



32nd 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

REFEREE CHAIRMAN:

Grand Master Seung Hwan Kim

TOURNAMENT COORDINATORS:

Master Cheongwook Park
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 28, 2024

SCHEDULE:

7:00am *Registration 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

12 noon Lunch

1 pm 10-14 yrs. All Events

3 pm 15 yrs. & Up All Events

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

NOTE!: 1pm Point Sparring All ages/belts

ENTRY FEE:

Competitor Pre-Registration received by Sept 25, 2024
\$85 any one event, +\$35 per additional event
At the Door Late Fee: \$25

FREE ADMISSION for spectators

POOMSAE & KYORUGI DIVISIONS & POINT SPARRING

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
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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
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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
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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
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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.
- For breaking competitors, boards are available for purchase at the door.

SPECIAL EVENTS

1. Hapkido

- Long Falling Competition
- High Falling Competition
- Self-Defense
- Step Sparring

2. Breaking

- Power
- 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

- Couples
- Team Forms (3 competitors or more)
- Creative Poomsae

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

5. Double Roundhouse Bag Kicks

6. 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 +\$25).
- Lunch & dinner will be provided to all Officials, Referees, and Volunteers.
- All Referees will receive a special award.
- 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:

- Fist, forearm, shin & instep.
- Protective cup (males)
- Mouthpiece (all fighting competitors)
- Chest protector and head gear

5. All black belts ages 10 & up who are sparring must have Daedo E-socks.

HOTEL ACCOMMODATIONS:

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

