

***World Class Tae Kwon Do* Tournament**

Tae Park Tae Kwon Do Association

October 11th, 2025

Grand Champion Division Rules

The Grand Champion Division is for 1st -3rd degree black belts only. The division will consist of four events: **Forms, Basic Kicking, Three-Step and Power Board Breaking**. Participants who register for this event are not allowed to enter the main tournament due to both events taking place at the same time.

Divisions

Junior Grand Champion	Grand Champion
15-17yrs – Male	18yrs and older – Male
15-17yrs – Female	18yrs and older – Female

FORMS (POOMSAE) RULES:

Designated Forms: Athletes will be required to perform a WTF recognized Form.

Authorized Forms:	Palgwe Chil, Palgwe Pal, Koryo, Keumgang, Taebaek, Pyongwon
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Athletes will perform their forms two at a time and will be judged in traditional head-to-head competition. The competition will be single elimination.

Scoring:

Three or five judges will score the performances based on the execution of Technique, Power, Focus, Rhythm, Grace, Beauty. The winner will be determined by majority votes (show of hands.)

Points:

1 st Place – 10	3 rd Place – 6
2 nd Place – 8	Attempt - 4
No Attempt – 0	

BASIC KICKING:

Competitors will perform the following techniques:

Front kick double punch, High sidekick & High roundhouse kick

Judges will be evaluating the competitor on the following:

Power (waist, twist & stopping), speed, accuracy, starting position (stance), landing position (stance), proper kicking angle between base leg and extended leg, extension of kicking leg and foot, balance and concentration.

*Note - Middle kick will be defined as solar plexus height and High kick will be defined as the space between the nose and the upper lip.

Each technique will be performed three times on each leg for a total of 18 kicks.

One technique will be performed after every kihap command by the ring referee.

Athletes will perform basic kicking two at a time and will be judged in traditional head-to-head competition. The competition will be single elimination.

Points:

1 st Place – 10	3 rd Place – 6
2 nd Place – 8	Attempt - 4
No Attempt – 0	

THREE-STEP:

Competitors will be matched with another competitor performing three-step self-defense actions.

Each competitor will perform three defensive blocks (stepping backward) prior to the counter technique.

Judges will be evaluating the competitor on both offense and defense. Criteria will be:

Technique, Power, Focus, Accuracy, Distance and Timing

Points:

1 st Place – 10	3 rd Place – 6
2 nd Place – 8	Attempt - 4
No Attempt – 0	

POWER BREAKING:

Breaking Division	Material Type & Size	System	Safety Gear	Time Limit	Contest Goals
Hand Technique, any point below the wrist	$\frac{3}{4}$ " x 9 $\frac{7}{8}$ " x 11 $\frac{1}{4}$ "	Single Elimination	Wrist wrap is optional	30 Seconds	Contestant will break their maximum number of boards
Kicking Technique, any point below the ankle	$\frac{3}{4}$ " x 9 $\frac{7}{8}$ " x 11 $\frac{1}{4}$ "	Single Elimination	None	30 Seconds	Contestant will break their maximum number of boards

Contestants will be awarded the following points for each broken board:

Hand Technique: 8 pts

Kicking Technique: 5 pts

The contestants with the highest number of points per board will be awarded the following points.

Points:

1 st Place – 10	3 rd Place – 6
2 nd Place – 8	Attempt - 4
No Attempt – 0	

Note - See complete power breaking rules and regulations.

Participants with the greatest amount of combined points for all events will be awarded grand champion for each division. In event of a tie, participants will compete in a head-to-head form competition. The participant will choose a color belt form (poomsae) of their choice.

See form competition for rules and regulations.

The World Class Tae Kwon Do Organizing Committee reserves the right to make modifications to the divisions to provide fair and sufficient competition for all competitors. **If, at any time an athlete is disqualified in any event, that athlete will not be eligible to win the junior grand or grand champion competition.** For further information or clarification, please email Senior Master Lemon Williams II at master_lemon_williams@outlook.com or Master Larry Arthur for breaking at chucktkd@gmail.com.