

World Class Tae Kwon Do Tournament

Tae Park Tae Kwon Do Association

October 11th, 2025

Competition Division: Form, One Step, Sparring, Basic Kicking, Power Breaking, Team Forms

7 & Under	8-9 Years Old	10-11 Years Old	12-13 Years Old	14-15 Years Old	16-17 Years Old
18-26 Years Old	27-39 Years Old	40-49 Years Old	50 Years Old and Over		

Competitions are divided as follows: Individual competition shall normally be between contestants in the same weight class. When necessary, adjoining weight classes may be combined to create a single classification.

No contestant is allowed to participate in more than one weight category in one event.

Belt Divisions are as follows:

FORM	ONE STEP	SPARRING	BASIC KICKING	POWER BREAKING	TEAM FORMS
1. White 2. Yellow 3. Yellow-Green/Orange 4. Green 5. Blue 6. Red 7. Black (1 st -3 rd)	1. White 2. Yellow 3. Yellow-Green/Orange 4. Green 5. Blue 6. Red	1. Green 2. Blue 3. Red 4. Black (1 st -3 rd)	1. Green 2. Blue 3. Red 4. Black (1 st -3 rd)	1. Green 2. Blue 3. Red 4. Black (1 st -3 rd)	1. Red 2. Black (1 st -3 rd)

Protective Equipment:

- ✓ An approved trunk protector
- ✓ Headgear (white or red for Hong and blue for Chung) other colors at the discretion of the tournament director
- ✓ Groin guard (optional for female competitors)
- ✓ Forearm protector,
- ✓ Shin-instep protectors
- ✓ Mouth guard

Taekwondo gloves are optional. The groin, forearm and shin-instep protectors must be worn inside the uniform.

Personal Requirements: All competitors shall keep their nails cut short and shall not wear any articles that may injure or endanger an opponent. Any competitor whose hair, in the opinion of the referee is so long as to risk causing inconvenience to other competitors shall be required to tie it back securely.

Required dobok or uniform: All competitors are required to wear a clean, white V-neck uniform top and bottom. Black Trim collars are for black belts only.

Form Competition Rules:

Palgwae forms are used for all color belt competition and WTF recognized forms for black belt competition. Color belt contestants may perform any color belt form up to and including their current color belt form. Black belt contestants may perform any red belt form or black belt form up to and including their current learned black belt forms (i.e.. 1st Dan can perform either Koryo or Keumgang, 2nd Dan either Keumgang or Taebaek etc).

All competitors receive either a gold, silver or bronze medal based on their overall performance.

One-Step:

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

All competitors receive either a gold, silver or bronze medal based on their overall performance.

Sparring Competition:

Sparring Competition Permitted Techniques:

1. Fist Techniques: A straight punching technique using the knuckle part of a tightly clenched fist.
2. Foot Techniques: Delivering techniques using any part of the foot below the ankle bone.

Scoring Areas:

1. Trunk: Attack by fist and foot techniques on the colored areas covered by the trunk protector are permitted. Attack to the spine, however, is not permitted. **There are no head kicks allowed.**

Points: Points shall be awarded when permitted techniques are delivered accurately and powerfully to the legal scoring areas of the trunk.

1. One (1) point for a powerful punch to the legal scoring area of the trunk protector.
2. Two (2) points for a powerful kick to the legal scoring area of the trunk protector.
 - a. One (1) additional point will be awarded for turning kicks to the body.

There will be no coaches or coaching allowed.

Sparring Duration: Two 60 second rounds, 30 second rest.

This is a single elimination event.

Medals: 1st Place = Gold, 2nd Place = Silver, All other places = Bronze

Prohibited Acts:

- A “Gam-jeom” penalty shall be counted as one (1) additional point for the opposing contestant.

The following acts shall be classified as prohibited acts, and “Gam-jeom” shall be declared:

1. Crossing the Boundary Line (Two feet out of bounds.)
2. Falling down (Unless it is as a result of a prohibited act, due to players collision and both fall or knock down when an 8-count is given.)
3. Avoiding or delaying the match (Stalling or no intention of attacking)
4. Grabbing or pushing the opponent (Includes hooking the leg with forearm.)
*Note – Gam-jeom penalty will only be given for pushing if it is during the attack by an opponent or pushing the opponent out of bounds.
5. Impeding the match:
 - a. Lifting the leg to block
 - b. Kicking the opponent’s leg to impede the opponent’s kicking attack
 - c. Lifting a leg/ kicking in the air for more than 3 seconds
 - d. Lifting a leg/ kicking in the air for more than 2 actions
 - e. Aiming a kick below the waist
6. Kicking below the waist
7. Attacking the opponent after "Kal-yeo"
8. Hitting the opponent’s head with the hand (includes wrist, arm, and elbow.)
9. Butting or attacking with the knee
10. Attacking the fallen opponent (includes motioning as if to attack.)
11. Following misconducts of contestant or coach:
 - a. Not complying with the referee’s command or decision
 - b. Inappropriate protesting of officials’ decisions
 - c. Inappropriate attempts to disturb or influence the outcome of the match
 - d. Provoking or insulting the opposing contestant or coach
 - e. Any other severe misconduct or unsportsmanlike conduct on the part of a contestant or coach

Specialty Divisions

Basic Kicking:

This is a single elimination, head-to-head competition. Divisions will be divided by age and belt rank. 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.

Winner will be determined by majority votes (show of hands.)

This is a single elimination event.

Medals: 1st Place = Gold, 2nd Place = Silver, All other places = Bronze

Power Breaking:

1. Rules:

- a. Contestants are, male or female, green and above, and will compete according to the age groups listed below.

Belt Levels	Gender	Age Group 1	Age Group 2	Age Group 3	Age Group 4	Age Group 5	Age Group 6	Age Group 7	Age Group 8	Age Group 9	Board Hand & Foot
Green	Female	7 & Under	8 - 9	10 - 11	12- 13	14 - 17	18 - 26	27-39	40-49	50 +	Yes
Green	Male	7 & Under	8 - 9	10 - 11	12- 13	14 - 17	18 - 26	27-39	40-49	50 +	Yes
Blue	Female	7 & Under	8 - 9	10 - 11	12- 13	14 - 17	18 - 26	27-39	40-49	50 +	Yes
Blue	Male	7 & Under	8 - 9	10 - 11	12- 13	14 - 17	18 - 26	27-39	40-49	50 +	Yes
Red	Female	7 & Under	8 - 9	10 - 11	12- 13	14 - 17	18 - 26	27-39	40-49	50 +	Yes
Red	Male	7 & Under	8 - 9	10 - 11	12- 13	14 - 17	18 - 26	27-39	40-49	50 +	Yes
Black [1 st - 3 rd dan]	Female	7 & Under	8 - 9	10 - 11	12- 13	14 - 17	18 - 26	27-39	40-49	50 +	Yes
Black [1 st - 3 rd dan]	Male	7 & Under	8 - 9	10 - 11	12- 13	14 - 17	18 - 26	27-39	40-49	50 +	Yes
Grand Champion Black [1 st - 3 rd dan]	Female					15 - 17	18 +				
Grand Champion Black [1 st - 3 rd dan]	Male					15 - 17	18 +				

- b. All contestants will be the rank of Green Belt or its equivalent, above through to Black Belt.
- c. All contestants must complete the online registration and waiver in order to compete.
- d. All contestants must be registered for this event on or before 10-4-25 by midnight. After this date registration will be closed.**
- e. Contestants will report the amount of material they intend to break during the online registration. There will be no changes allowed once registration is closed on 10-4-25 at midnight. This information will be kept confidential.**
- f. All breaking material will be provided by the tournament.
- g. All breaks will be held in holding device or on blocks that will be provided by the tournament.
- h. Breaking with the elbow is not allowed and not considered as a hand technique.
- i. Contestants must break with a bare foot or hand and not covering the contact point with bandage or any other material. In addition, wrapping the wrist will be allowed as a safety device for either hand technique division.
- j. Contestants must break on first attempt. If the contestant fails to break on the first attempt they will be eliminated. Or if a contestant makes a choice to practice their technique within the 30 second time limit and touches the material. That point of contact will be considered to be their first attempt at the break.
- k. The referee will check with the contestant to make sure that they are ready before signaling the time keeper. Once the time keeper is signaled the contestant will have 30 seconds to complete the break. Contestants may practice their technique before breaking but may only start practicing once the time has started. If the contestant exceeds the 30 second time limit they will be allowed to complete the break, but will be disqualified.
- l. Contestants are only allowed to make contact with the material at the point of the break.
- m. Boards will not be used once they have been struck by a contestant.
- n. Competitors can drop boards at the ring. However, this will result in a loss of points for the amount of boards that they choose to drop. For example, if they select 4 boards and choose to drop 1 board and break all remaining 3 pcs. They will be scored on 3 pcs, which results in 15 out 20 points for a foot technique or 24 out of 32 points for a hand technique.
- o. There will be no spacers allowed for any type of board breaking.
- p. Types of breaking divisions:

Breaking Type	Material Type & Size	Board Size by Age	System	Safety Gear	Time Limit	Contest Goal
Hand Technique, <i>any point below the wrist</i>	1/2" x 9 7/8" x 11 1/4" Board	11 and under	Single Elimination	Wrist wrap is optional	30 Seconds	Contestant will break their maximum amount of boards.
Kicking Technique, <i>any point below the ankle</i>	1/2"x 9 7/8" x11 1/4" Board	11 and under	Single Elimination	None	30 Seconds	Contestant will break their maximum amount of boards.
Hand Technique, <i>any point below the wrist</i>	3/4" x 9 7/8" x 11 1/4" Board	12 and older	Single Elimination	Wrist wrap is optional	30 Seconds	Contestant will break their maximum amount of boards.
Kicking Technique, <i>any point below the ankle</i>	3/4" x 9 7/8" x 11 1/4" Board	12 and older	Single Elimination	None	30 Seconds	Contestant will break their maximum amount of boards.

Colored Belt Competitors age 14 and older will utilize the board holding machine.

Black Belt Competitors age 12 and older will utilize the board holding machine.

2. Scoring:

Breaking Division	Scoring Method	Tie Breaking Factor
Board, Hand, <i>any point below the wrist</i>	8 point for each piece of completely broken material.	1. Percentage of broken material* 2. The individual of lesser weight has the advantage 3. If the two previous factors are the same then both competitors will be awarded the same medal.
Board, Kick, <i>any point below the ankle</i>	5 point for each piece of completely broken material.	
<i>*Example, Competitor A, selects 4 boards and breaks 3, which is 75% of the material selected. Competitor B, selects 5 boards and breaks 3, which is 60% of the material selected. Then Competitor A, wins by because they broke 15% more of the material.</i>		

- a. The material will be counted by the referee and then reported to the judges by holding up the number of fingers that represents the number of broken materials.
- b. If there is a questionable piece of material the official or referee will hold the item up to see if it separates on its own. If it remains attached, then this will not be counted as completely broken material.
- c. A panel of judges will determine the winners of the contest.
 - i. **Adult medals** [ages 14+] will award up to 4 places or medals which will be based on the highest score for broken material. One gold or 1st place winner, one silver or 2nd place winner, two bronze or 3rd and 4th place winners. No medals will be awarded for an uncompleted break. For example; if there are 4 competitors and only 3 break out of the 4, then only 3 medals [gold, silver and bronze] will be awarded.
 - ii. **Youth medals** [ages 13 and under] will be awarded based on their performance of broken material. They will receive an award which can be a gold medal, silver medal, bronze medal or a participation certificate. The participation certificate will be provided if a contestant does not break their boards.
3. Grounds for Disqualification:
 - a. Judges will have the final determination of the intent and integrity of the break.
 - b. Pressing down or application of an after push to the material with the contestant's body weight which will be determined by the referee.
 - c. Unsportsmanlike like conduct. For example: if the contestant is questioning or arguing with officials they will be disqualified.
 - d. Contestants failing to follow instructions by the referee or judges will be disqualified.

Team Forms (Pairs):

This is a Red Belt and Black Belt only competition. Team Forms will consist of a pair of Red Belts or pair of Black Belts (2).

Teams will perform the following designated forms:

Red Belts – Palgwe Chil. If there is a tie between teams, the tie breaking form will be White Belt Form.

Black Belts - Koryo. If there is a tie between teams, the tie breaking form will be Keumgang.

Judges will be evaluating the teams on the following:

Technique, Power, Focus and Timing

Scores will be tallied between the judges and the team with the highest score wins Gold.

This is a single elimination event.

Medals: 1st Place = Gold, 2nd Place = Silver, 3rd Place = Bronze, 4th Place = Bronze