



40th ANNUAL OKLAHOMA INVITATIONAL TAEKWONDO HANMOOKWAN CUP CHAMPIONSHIP



PRESENTED BY:
Grandmaster Won's Taekwondo

SPONSORED BY:
U.S. Central Taekwondo Association
World Taekwondo Han Moo Kwan Federation

TOURNAMENT DIRECTOR:
Great Grandmaster In Hui Won

REFEREE CHAIRMAN:
Grandmaster Seung Hwan Kim

ASSISTANT DIRECTOR:
Grandmaster John Carpenter

Tournament Coordinators:
Master Cheongwook Park,
Heather Bergseth, Amy Bergseth

Medical Personnel:
Lindy Salas

LOCATION:
Del City Middle School Gym
2300 Linda Ln • Del City, OK 73115

DATE:
March 1, 2025

SCHEDULE:
7 am Registration Begins
***YOU MAY PICK UP YOUR CREDENTIALS AT
LEAST AN HOUR BEFORE YOUR EVENT/AGE
GROUP IS SCHEDULED**

8:30 am 16 yrs & up All Events
12 pm Lunch
1 pm 10-15 yrs All Events
3 pm 4-9 yrs All Events

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

ENTRY FEES:
Pre-Registration due by February 26, 2025
\$85 any one event
+\$35 per additional event
At the Door Late Fee: +\$20

SPECTATOR ADMISSION:
Adults \$10, Kids & Seniors \$5

POOMSAE & KYORUGI DIVISIONS POINT SPARRING

| | | |
|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| 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 4 competitors in a division.
3. There will be maximum 4 competitors per division.
4. Fighting divisions will be divided by weight.
5. Special event materials must be provided by the competitors or may be purchased at the door.

SPECIAL EVENTS

1. Hapkido
 - A. Self-Defense
 - B. Step Sparring
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, & 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 Poomsae
 - B. Creative Poomsae
 - C. Musical Poomsae
 - D. Team Forms (3 competitors or more)
 - E. Family Poomsae
4. Weapons
5. Double Roundhouse Bag Kicks
6. Para (Special Needs): Forms and Special Events Only

AWARDS:

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

COMPETITION RULES:

WT and USAT Junior Safety Rules.
Note May allow light head contact if coaches agree.

ELIMINATIONS:

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

SPECIAL TEAM AWARDS: (Pre-Registration REQUIRED)

Top 5 schools with the most competitors (minimum 11 competitors) will receive a special team award.

SPECIAL NOTICES:

1. One free coach pass per school. \$35 fee for additional coaches (late fee at the door +\$20).
2. Lunch & dinner will be provided to all Officials, Referees, and Volunteers.
3. Referees will receive a special award (please send name at least a week before the tournament).
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.**

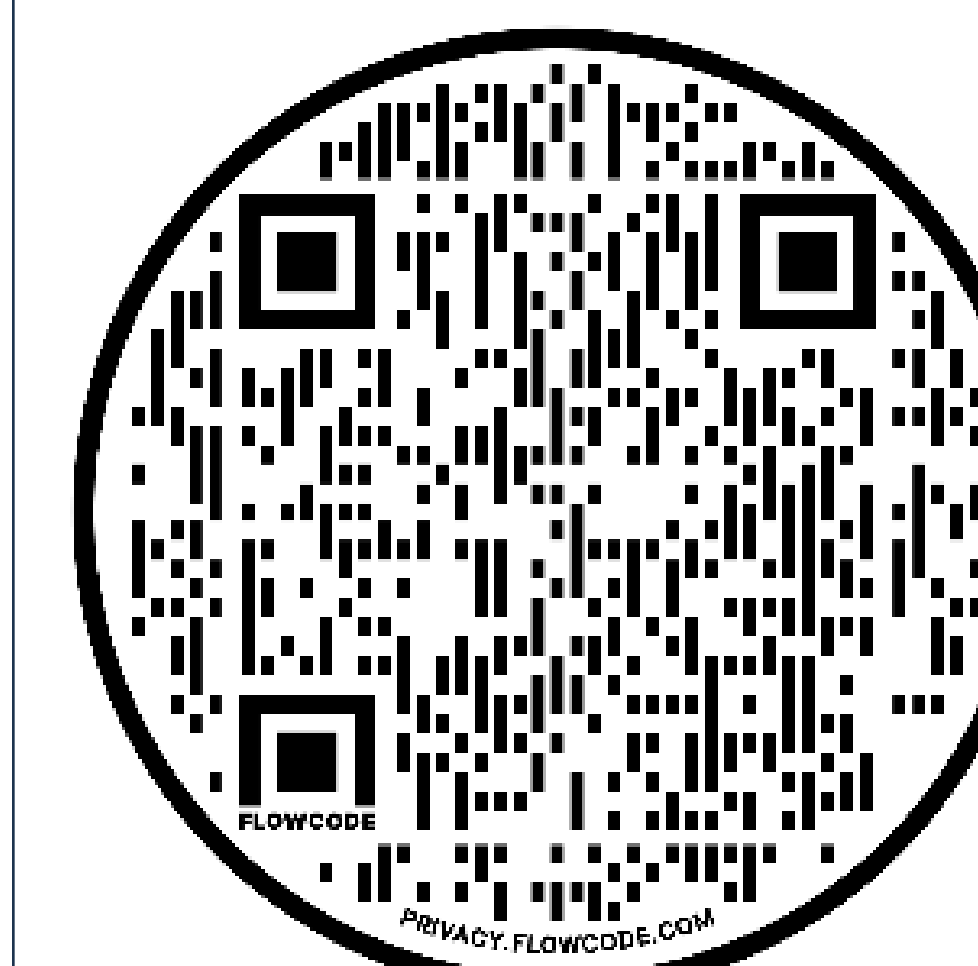
HOTEL ACCOMMODATIONS:

La Quinta Inn & Suites (405) 759 77
2140 Riverwalk Dr.
Moore, OK 73160
Double or king: \$95 + tax
Free Breakfast · Indoor Pool · Hot Tub · Free Wi-Fi
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

FOR INFORMATION GRANDMASTER WON'S TAEKWONDO

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Register now!