



38th ANNUAL OKLAHOMA INVITATIONAL TAEKWONDO HANMOOKWAN CUP 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
Heather Bergseth, Amy Bergseth

Medical Personnel
Lindy Salas

LOCATION
Del City Middle School Gym
2300 Linda Ln • Del City, OK 73115

DATE
February 25, 2023

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 February 23, 2023
\$80.00 any one event
\$15.00 for any second event
\$25.00 for each additional event
\$20.00 Late Fee

SPECTATOR ADMISSION:
Adult \$10
Children aged 12 & under \$5

POOMSAE & 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-Defense (6 Techniques)
 - B. 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. Poomsae (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, Poomsae & Special Events:
All competitors will receive a trophy.

COMPETITION RULES:

USAT Junior Safety Rules:
Color Belt 11 & under: no head contact
Color Belt 12-17: light head contact
Black Belt 8-11: light head contact
Black Belt 12 & Up Adult 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 5 schools with the most competitors (minimum 10 competitors) will receive beautiful team plaque

SPECIAL NOTICES:

1. Coach fees will be waived for 1 Head Master/ Instructor. \$35 dollar fee for additional coaches.
2. Lunch & dinner will be provided to all Officials and Volunteers.
3. Referees will all receive a recognition plaque (please send name at least a week before the tournament).

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 ACCOMMODATIONS:

Springhill Suites by Marriott
5400 Main Street, Del City, OK 73115
Office: (405) 604-0552, Fax: (405) 604-0595
\$110 per night + tax. Free continental breakfast. Free Wi-Fi.
Sleeper sofa in every room. Indoor pool. Fitness center. Call ahead, room is limited.
There are many other hotels within 3 mi (Midwest City or Del City).

HOTEL REIMBURSEMENT FOR INSTRUCTORS:
7+ competitors = 1 night reimbursed.
12+ competitors = 2 nights reimbursed.