

THE 12TH **N.C. OPEN** **TAEKWONDO** **CHAMPIONSHIP**

DEMO TEAM / FORMS / SPARRING / SPIRIT / BREAKING

SATURDAY, MARCH 16, 2024

📍 **HILLSIDE HIGH SCHOOL (GYM)**
3727 FAYETTEVILLE ST. DURHAM, NC 27707

- **ADMISSION FEE \$10**
Age 3 and under free



★ **SPECIAL PERFORMANCE BY**
SHINHAN UNIVERSITY
KOREAN DEMONSTRATION TEAM

ORGANIZED BY



KATU Presents

**The 12th North Carolina Open
Taekwondo Championship**

Korean American Taekwondo Union

Event Date: Saturday, March 16, 2024

Event Location: Hillside High School

(3727 Fayetteville Rd. Durham, NC 27707)

Korean American Taekwondo Union

KATU Presents The 12th North Carolina Open Taekwondo Championship

General Information

Event Date:	Saturday, March 16, 2024				
Credentials (ID Tags):	Pick Up at each location prior to Saturday 3/16/2024. Hillside High School- Saturday March 16 at Registration Table. Opens at 7:30 AM				
Event Location:	Hillside High School 3727 Fayetteville Rd. Durham, NC 27707				
Spectator Admissions:	\$10 per person, CASH ONLY , part of the proceeds will go to Hillside High School Children 3 & Under – Free Ticket Pre-sale available at each location. All Spectators must have a wristband to enter, NO EXCEPTIONS.				
Host:	Korean American Taekwondo Union				
Contact:	WCTKD: Master Y.S. Kim (919)888-1153s E-mail: kicktogether@gmail.com Olympic: Master S.J. Choi (919)638-4045 E-mail: himasterchoi@gmail.com KICKS: Master J.W. Jun (919)435-4258 E-mail: kickstkdc@gmail.com MODU: Master S.B. Jeong (919)544-2222 E-mail: durhamtkd@gmail.com				
Registration:	All registration materials must be received no later than Saturday March 9, 2024. No registration will be available the day of the event. School Owners, please remit all registration forms to: <table><tr><td>World Champion TKD 1308 N. Main St. Fuquay Varina, NC 27526</td><td>Grand Master Choi's Olympic TKD 10120 Green Level Church Road #210 Cary, NC 27519</td></tr><tr><td>KICKS TKD 7414 Creedmoor Rd. Raleigh, NC 27613</td><td>MODU Martial Arts 105 W NC Hwy 54 Suite 269 Durham, NC 27713</td></tr></table>	World Champion TKD 1308 N. Main St. Fuquay Varina, NC 27526	Grand Master Choi's Olympic TKD 10120 Green Level Church Road #210 Cary, NC 27519	KICKS TKD 7414 Creedmoor Rd. Raleigh, NC 27613	MODU Martial Arts 105 W NC Hwy 54 Suite 269 Durham, NC 27713
World Champion TKD 1308 N. Main St. Fuquay Varina, NC 27526	Grand Master Choi's Olympic TKD 10120 Green Level Church Road #210 Cary, NC 27519				
KICKS TKD 7414 Creedmoor Rd. Raleigh, NC 27613	MODU Martial Arts 105 W NC Hwy 54 Suite 269 Durham, NC 27713				
Payment:	All registration funds will be collected at individual locations.				
Concessions:	No food or drink will be permitted into the facility. Concessions will be available through the Hillside High School Booster Club. All proceeds will go directly to the school. No smoking or e-cigarettes are allowed in or around the facility.				
Parking:	No fees for parking. First come, first serve basis.				

Special Event Notes

- Young Tigers Ages 3-6 are eligible to compete in SPIRIT Division.
- All competitors can choose from three categories: 1) Breaking and/or 2) Forms and/or 3) Sparring. You may choose to compete in one, two, or all three categories. Only White and High White Belts will have additional breaking for their Forms Competition.
- There will be a Special Division for Team Poomsae Grand Championship. All competitors may also choose to compete in this category as a Special Division.
- Divisions will be formed based on gender, age, belt, and weight, or as the tournament committee deems necessary for fair competition.
- Six mats for competition with digital score displays.
- Sparring competitors must provide their own safety/sparring equipment: head gear, chest protector, forearm guards, groin protector, shin and instep protector, mouthguard and/or face shield protector.

The 11th North Carolina Open Taekwondo Championship

Events Schedule

*All times are approximate and subject to change.

FRIDAY MARCH 15, 2024

ALL Volunteers, Judges & Referees to Report to Hillside High School by 5:00 PM

5:00 PM	Unload Tournament Materials: Mats, Ring Materials, etc.
6:00 PM	Ring Set-Up and Stations Set-Up: Registration, Awards, etc.
9:00 -10:00 PM	Wrap-Up and Volunteer T-shirt Pick-Up

SATURDAY MARCH 16, 2024

7:00 AM	Arrival of ALL Volunteers, Judges & Referees
7:30 AM – 1:00 PM	Credentials Pick-up
7:30 AM	Registration Table Opens for Credentials Pick-up Referee & Judges Meeting Call to Holding Area, Black Belt Poomsae Competitors (Wave 1) Call to Holding Area, Team Poomsae Championship (Wave 1)
8:00 AM	Competition for Black Belt Poomsae & Team Poomsae Begins
9:00 AM	Call to Holding Area, Young Tigers Ages 3-6 (Wave 2)
9:30 AM	Spirit Competition for Young Tigers Begins
10:30AM	SPECIAL PERFORMANCE: Shinhan University Demo Team
11:00 AM	Call to Assigned Ring, Board Breaking Competitors (Wave 3) <i>(Competitors will be separated by rank into individual rings and competition for all belts will begin simultaneously)</i>
11:30 AM	Competition for Board Breaking Begins
12:00 PM	SPECIAL PERFORMANCE: Shinhan University Demo Team
1:00 PM	Lunch Break Call to Holding Area, Color Belt Poomsae Competitors (Wave 4) <i>(Competitors will be separated by rank into individual rings and competition for all belts will begin simultaneously)</i>
1:30 PM	Competition for Poomsae Begins
2:00 PM	Call to Holding Area, Sparring Competitors (Wave 5) <i>(Competitors will be separated by rank into individual rings and competition for all belts will begin simultaneously)</i>
2:30 PM	Competition for Sparring Begins
3:30 PM	DEMO TEAM Exhibition
5:00 PM	Competition Wrap-Up & Take Down

*All times are approximate and may be subject to change. Competition times may be moved up earlier if the preceding Wave of competition wraps up early. Please report earlier than your scheduled "Call to Holding Area" time to assure that you are present for your Wave of competition.

***NOTE: All Color Belt Poomsae and Sparring Competitors must report no later than 12:00 PM.**

General Division - Competition Rules

Where applicable, the World Taekwondo (WT) rules and regulations will govern this championship.

The KATU (organizing committee) reserves the right to adopt changes as they deem necessary.

Young Tigers

Spirit Obstacle Course

- A. Eligibility: Young Tigers Ages 3-6
- B. Directed by Master Instructors on the competition floor. Spirit participants will be competing in a relay style and will be divided into groups based on age.
- C. Young Tigers will not be picked up but will be aided if needed for Balance Beam.
- D. Order of Relay:

START

1. Hammer fist
2. Army Crawl
3. Front Kick Challenge (Non-Stop)
4. Tunnel
5. Balance Beam
6. Hurdles
7. Tackle the Master
8. Flying Side Kick

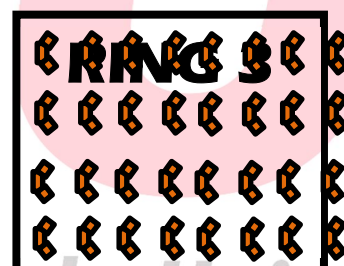
FINISH LINE

SPRIT OBSTACLE COURSE LAYOUT-9:30 AM

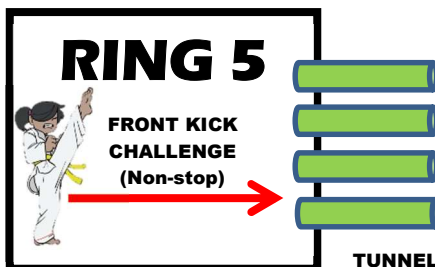
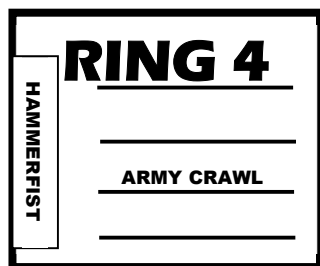
BLEACHERS-SEATING



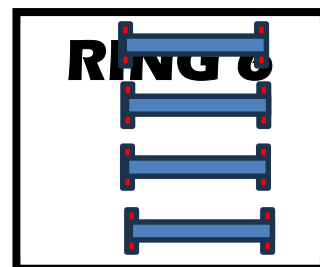
TACKLE THE MASTER



HURDLES x 8



TUNNEL



BALANCE BEAM

BLEACHERS-SEATING

Regular Division

1. Board Breaking

- A. Point System: 1st, 2nd, 3rd, 3rd
- B. Eligibility: All Belts
 - 1. Spirit Division
 - a. Ages 3-4: Beginner, Intermediate, Advanced
 - b. Ages 5-6: Beginner, Intermediate, Advanced
 - 2. Color Belt Division
 - 3. Deputy & Black Belt Division
- C. Competitor must demonstrate specific techniques listed for their division.
- D. The Tournament Committee will provide (3) Boards for Spirit, (4) Boards for Color Belts, and (5) Boards for Deputy & Black Belts. Purchase of boards will be completed at individual locations. Cost: \$3/board. Payment can be made by CASH only.
- E. The maximum set up time to include the maximum performance time is 2 minutes.
- F. The maximum number of tries is 2 times.
- G. The performance must be done within the official Tournament Ring Size.
- H. All boards for breaking will be the standard demonstration board sizing.
- I. Referees and Judges will be holding the boards. All Masters will be holding for Spirit Division.

Judging Criteria for Board Breaking

- A. Difficulty: Difficulty of technique will be based on the following order of superiority (in ascending order)
 - 1. Hand Technique
 - 2. Standing Kick Technique
 - 3. Kicking Technique with Spinning Motion
 - 4. Jump Kick Technique
 - 5. Jump Kick Technique with Spinning Motion
 - 6. Multiple Breaking Technique
 - 7. Multiple Spinning Jump Technique
 - 8. Flying Kick Technique
 - 9. Flying Kick Technique with Spinning Motion
- B. Difficulty of Breaking will be based on the number of boards.
 - 1. Number of boards held at one time.
 - 2. Total number of boards in the performance. (Unlimited within time limit)
- C. Technique will be judged based on Accuracy, Speed, Power, and Presentation
 - 1. Accuracy: breaking at the first attempt is superior to breaking at the second attempt, and breaking at the center is superior to chipping the board.
 - 2. Speed: suspended holding is superior to fixed holding, and the competitor who executes more techniques with less time is superior to a competitor who executes fewer techniques in a longer time.
 - 3. Power: higher number of boards broken is superior to the lower number of boards broken.
 - 4. Presentation: balance, rhythm, manners, and kihap from entrance to completion.

D. Divisions

SPiRiT (3 Boards)

Beginner: White, H. White	Intermediate: Yellow – H. Green	Advanced: Blue & Up
Hammerfist Front Kick Drop Kick	Knife Hand (Chop) Roundhouse Kick Jumping Front Kick	Punch Turning Back Kick Flying Side Kick

Color Belt (4 Boards)

White – H. White	Yellow – H. Green	Blue – H. Red
Hammerfist Front Kick Roundhouse Kick Drop Kick	Hammerfist (Jumping) Roundhouse Kick Turning Back Kick Jumping Front Kick	Knife Hand (Side) Tornado Jumping Front Kick Flying Side Kick

Deputy & Black Belts (5 Boards)

Freestyle
Any combination of kicks and/or punches

2. Poomsae (Forms)

- Point System: 1st, 2nd, 3rd, 3rd
- Competitors will be judged on ability to perform the form associated with their current rank, balance, rhythm, and manner. Competitors may choose to perform their previous level if they were recently promoted in Belt Ranking.
- White & High White Belts will also perform Breaking Techniques. White Belts will perform Front Kick and High White Belt will perform Roundhouse Kick in addition to their Poomsae.
- Official Forms

Belt Rank	White	H. White	Yellow	H. Yellow	Green	H. Green	Blue	H. Blue	Red	H. Red	Dep/Bo Dan	1 st Dan	2 nd Dan	3 rd &UP Dan
Official Form	Basic/10 Steps #1	Basic/10 Steps #2	TaeGuk 1 Jang	TaeGuk 2 Jang	TaeGuk 3 Jang	TaeGuk 4 Jang	TaeGuk 5 Jang	TaeGuk 6 Jang	TaeGuk 7 Jang	TaeGuk 8 Jang	TaeGuk 8 Jang or Koryo	Koryo or Keum Gang	Keum Gang or TaeBaek	TaeBaek or PyongWon or SipJin

3. Sparring (Color Belt)

- Format
 - Random Seeding
 - Single Elimination
 - No Head Contact
 - Grooming Needs
 - Finger nails and Toes Nails must be trimmed short
 - No Glasses to be worn
 - Sports Glasses allowed only with Face Shield Protector
- Points
 - 1 Point-Valid punch or kick on chest protector
 - 2 Points-Valid turning kick on chest protector

C. Application of Head Contact Safety Rules

1. NO HEAD CONTACT- ALL Color Belts of any age
2. Contact to head accidentally, deduct half-point. Contact to head intentionally, deduct 1 point.

D. Safety Gear Requirements

Sparring competitors must provide their own safety/sparring equipment: head gear, chest protector, forearm guards, groin protector, shin and instep protector, mouthguard and/or face shield protector.

E. Rounds & Duration

Belt Level	# of Rounds	Round Duration	Rest Time
ALL Color Belts	2	1 min	30 sec.

4. Sparring (Black Belt)

A. Format

1. Random Seeding
2. Single Elimination
3. Light Head Contact

Competitors Must Have One of the following:

- Face Shield Protector OR
- Mouth Piece

4. Grooming Needs

Finger nails and Toes Nails must be trimmed short

5. No Glasses to be worn

Sports Glasses allowed only with Face Shield Protector

B. Points to Body

1. 1 Point-Valid punch or kick on chest protector
2. 2 Points-Valid turning kick on chest protector
3. 1 Point awarded for every one Gam-jeom given to the opponent contestant
4. At the end of the second round, 12 point difference rule will be in effect for Black Belts only.

C. Points to Head

1. 3 Points-Valid kick to the head
2. 4 Points-Valid turning kick to the head
3. 1 Point awarded for every one Gam-jeom given to the opponent contestant
4. At the end of the second round, 12 point difference rule will be in effect for Black Belts only.

D. Safety Gear Requirements

Sparring competitors must provide their own safety/sparring equipment: head gear, chest protector, forearm guards, groin protector, shin and instep protector, mouthguard and/or face shield protector.

E. Rounds & Duration

Belt Level	# of Rounds	Round Duration	Rest Time
ALL Black Belts	2	1 min	30 sec.

Special Division - Competition Rules

Where applicable, the World Taekwondo (WT) rules and regulations will govern this championship.

The KATU (organizing committee) reserves the right to adopt changes as they deem necessary.

Special Division: Poomsae (Forms)

Team Poomsae Competition

A. Format & System

1. Random Seeding
2. Single Elimination, Final Placements: 1st, 2nd, 3rd
3. Must consist of 2-5 members
4. All Team members **must** individually participate in one of the following:
 - Regular Board Breaking
 - Regular Poomsae
 - Regular Sparring

B. Poomsae Requirement per team

1. Choose one Poomsae below
 - TaeGuk 2, TaeGuk 4, TaeGuk 6, TaeGuk 8, or Koryo



Korean American Taekwondo Union

The 12th North Carolina Open Taekwondo Championship

Hosted By: The Korean American Taekwondo Union • Saturday, March 16, 2024

Competition Registration Form

Tournament Registration Collected Until Sat March 9, 2024. Late Registration March 3-9, 2024 will have a \$10 late fee added to registered events.

All Registration must be received no later than March 9, 2024. No Registration will be allowed on the day of the championship. Payments can be made to individual schools.

All Registrations Should Be Mailed To:

World Champion TKD

1308 N. Main St.

Fuquay-Varina, NC 27526

Grand Master Choi's Olympic TKD

10120 Green Level Church Road #210

Cary, NC 27519

KICKS Taekwondo

7414 Creedmoor Rd.

Raleigh, NC 27613

MODU Martial Arts

105W NC Hwy 54 Suite 269

Durham, NC 27713

Did you include:

Registration Form

Payment

Turn in Form and payment to School Instructor

FIRST NAME

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

M.I.

--

LAST NAME

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

E-MAIL

--

TKD SCHOOL

Name: _____	Phone: () - _____
City: _____	STATE: _____ ZIP: _____

Age on
3/16/24

--	--

Gender
(Circle)

Male

Female

Height
(inches)

--	--

Weight
(lbs)

--	--	--

BELT

Belt Color:

Black Belt Dan Level:

Please complete. Circle Y for Yes and N for No.

1. Do you have any allergies to medications?

Y / N

If YES, please indicate which medications: _____

2. Do you take any medication regularly?

Y / N

If YES, please indicate which medications: _____

3. Do you wear contact lenses?

Y / N

4. Do you have a history of any of the following conditions?

A. Epilepsy (seizures)

Y

N

D. Diabetes

Y

N

B. Lung Disease

Y

N

E. High Blood Pressure

Y

N

C. Heart Disease

Y

N

If you answered YES to any part of question #4, please complete question #5:

5. I hereby state that I am under the care of a physician for the treatment of _____ and that I have been medically cleared by that physician to participate in this tournament.

Medical

PLEASE CHECK ONE:

☐ SPIRIT \$70

☐ REGULAR DIVISION

☐ BOARD BREAKING \$80

☐ FORMS \$80

☐ SPARRING \$80

☐ (2) DIVISIONS \$140

☐ (3) DIVISIONS \$200

SPECIAL DIVISION

☐ TEAM POOM Separate Reg

SPECIAL PRICING

☐ 1 REG + SPECIAL \$110

☐ 2 REG + SPECIAL \$170

☐ 3 REG + SPECIAL \$230

Late Registration

3/3-3/9/2024

Add \$10/Event Registered

TOTAL: \$ _____

Events

LIABILITY WAIVER

In consideration of your acceptance of my registration, I do hereby, for myself, heirs, executors, and administrators waive, release, and forever discharge any and all rights claims for damages which I may have, or which may accrue to me, against The Korean American Taekwondo Union, GM Choi's Olympic TKD, MODU Martial Arts, KICKS TKD, and World Champion TKD for its state and district associations, or their respective officers, agents, representatives, successors, and/or assigns, and against any competitors for any and all damages which may be sustained by me in connection with my association with, or entry in the above athletic meet and competition, and in connection with any medical service I may be provided in connection with any such injury or illness. I understand Taekwondo is a body contact sport and I further understand all contents of the rules and regulations and general information which were published by the sponsors and I agree with them in their entirety. I further understand that I may be dismissed from the premises without compensation of refund if my conduct is not courteous and cooperative for the successful operations of the championships.

CERTIFICATION

If you are a minor (under 18 years old) and will be at the tournament without a parent, the statement below must be read and signed by a parent or legal guardian and returned prior to participating in any competition or event. The undersigned competitor (parent or legal guardian of the competing minor) represents that he has the authority to consent to the medical care and treatment of such a competitor (or competing minor) by the designees of The Korean American Taekwondo Union, GM Choi's Olympic TKD, MODU Martial Arts, KICKS TKD, and World Champion TKD.

I hereby certify that I have read and understand the above information and my responses are true and accurate to the best of my knowledge.

Contestant's

Signature: _____

Parent/Legal Guardian Signature (If contestant is under the age of 18)

Date _____ / _____ / _____

FOR OFFICE USE ONLY:

Spectator Fee: \$10 per person

Total Purchased: _____

Championship Fee: \$ _____

Paid By: _____

The 12th North Carolina Open Taekwondo Championship

Hosted By: The Korean American Taekwondo Union * Saturday, March 16, 2024

Competition Registration Form

Tournament Registration Collected Until Sat March 9, 2024. Late Registration March 3-9, 2024 will have a \$10 late fee added to registered events.

All Registration must be received no later than March 9, 2024. No Registration will be allowed on the day of the championship. Payments can be made to individual schools.

All Registrations Should Be Mailed To:

World Champion TKD

1308 N. Main St.

Fuquay-Varina, NC 27526

Grand Master Choi's Olympic TKD

10120 Green Level Church Road #210

Cary, NC 27519

KICKS Taekwondo

7414 Creedmoor Rd.

Raleigh, NC 27613

MODU Martial Arts

105W NC Hwy 54 Suite 269

Durham, NC 27713

Did you include:

Registration Form

Payment

Turn in Form and payment to School Instructor

TEAM NAME

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

POOMSAE

--

E-MAIL

--

TKD SCHOOL

Name: _____

Phone: () - _____

City: _____

STATE: _____

ZIP _____

**TEAM POOMSAE
FEE
\$40/person**

**Late Registration
3/3- 3/9/2024:
Add \$10/Event
Registered**

TOTAL:

\$ _____

LIABILITY WAIVER

In consideration of your acceptance of my registration, I do hereby, for myself, heirs, executors, and administrators waive, release, and forever discharge any and all rights claims for damages which I may have, or which may accrue to me, against The Korean American Taekwondo Union, GM Choi's Olympic TKD, MODU Martial Arts, KICKS TKD, and World Champion TKD, and for its state and district associations, or their respective officers, agents, representatives, successors, and/or assigns, and against any competitors for any and all damages which may be sustained by me in connection with my association with, or entry in the above athletic meet and competition, and in connection with any medical service I may be provided in connection with any such injury or illness. I understand Taekwondo is a body contact sport and I further understand all contents of the rules and regulations and general information which were published by the sponsors and I agree with them in their entirety. I further understand that I may be dismissed from the premises without compensation of refund if my conduct is not courteous and cooperative for the successful operations of the championships.

CERTIFICATION

If you are a minor (under 18 years old) and will be at the tournament without a parent, the statement below must be read and signed by a parent or legal guardian and returned prior to participating in any competition or event. The undersigned competitor (parent or legal guardian of the competing minor) represents that he has the authority to consent to the medical care and treatment of such a competitor (or competing minor) by the designees of The Korean American Taekwondo Union, GM Choi's Olympic TKD, MODU Martial Arts, KICKS TKD, and World Champion TKD.

I hereby certify that I have read and understand the above information and my responses are true and accurate to the best of my knowledge.

1. Contestant's Name _____
(Printed)

Contestant's Signature: _____
Parent/Legal Guardian Signature (If contestant is under the age of 18)

Date: ____/____/____

2. Contestant's Name _____
(Printed)

Contestant's Signature: _____
Parent/Legal Guardian Signature (If contestant is under the age of 18)

Date: ____/____/____

3. Contestant's Name _____
(Printed)

Contestant's Signature: _____
Parent/Legal Guardian Signature (If contestant is under the age of 18)

Date: ____/____/____

4. Contestant's Name _____
(Printed)

Contestant's Signature: _____
Parent/Legal Guardian Signature (If contestant is under the age of 18)

Date: ____/____/____

5. Contestant's Name _____
(Printed)

Contestant's Signature: _____
Parent/Legal Guardian Signature (If contestant is under the age of 18)

Date: ____/____/____

FOR OFFICE USE ONLY:

Championship Fee: \$ _____

Paid By: _____