



37th ANNUAL OKLAHOMA INVITATIONAL TAEKWONDO CHAMPIONSHIP



PRESENTED BY:
Grand Master Won's Taekwondo

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

TOURNAMENT DIRECTOR
Great Grand Master In Hui Won

ASSISTANT DIRECTOR
Grand Master John Carpenter

Tournament Coordinators
LaRisa Walton, Sophie Won, Catherine McCormick

Medical Personnel
Lindy Salas

LOCATION
U.S Central Taekwondo Association
Central Gym
10801 S Sunnyslane Rd • Oklahoma City OK 73160

DATE
March 5, 2022

SCHEDULE:
7:00am Registration Begins
8:30am 4-9 yrs Kyorugi & Poomse
Special Events
12:00pm Lunch
1:00pm 10 & up Kyorugi & Poomse
Special Events

****Times are subjected to change
by plus or minus one hour.**

ENTRY FEES:
Pre-Registration due by March 2, 2020
\$75.00 any one event
\$10.00 for any second event
\$25.00 for each additional event
\$20.00 Late Fee

FREE SPECTATOR ADMISSION

POOMSE & KYORUGI DIVISION

Men (18-29)
Black
Red & Brown
Blue & Purple
Green
Yellow & Orange
White

**Executive Senior
Men (40+) Women (40+)**
Black
Red & Brown
Blue & Purple
Green
Yellow & Orange
White

PeeWee (10-11)
Black
Red & Brown
Blue & Purple
Green
Yellow & Orange
White

Women (18-29)
Black
Red & Brown
Blue & Purple
Green
Yellow & Orange
White

Junior (16-17)
Black
Red & Brown
Blue & Purple
Green
Yellow & Orange
White

PeeWee (8-9)
Black
Red & Brown
Blue & Purple
Green
Yellow & Orange
White

Senior Men (30-39)
Black
Red & Brown
Blue & Purple
Green
Yellow & Orange
White

Junior (14-15)
Black
Red & Brown
Blue & Purple
Green
Yellow & Orange
White

Tots (6-7)
Black
Red & Brown
Blue & Purple
Green
Yellow & Orange
White

Senior Women (30-39)
Black
Red & Brown
Blue & Purple
Green
Yellow & Orange
White

Junior (12-13)
Black
Red & Brown
Blue & Purple
Green
Yellow & Orange
White

Tots (4-5)
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. Special event materials must be provided by the competitors or may be purchased at the door.

Special Events

1. Hapkido
 - A. Self Defence (6 Techniques)
 - B. Long Falling Competition
 - C. High Falling Competition
 - D. 1, 2, or 3 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, 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. Poomse (Forms)
 - A. Couples
 - B. Creative
 - C. Musical
 - B. Team Forms (3 competitors or more)

4. Weapons

5. Double Roundhouses

6. Para: Forms and Breaking Only

FOR INFORMATION

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

AWARDS:

Kyorugi, Poomse & Special Events:
1st, 2nd, and two 3rd places will receive a trophy.
All competitors will receive a 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 (1 min. each)
11yrs. & under black belts, 2 rounds (1 min. each)
Black belts 12yrs.& up, 2 rounds (1.5 min. each)

SPECIAL TEAM AWARDS:

(Pre-Registration REQUIRED)

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

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. Referees who work all day will receive \$50 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:

La Quinta Inn & Suites
2140 Riverwalk Dr.
Moore OK 73160
(405) 759 7700

Double - \$95 + tax • Double w/ pull out: \$109 + tax
King w/ pull out: \$95 + tax
Pool & Hot Tub • Workout Room
Free Breakfast • Free WiFi