



2026 Oklahoma State AAU Taekwondo Championship National Qualifier



PRESENTED BY:
Oklahoma State Taekwondo Association

SPONSORED BY:
US CENTRAL TAEKWONDO ASSOCIATION

TOURNAMENT DIRECTOR
Great Grandmaster In Hui Won

REFEREE CHAIRMAN:
Grand Master Seung Hwan Kim

ASSISTANT DIRECTORS
Grandmaster John Carpenter
Master Jean Gamarra

Tournament Coordinators
Heather Bergseth, Amy Bergseth

Medical Personnel
Sr. Master Lyndi Salas

***LOCATION:**
Grandmaster Won's TKD Main Gym
10801 S. Sunnyslane Rd., Oklahoma City, OK 73160

DATE:
Saturday, May 2, 2026

****SCHEDULE:**
7 am.....Registration Begins
8 am..... Ages 9 & Under All Events
12pm.....Lunch
1 pm.....Ages 10-17 yrs All Events
2pm...Point Sparring- ALL regardless of age
3pm.....Ages 18 & up All Events

***Subject to change. **Times are subjected to change by plus or minus one hour.**

ENTRY FEES:
ALL COMPETITORS MUST BE A CURRENT AAU MEMBER *membership must be obtained before the event (online at ausports.org/Join-AAU)*
Pre-Registration due by April 30, 2026
\$85 any one event; \$40 for each additional event
\$25 Late Fee at the door

SPECTATOR ADMISSION:
In case of weather: Adults \$10, Kids/Seniors \$5
U.S. Central Gym: Free

Olympic Style & Point Sparring Divisions (Kyorugi)

Youth Divisions: 5, 6-7, 8-9, 10-11
All Belts

Mini Cadet (10-11)	Cadet (12-14)	Junior (15-17)
Black	Black	Black
Black	Colored Belts	Colored Belts

Senior (18-32)	Executive (33-42)	Ultra (43+)
Black	All Belts	All Belts
Colored Belts		

ALL SPARRING DIVISIONS DIVIDED BY AGE, BELT (NOVICE, INTERM, ADV), WEIGHT AND/OR HEIGHT & GENDER
SEE THE CURRENT AAU TKD HANDBOOK FOR WEIGHT GROUPS

Forms Divisions

Age Groups	Belt Divisions
5	Novice, Intermediate, Advanced
6 & 7	Novice, Intermediate, Advanced
8 & 9	Novice, Intermediate, Advanced, Black
10 & 11	Novice, Intermediate, Advanced, Black 1, Black 2 & Up
12 & 13	Novice, Intermediate, Advanced, Black 1, Black 2 & Up
14 & 15	Novice, Intermediate, Advanced, Black 1, Black 2 & Up
16 & 17	Novice, Intermediate, Advanced, Black 1, Black 2 & Up
Senior (18-32)	Novice, Intermediate, Advanced, Black 1, Black 2, Black 3, Black 4+
Executive (32-42)	Novice, Intermediate, Advanced, Black 1, Black 2, Black 3, Black 4+
Ultra (43+)	Novice, Intermediate, Advanced, Black 1, Black 2, Black 3, Black 4+

Belt Divisions (both)

Division	Belts Included in that Division
Novice.....	White, Yellow and Orange Belts
Intermediate.....	Green, Blue and Purple Belts
Advanced.....	Red and Brown Belts only
Black Belt.....	Poom Belts, 1st Dan and up

Notes:
1. All participants must be current members of the AAU.
2. All Taekwondo forms are acceptable in form competition (for National Qualifiers see rulebook specifics).
3. Forms and Fighting division may be combined with one rank/age higher or lower if there are less than four competitors in a division.
4. Fighting divisions will be divided by weight.
5. Breaking competitors must purchase boards at the door.

Special Events***

***see Handbook for specifics on which qualify for nationals

1. 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.

2. Team Poomsae (Forms)
A. Team Forms (3 Members)
B. An individual may compete on only one team.

3. Pair Poomsae

4. Demo Team

5. Weapons

6. Double Roundhouse kicks (alternating legs) & single roundhouse kicks (30 sec right leg, 30 sec left leg)

7. Special Needs: Forms and Breaking Only

FOR MORE INFORMATION:

OKLAHOMA STATE TAEKWONDO ASSOCIATION
10801 S. Sunnyslane Rd
Oklahoma City, OK 73160
Tel: (405) 793-0752
okstk.org okstk@gmail.com



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AWARDS:

Kyorugi, Poomsae & Special Events: 1st, 2nd, and two 3rd places will receive a medal.

COMPETITION RULES:

All participants must be current members of AAU.
Competitions will follow the rules set out in the current AAU Handbook.

ELIMINATIONS:

Olympic Sparring & Point Sparring: 3 rounds (60-second rounds),

SPECIAL NOTICES:

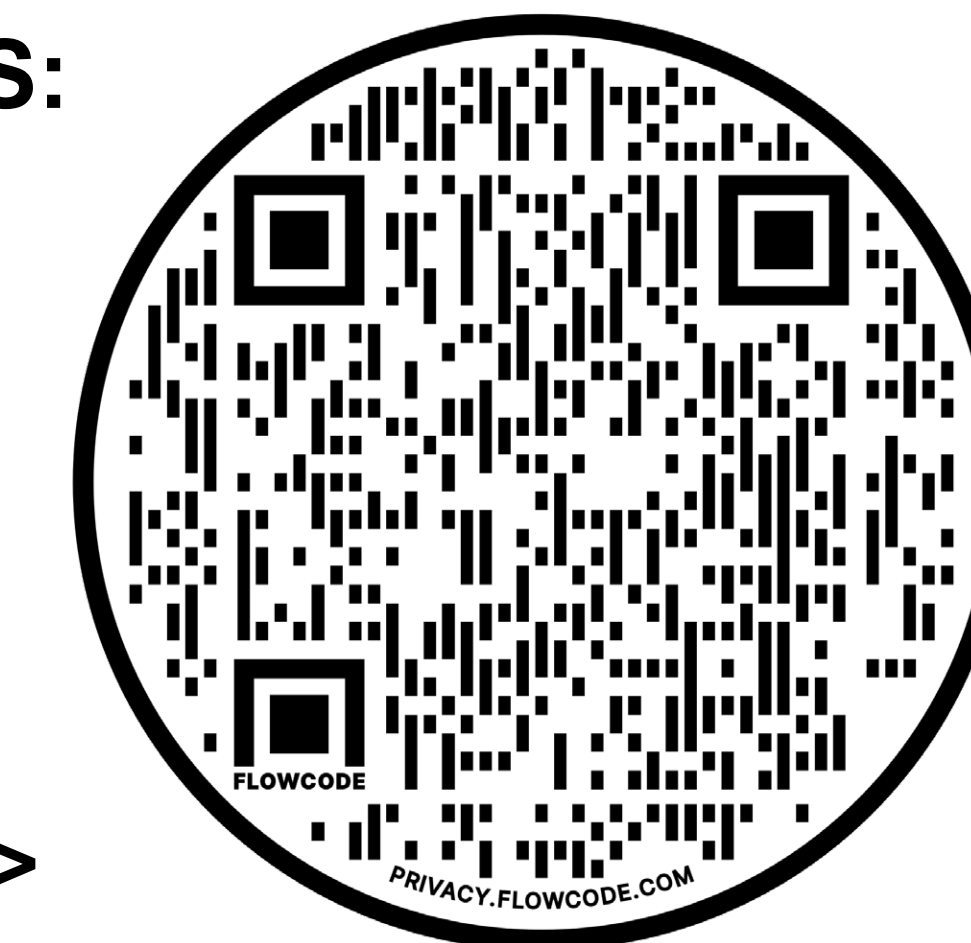
1. All official referees must wear AAU referee polo shirt, black slacks. See Policy book for details on required attire (ex. AAU ref polo, black shoes, socks & pants).
2. Referee hand signal course will be Friday 5:30-8 pm at the U.S. Central Taekwondo Association Main Gym @ 10801 S. Sunnyslane Rd., Oklahoma City, OK 73160.
3. Coach fees: \$50 dollar fee per coach. All coaches must be AAU members & have official coach polo. See Policy book for required attire (ex. AAU coach polo & pants).
4. Lunch & dinner will be provided to all Officials and Volunteers.

EQUIPMENT REQUIREMENTS:

1. Fist, forearm, shin & instep.
2. Protective cup (males)
3. Mouthpiece (all fighting competitors—no solid red)
4. Chest protector and head gear
equipment and boards may be purchased at the door
see AAU Rulebook for further details

HOTEL ACCOMMODATIONS:

La Quinta Inn & Suites (405) 759
7700 2140 Riverwalk Dr.. Moore,
OK 73160 Free Breakfast, Wi-Fi ·
Indoor Pool · Hot Tub



REGISTER NOW! ->
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