



# 33rd ANNUAL US CENTRAL OPEN TAEKWONDO CHAMPIONSHIP



**PRESENTED BY:**  
**Grand Master Won's Taekwondo**

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

**TOURNAMENT DIRECTORS:**  
Great Grand Master In Hui Won

**ASSISTANT DIRECTORS:**  
Grand Master: John Carpenter, Hak Jin Kim,  
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Daniel Synder, Rick Vann, Larry Hunter  
Mr. Phillip Bobek, Mr. Michael Peeler, Mr. Jayden Bray

**Tournament Coordinator**  
Maria Won, Jane Won, Alicia Esparza

**LOCATION:**  
Del City High School  
1900 S. Sunnyslane Rd, Del City, OK 73115

**DATE:**  
February 25, 2018

**SCHEDULE:**  
7:00am – Registration Begins  
8:30am –4-9yrs Forms and Sparring  
12:00-1:00pm –Lunch  
1:00pm – Special Events (All Ages)  
3:00 – 10 yrs. & up Poomsae and Kyorugi  
\*\*Times are subjected to change by plus or minus one hour.

**ENTRY FEE:**  
Pre-Registration received by: February 22, 2017  
\$70.00 any one event  
\$10.00 for any second event  
\$25.00 for each additional event  
Late Fee: \$20.00 at the door

**ADMISSION:**  
Adults: \$8.00 Ages 5-12 yrs. & 60 yrs. & up: \$5.00  
4yrs & under: Free

## POOMSAE & KYORUGI DIVISION

<b>Men (18-29)</b> Black Red & Brown Blue & Purple Green Yellow & Orange White	<b>Executive Senior Men (40+) Women (40+)</b> Black Red & Brown Blue & Purple Green Yellow & Orange White	<b>PeeWee (10-11)</b> Black Red & Brown Blue & Purple Green Yellow & Orange White
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<b>Women (18-29)</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>PeeWee (8-9)</b> Black Red & Brown Blue & Purple Green Yellow & Orange White
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<b>Senior Men (30-39)</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>Tots (6-7)</b> Black Red & Brown Blue & Purple Green Yellow & Orange White
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<b>Senior Women (30-39)</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>Tots (4-5)</b> Black Red & Brown Blue & Purple Green Yellow & Orange White
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### 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. Fighting divisions will be divided by weight
4. Black Belts for division will perform their own Poomsae
5. Special event materials must be provided by the competitors or purchased at the door.
6. Electronic Scoring system will be provided for all rings.

## Special Events

1. Hapkido
  - A. Self Defense (6 Techniques)
  - B. Long Falling Competition
  - C. High Falling Competition
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

**\*No breaking glass or concrete, BOARDS ONLY.**  
All boards may be purchased at the door. Please bring volunteer board holders

3. Poomsae (Forms)
  - A. Creative
  - B. Musical
  - C. Couples
  - D. Team Forms (3 competitors or more)

### 4. Weapons

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

### 6. Special Needs: Forms and Breaking Only

## FOR INFORMATION

**GRAND MASTER WON'S TAEKWONDO**  
10801 S. Sunnyslane Oklahoma City, OK 73160  
Tel: (405) 793-0752 Fax: (405) 794-0768  
<http://www.gmwons.com> [Gmwons@gmail.com](mailto:Gmwons@gmail.com)

## AWARDS:

**Kyorugi & Special Event:**  
1<sup>st</sup>, 2<sup>nd</sup>, and two 3<sup>rd</sup> place receive beautiful medal  
**Poomsae:**  
1<sup>st</sup>, 2<sup>nd</sup>, and two 3<sup>rd</sup> place receive beautiful trophy  
All competitors receive participation trophy

## COMPETITION RULES:

World Taekwondo Federation and USA Taekwondo  
10 & Up Black Belt- Junior Safety Rules  
12 & Up Color Belts- Junior Safety Rules

## ELIMINATIONS:

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

## SPECIAL TEAM AWARDS:

Top 10 schools with the most competitors (minimum 10 competitors) will receive beautiful team trophy  
All Referees will receive a special award plaque  
Each School head instructor will receive a special award plaque

(Pre-registration is required)

## SPECIAL NOTICES:

1. Coach fees will be waived for Head Masters/ Instructors. \$25 dollar fee for additional coaches.
2. Lunch & dinner will be provided to all Officials and Volunteers.
3. Master/Instructors will be reimbursed for the hotel specifically reserved for the tournament.  
(6+ competitors = 1 night/ 11+ competitors = 2 nights)
4. Referees who work all day will receive \$40 or may compete in one event for free.  
(Forms and Special events only)

## EQUIPMENT REQUIREMENTS:

1. Fist, forearm, shin & instep.
  2. Protective cup (males)
  3. Mouthpiece (all fighting competitors)
  4. Chest protector and head gear
- \*all equipment and boards may be purchased at the door

## HOTEL ACCOMODATIONS:

HAWTHORN SUITES BY WYNDHAM (405) 737-7777  
5701 Tinker Diagonal  
Midwest City, OK 73110  
\$89 per night plus tax (includes continental breakfast)