

GRANDMASTER H.K. LEE H.K. LEE ACADEMY OF TAE KWON DO 465 Herndon Parkway, Herndon, VA 20170 (703) 437-5111 ° Fax: (703) 437-6143

www.HKLeeTKDFamily.com D E-mail: HKLeeTKD@aol.com

Dear Grandmasters, Masters, School-owners, Instructors, and Coaches:

We would like to take this opportunity to officially invite you to the 2024 National Capitol Open Taekwondo Championship, which will be held on Saturday, March 9, 2024. In the interest of providing the best experience for the athletes and spectators, we will again be hosting this year's championship at South Lakes High School.

South Lakes High School is a truly luxurious facility, with seating for over 1,200 people, ensuring that all the spectators will be as comfortable as possible. Please be sure to join us at the 2024 National Capitol Open Taekwondo Championship on March 9th. It is sure to be the best yet!

Also, don't miss the attached information about the exciting 2024 Team Competition format that was successfully introduced in the 2009 National Capitol Open Taekwondo Championship. All schools are encouraged to participate, regardless of the number of athletes you may send or their competition experience.

We look forward to seeing you all there.

Sincerely,

queon Kon de

Grandmaster H.K. Lee, Tournament Director

Master Janelle Pham, Tournament Chairman

2024 National Capitol Open TaeKwonDo Championship Official Athlete's Entry Form

DATE:Saturday, March 9, 2024 (See school information letter for detailed schedule and directions.)LOCATION:South Lakes High School, 11400 South Lakes Drive, Reston, Virginia, 20191FEE(S):\$75.00 for one event, \$25.00 for each additional event. \$20.00 late fee for door registration.\$10.00 Spectator Admission Fee (All Admission proceeds will go to the South Lakes High School Booster Club.)		
No Personal Checks . Cash, Cashier's Check MAIL TO: H.K. Lee Academy of TaeKwonDo, 465 Ho	erndon Parkway, Herndon	1 0
Phone: (703) 4 ONLINE: TKDConnect.com DEADLINE: All applications must be postmarked by Ma		he above late fee.
Athlete's Name:		
Age: Gender: Weight: Height:	Belt Color:	Rank Kub / Dan:
Address:		_ ZIP:
Home Phone: Mob	ile Phone:	
Email:		
TKD Academy Name:	City:	State:
Head Master Name (Owner):	Academy Phone	#
Circle the event(s) in which you will participate:		
1. Any Traditional or World Taekwondo Official Poom	asae 2. Ky	orugi
(Choose one: Elite / Open)	(Choose one: Elite	/ Open)
All athletes must have 1) a proper uniform, and 2) their own sp	arring equipment. (Elite Kyorug	i, Daedo socks required)
Liability Waiver: I hereby submit my application to the 2024 National Capitol Open Championship. I hereby agree to waive all claims against any person, school (academy), or associations connected with Grandmaster H.K. Lee (Hyeon Kon Lee) for any injuries I may sustain, and likewise will assume full responsibility for all my actions in connection with the Championship. I also understand that I shall strictly obey the rules and regulations governing this Championship. I further agree that all video recordings, pictures and photography taken of or by me in connection with the Championship may be used by the Tournament Director for publicity or promotion without compensation at this time or any other time.		
		Director for publicity or
photography taken of or by me in connection with the Championship	nay be used by the Tournamen	E IN THIS SPACE
photography taken of or by me in connection with the Championship promotion without compensation at this time or any other time.	DO NOT WRIT	
photography taken of or by me in connection with the Championship of promotion without compensation at this time or any other time. ATHLETE'S SIGNATURE: PARENT/GUARDIAN SIGNATURE: I verify that the applicant is a student at my	DO NOT WRIT Name: Age: Belt Color:	E IN THIS SPACE Weight:
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photography taken of or by me in connection with the Championship of promotion without compensation at this time or any other time. ATHLETE'S SIGNATURE: PARENT/GUARDIAN SIGNATURE: I verify that the applicant is a student at my	DO NOT WRIT Name: Age: Belt Color:	E IN THIS SPACE Weight:

2024 National Capitol Open TaeKwonDo Championship Official Coach's Entry Form

DATE: LOCATION: FEE(S):	Saturday, March 9, 2024 (See school information letter for detailed schedule and directions.) South Lakes High School, 11400 South Lakes Drive, Reston, Virginia, 20191 All dojangs will be provided with one coach's pass. Additional coach's passes are available for
(-).	free at the rate of one coach's pass per ten athletes. Further additional coach's passes are
	available for \$30.00. Coach's passes, including the initial free coach's pass, will only be
	provided for coaches that complete this entry form.
	A \$20 late entry fee will be assessed for late registration.
	No Personal Checks. Cash, Cashier's Checks or Money Orders only, payable to "H.K. Lee."
MAIL TO:	H.K. Lee Academy of TaeKwonDo, 465 Herndon Parkway, Herndon, VA 20170
	Phone: (703) 437-5111
DEADLINE:	All applications must be postmarked by March 2, 2024 or will incur the above late fee.

Coach's Name:			
Address:			ZIP:
Home Phone:	Work Phone:	Mobile Pho	one:
Coach's Rank:	Circle One: Kub / I	Dan, Belt Color:	
TKD Academy Name:		City:	State:
Master or Instructor Name:			Rank:

All athletes must have 1) a proper uniform, and 2) their own sparring equipment. (Elite Kyorugi, Daedo socks required)

Liability Waiver: I hereby submit my application to the 2024 National Capitol Open Championship. I hereby agree to waive all claims against any person, school (academy), or associations connected with Grandmaster H.K. Lee (Hyeon Kon Lee) for any injuries I may sustain, and likewise will assume full responsibility for all my actions in connection with the Championship. I also understand further that I shall strictly obey the rules and regulations governing this Championship. I further agree that all video recordings, pictures and photography taken of or by me in connection with the Championship may be used by the tournament Director for publicity or promotion without compensation at this time or any other time.

COACH'S SIGNATURE:

PARENT/GUARDIAN SIGNATURE:

I verify that the applicant is a student at my school and the above information is correct.

MASTER/INSTRUCTOR SIGNATURE:

DO NOT WRITE IN THIS SPACE		
Name:		
Belt Color: Rank:		
School/Team:		
Authorized Signature:		

2024 National Capitol Open TaeKwonDo Championship

ATTENTION:

All Black Belt athletes ages 12 and over must weigh-in before competing. Athletes may weigh-in at either of the following weigh-in times and locations:

1. Friday, March 8, 2024 from 6:30 – 8:30 PM at H.K. Lee Academy of TaeKwonDo 465 Herndon Parkway Herndon, VA 20170

OR

2. Saturday, March 9, 2024 from 8:00 – 9:00 AM at South Lakes High School 11400 South Lakes Drive Reston VA, 20191

<u>ATTENTION:</u> All Athletes will be judged on Good Sportsmanship

	White/Color Belts, All Ages	Beginners: No Contact Sparring	
		(Judging based on: Variety of	
		techniques, precision, power, and	
ing		spirited determination)	
(Sparring)		Open: No Head Contact	
Sp	Black Belts, 11 Years Old & Younger	Open: No Head Contact	
	Black Belts, 12 – 14 Year Old	Open: No Head Contact	
lui		Elite: USAT Rules	
Kyorugi	Black Belts, 15 & Up	Open: No Head Contact	
X		Elite: USAT Rules	
	Note: Bonus point for spinning & jump techniques will be in effect for all		

	All Belts	Open: Any Style (Judging based on:
Isae ns)		Focus, precise power & speed,
oms		grace, consistent & clean technique)
Po (Fe		Elite: USAT Rules

(See back side for Division Chart)

2024 National Capitol Open TaeKwonDo Championship March 9, 2024 (9:00 AM – 7:00 PM)

South Lakes High School, 11400 South Lakes Drive, Reston, Virginia 20191

CHAMPIONSHIP ENTREE FEES: \$75.00 FOR ONE EVENT, \$25 EACH ADDITIONAL EVENT \$20.00 LATE FEE FOR REGISTRATION AT THE DOOR.

Payment accepted in the form of cash, money order, or cashier's check. No personal checks. See the registration form for more details.

SPECTATOR ADMISSION: \$10.00 AT THE DOOR. ALL PROCEEDS WILL BENEFIT THE SOUTH LAKES HIGH SCHOOL BOOSTER CLUB.

Male DivisionsKyorugiPoomsaeFemale Divisions18 - 32 Years Old, 33 - 40 Years Old, & 41 Years Old & Older127.6 lbs, & UnderFlyAll Weight112.2 lbs, & Under127.7 - 147.4 lbs,FeatherDivisions129.9 - 147.4 lbs,147.5 lbs, & OverHeavyCombined129.9 - 147.4 lbs,105.8 lbs, & UnderFlyAll Weight112.3 - 129.8 lbs,105.8 lbs, & UnderFlyAll Weight9:00am105.9 - 121.2 lbs,FeatherAll Weight121.3 - 138.9 lbs,WelterDivisions139.0 - 160.9 lbsMiddleCombined115.1 - 133.0 lbs,WelterDivisions115.1 - 135.0 lbs,FeatherAll Weight75 lbs, & UnderFly75 lbs, & UnderFly115.1 - 135.0 lbs,Feather115.1 - 135.0 lbs,Middle25.1 - 115.0 lbs,Welter10 - 11 Years Old77.1 - 101.2 lbs,102.3 lbs & OverHeavy103.3 lbs & OverHeavy103.3 lbs & OverHeavy115.1 - 135.0 lbs,Middle105.2 lbs,Over105.1 - 115.0 lbs,Middle105.2 lbs,All Weight105.3 lbs, & Under10.3 lbs & Over115.4 lbs,Middle105.5 lbs,Word105.7 lbs,Middle105.1 lbs,Middle105.1 lbs,Middle105.1 lbs,Middle105.1 lbs,Middle105.2 lbs,Over105.2 lbs, <th colspan="2">Divisional Chart</th> <th>Champion</th> <th>ship Schedule</th>	Divisional Chart		Champion	ship Schedule		
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Additional Division Details: We may adjust the number of divisions depending on the number of competitors. If there are less than four athletes in a weight division and the athletes wish to gain competition experience, we may combine weight divisions. Athletes over 33 years of age have the option to compete in their own division, or the 18 - 32 year old division for their weight. Children's division athletes may compete in their own division. Only Black Belt athletes 12 years old & older will be required to weigh-in. Color belts will be grouped by similar weight and height according to similar guidelines, not exact weight classes.

Exemplary Character Award Information: Dojang Owners may submit the name of a student that is competing in the NCO, to be among those eligible to be selected for the Exemplary Character Award. This award will take into consideration the recommendation by the dojang owner as well as the athletes character performance during competition. The Exemplary Character Award will be awarded to the student that most displays the Tenets of TaeKwonDo both during practice at their dojang (based on Dojang owner recommendation) and during competition (judge/referee selection). The final determination will be made by a committee of Masters & Grandmasters.

Team Competition

This year's National Capitol Open will have an exciting team competition. The winner of the team competition will be based on which team has scored the most points throughout the championship, based on the following criteria:

- 2 points for each pre-registered athlete
- 5 points for each pre-registered athlete that competes in both Poomsae and sparring
- 5 points for every 1st place finish
- 4 points for every 2nd place finish 2 points for every 3rd place finish
- 10 points for every Exemplary Character Award won by each team
- 5 points for each participating official
- 10 points for each participating referee
- 20 points for sportsmanlike conduct of athletes, coaches and parents

There is no entry fee for participating in the Team Competition. However, all schools that wish to participate in the championship must complete the Team Competition Registration Form and turn it in before the end of Pre-Registration. The points based on the number of participating athletes, officials, and referees will be calculated before the championship and announced during the opening ceremony. The final Team Champions will be announced at the end of the championship, following the decision of the Exemplary Character Award.

As hosts of the Championship, the H.K. Lee Academy of TaeKwonDo Team is ineligible for the Team **Champion Title.**

Please join us this year by participating in our team competition format! Whether your students are new to competition or veteran competitors, or if you have five participating athletes or fifty, your participation in this aspect of the 2024 National Capitol Open will help make this year's championship the most memorable yet! Remember, participation in the Team Competition is free, so there is nothing to lose! Grandmasters, Masters, Instructors, Dojang Owners, or Coaches be sure to fill out the team competition entry form.

We look forward to your participation!

(See backside for Entry Form)

2024 National Capitol Open TaeKwonDo Championship Official Team Competition Entry Form

DATE:	Saturday, March 9, 2024 (See school information letter for detailed schedule and directions.)
LOCATION:	South Lakes High School, 11400 South Lakes Drive, Reston, Virginia, 20191
FEE(S):	There is no fee to participate in the Team Competition, but all Dojangs must fill out this
	entry form. If your Dojang does not fill out this entry form, they will be ineligible for the
	Team Champion Title.
MAIL TO:	H.K. Lee Academy of TaeKwonDo, 465 Herndon Parkway, Herndon, VA 20170
	Phone: (703) 437-5111
DEADLINE:	All applications must be postmarked by March 2, 2024.
	No Late Registration Will Be Accepted

School/Team Name:		
School Address:		ZIP:
School Phone:	Mobile Phone:	
Master or Instructor Name:		Rank:

All athletes must have 1) a proper uniform, and 2) their own sparring equipment. (Elite Kyorugi, Daedo socks required)

Athletes on the list below must turn in athlete's entry form to be counted toward the total Team Points.

YOU MUST TURN IN THIS FORM TO BE CONSIDERED FOR THE TEAM CHAMPION TITLE.

Names of participating at	hletes:
	_2
	_ 4
5	6
7	_ 8
9	_ 10
11	_ 12
	_ 14
15	_ 16
17	_ 18
19	_ 20
	_ 22
23	_ 24
25	_ 26
27	_ 28
	_ 30
31	_ 32
33	_ 34
36	_ 37
	_ 38
39	_ 40

MASTER/INSTRUCTOR SIGNATURE:

DO NOT WRITE IN THIS SPACE	Totals
# of athletes competing in one (1) event:	(x2)
# of athletes competing in two (2) events:	(x5)
# of first (1 st) place performances:	(x5)
# of second (2 nd) place performances:	(x4)
# of third (3 rd) place performances:	(x2)
# of Exemplary Character Awards:	(x10)
# of participating officials:	(x5)
# of participating referees:	(x10)
Sportsmanlike conduct of athletes, coaches, & parents:	(20)
GRAND TOTAL	