September 30, 2023

SCHEDULE:

7:00am *Registration open

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

8:30am 4-9 yrs. All Events

12:00pm Lunch

1:00pm 10-14 yrs. All Events

3:00pm 15 yrs. & Up All Events

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

NOTE!: 1 PM - Point Sparring, All Ages/Belts

ENTRY FEE:

Competitor Pre-Registration received by:
September 27, 2023
\$85.00 any one event
+\$25 per additional event
At the Door Late Fee: \$20.00

ADMISSION:

FREE ADMISSION

POOMSAE & KYORUGI DIVISIONS

POINT SPARRING

Men (18-29)	Executive Senior Men (40+) Women (40+)	PeeWee (10-11)
Black	Black	Black
Red & Brown	Black	Red & Brown
Blue & Purple	Red & Brown	Blue & Purple
Green	Blue & Purple	Green
Yellow & Orange	Green	Yellow & Orange
White	Yellow & Orange	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 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**
- Special Needs:** Forms and Special Events Only

FOR INFORMATION

GRANDMASTER WON'S TAEKWONDO
10801 S. Sunnyslane Rd
Oklahoma City, OK 73160
Tel: (405) 793-0752
Fax: (405) 794-0768
gmwons.com gmwons@gmail.com

AWARDS:

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

COMPETITION RULES:

World Taekwondo Federation and USA Taekwondo.
Point Sparring: 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:

- Coach fee will be waived for one Headmaster OR Instructor per school. \$35 fee for additional coaches (late fee at the door +\$15).
- Lunch & dinner will be provided to all Officials, Referees, and Volunteers.
- All Referees 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: \$105 + tax • Double w/ pull out: \$105 + tax
King w/ pull out: \$105 + tax
Pool & Hot Tub • Workout Room • Free Breakfast • Free Wi-Fi