



34th Annual U.S. Central Open Taekwondo Championship



PRESENTED BY:

Grandmaster Won's Taekwondo

SPONSORED BY:

U.S. Central Taekwondo Association
World Taekwondo HanMookwan Federation

TOURNAMENT DIRECTOR:

Great Grandmaster In Hui Won

ASSISTANT DIRECTOR:

Grandmaster John Carpenter

REFEREE CHAIRMAN:

Grandmaster Giseon Kim

TOURNAMENT COORDINATORS:

Heather Bergseth, Amy Bergseth

MEDICAL PERSONNEL:

Sr. Master Lyndi Salas

LOCATION:

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

DATE: September 26, 2026

SCHEDULE:

7 am Doors 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

11:30 am Lunch

12 noon 10-13 yrs. All Events

1 pm 14 yrs. & Up All Events

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

ENTRY FEE:

Competitor pre-registration received by Thurs. Sept. 24:
\$85 any one event

+\$40 per additional event

At the Door Late Fee: \$25

FREE ADMISSION for spectators

POOMSAE & KYORUGI (SPARRING) DIVISIONS

Tigers (4-5)

Red & Brown
Blue & Purple
Green
Yellow & Orange
White

Dragons (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

Senior (18-29)

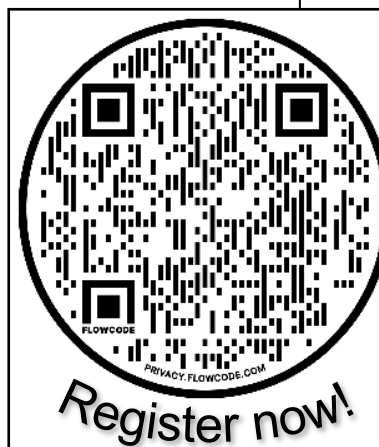
Black
Red & Brown
Blue & Purple
Green
Yellow & Orange
White

Executive (30-40)

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

Ultra (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, gender, & rank.
5. For breaking competitors, boards are available for purchase at the door. Please bring volunteer board holders. Equipment may be available/limited.

SPECIAL EVENTS

1. Hapkido: Self-Defense Techniques

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

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

3. Poomsae

- A) Pair Poomsae
- B) Team Forms (3+ competitors)
- C) Freestyle Poomsae
- D) Family Poomsae

4. Weapons (gumdo/sword, nunchucks, bow staff, etc.)

5. Double Roundhouse Bag Kicks (alternating legs)

6. Para (Special Needs): Forms and Special Events Only

7. Demo Team

FOR MORE INFORMATION:

GRANDMASTER WON'S TAEKWONDO

10801 S. Sunnyslane Rd

Oklahoma City, OK 73160

Tel: (405) 793-0752

gmwons.com gmwons@gmail.com

worldhanmookwan.org

Join our Facebook/IG for more events!

AWARDS:

Kyorugi, Poomsae, & Special Events:

1st, 2nd, and two 3rd places receive a large, beautiful trophy and/or medal.

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 3 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.

HOTEL ACCOMMODATIONS:



La Quinta Inn & Suites

(405) 759 7700

2140 Riverwalk Dr.

Moore, OK 73160

Free Breakfast, Wi-Fi, Indoor Pool, Hot Tub
\$95 + tax (mention taekwondo)