

XX NATIONAL TAEKWONDO CHARITY FOUNDATION TAEKWONDO CHAMPIONSHIPS



Saturday, May 03, 2025

**Oakton Community College
1600 E. Golf Rd., Des Plaines, IL 60016**

Hosted by:

**National Taekwondo Charity Foundation
&**

**Yong Taekwondo
2175 N. Illinois Rt. 83, Round Lake Beach, IL 60073**

**For more information call: (847) 543-9621
Grandmaster Yong Mok Lee: (847-404-1399)**

E-mail: yongmogleeksc@yahoo.com

Awards

All competitors are guaranteed to place and receive medals to encourage their dreams as future martial arts competitors.

Registration Fees & Information

Send Registration Papers with Payment To:

YONG TAEKWONDO

2175 N. Illinois Rt. 83, Round Lake Beach, IL 60073

Fees: 1 Event: \$100 \$10.00 Each Additional Event

Breaking Event \$10.00 Additional Fee

CHECK OR MONEY ORDER PAYABLE TO: "YONG TAEKWONDO"

\$10/Spectator (Seniors 70 and over & Children 4 and under – Free)

Schedule Events

8:30am – 9:30am	Competitor Check In
9:00am	Referee & Couches Meeting (Will be held in the VIP room)
10:00am Seniors & Juniors Form Competitors	Form Competition Senior All Belts & Junior All Belts Pair Form & Team Form
11:00am	Opening Ceremony DEMO Competition Black Belt Form Grand Championship Cardio Relay Divisions OBSTACLE Course Tug of War (Free)
12:40pm – All Breaking Competitors	Breaking Competition All Breaking Competitor – 3 Boards
2:00pm – All Sparring Competitors	Sparring Competition All Color Belts & Black Belts
Following Competition	Closing Ceremony

FORM DIVISIONS

Belt Age	White Yellow	Orange Green	Purple Blue	Brown Red	Deputy Jr. Black	Black
5&Under	BASIC TAEGEUK 1 PALGWE 1	TAEGEUK 2, 3 PALGWE 2, 3	TAEGEUK 4, 5 PALGWE 4, 5	TAEGEUK 6, 7 PALGWE 6, 7	TAEGEUK 8 PALGWE 8	BLACK BELT FORM
6 – 7						
8 – 9						
10 – 11						
12 – 13						
14 – 15						
16 – 17						
18 – 32						
33 & up						

INDIVIDUAL POOMSAE DIVISIONS

- *Under 6 years old will perform 10 steps of their form (This will not affect their score), and 7 years old & up will perform all steps.
- *All Poomsae Division Winners Qualify to compete to be Grand Champion (Black Belts Only).
- *Grand Champion Divisions:
(Under 10 years old), (11 to 18 years old), & (19 years old and UP).
- *Each age group winner will receive a 4 ft. Trophy

FORM: Level A – World Class, Level B – Traditional Class

PAIR & TEAM FORM DIVISIONS

- *Pair Form must include one male & one female and can be any age and any belt.
- *Divisions: All Color Belts / All Black Belts
- *Group Form must include three members. Can be any age, any gender, and any belt.
- *Division All Color Belts / All Black Belts
- *Awards given: one gold, one silver, and one bronze for each division.

BOARD BREAKING DIVISIONS

	White - Yellow – Orange	Green - Purple - Blue	Brown - Red – Deputy	Black
3 - 6	3 Boards 1. Hammer 2. Front Snap Kick 3. Axe kick	3 Boards 1. Round House Kick 2. Skip Side Kick 3. Jumping High Kick	3 Boards 1. Tornado Kick 2. Back Kick 3. Flying Side Kick	4 Boards Free style
7 - 9				
10 – 13				
14 -17				
18 - up				
Breaking Order	Judge Table 1 ← ————— → 2 ↓ 3	Judge Table 1 ← ————— → 2 ↓ 3	Judge Table 1 ← ————— → 2 ↓ 3	

Board Breaking General Rules

- *1 minute to set up and 1 minute to complete the routine.
- *Two chances will be allowed for each breaking technique.
- *Medals are awarded by the number of attempts taken to break the boards:
 No mistakes - Gold / 1-2 mistakes - Silver
- *Props are prohibited for ALL BELTS. No Bricks allowed (Only Boards).
- *Please do not bring your own boards with you. Board fees are paid along with the registration fees.

SPARRING GENERAL RULES

Modified USAT and WTF Sparring rules will apply, and Mandatory Equipment is required for this event.

All Color Belts Divisions

- *2 rounds, 1 minute per round. *All color Belts - **No** head contact, One point for punches, Two points for body kicks & Four points for spinning body kicks.
- *When the match is tied, a single sudden death round will apply.

All Black Belt Divisions

- *2 rounds, 1 minute per round.
- *LIGHT Head contact will be allowed or head contact is optional too.
If allowed, Head contacts are Three points and spinning kick are Five Points.
- *ALL DIVISIONS; COLOR & BLACK BELTS: Judges will monitor all body shots and will electronically score the competitions. The competitor with most points will win.

Sparring: Level A – World Class, Level B – Traditional Class

- * Coaches meeting at 9 am for additional information regarding warning, regulations and point scoring. (Rule changes may occur at coaches meeting)
- * All competitors must have a full set of sparring gear, including mouth piece, to participate
- * All black belt divisions, the system will be used to monitor all body shots. **But it is optional.**
- ***COMPETE WITH PEOPLE OF THE SAME LEVEL**

DEMO TEAM COMPETITION

*** More than 70% of the Demo Team members must also participate in individual event(s)**

*** Demo Team should be a minimum of 10 people and a maximum of 20 people.**

A. Competition Rules

1. The maximum set-up time is **1 minute** and clean-up time is **1 minute**.
2. The maximum time to complete the performance including the set up and the cleaning is **7 minutes**.
3. Music and the machine to play the music **MUST** be provided by the demonstration team.
4. There will be **NO** standing on chairs or tables. YONG TAEKWONDO, will not be responsible for any accident involving the chairs and tables.
5. Absolutely No pyrotechnics, fireworks or flame breaks.
6. Weapons, boards and any props are to be provided by the Demonstration Team.

B. Scoring Guidelines

- Demonstration team scoring will be based on the following order of superiority (in ascending order):

1. Synchronicity of technique (1- 10P)
2. Excitement of performance (1- 10P)
3. Successful completion of Taekwondo techniques (1- 10P)
4. Fun generated by the team (1- 10P)
5. Demonstrations of Accuracy, speed and Power (1- 10P)
 - A. Exceeding time limit:
 - a. Over 7 minutes will be a 5 – point deduction from your overall score
 - b. Over 7 minutes 30 second will be a 15 – point deduction from your overall score
 - c. Over 8 minutes will be disqualified

Visit our website for online Registration and you may obtain all the information at

www.yongtaekwondo.com

**More information call at 847-543-9621 or
Grand Master Lee Cell: 847-404-1399**

OBSTACLE COURSE DIVISIONS (9 Years Old and Under)

- Under 10 years old only, medals will be awarded to **all participants**.
- This course consists of a sequence of kicking, getting through tunnels, jumping over series of objects, running, and breaking a board with your hand or foot.
- If a component has slipped or is “unsuccessful” (i.e. participant steps on or falls over an obstacle), the participant is deducted of overall points.
- A run with an accurate and successful completion of all obstacles will result in higher points than a run completed in faster time with less accuracy of obstacles. The board must be broken, for a run to be considered “successful”. Boards will be provided by N.T.C.F.
- The tournament director has the option to modify the rules if necessary.

ALL BELTS: Ages 9 & Under

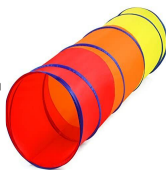
10 Kicks



Hurdles



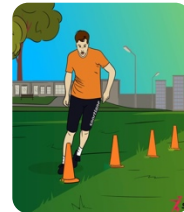
Tunnel



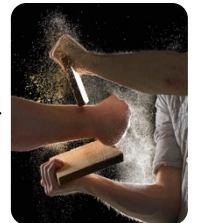
10 Side Jumps



Zig Zag Run



Hammer Fist



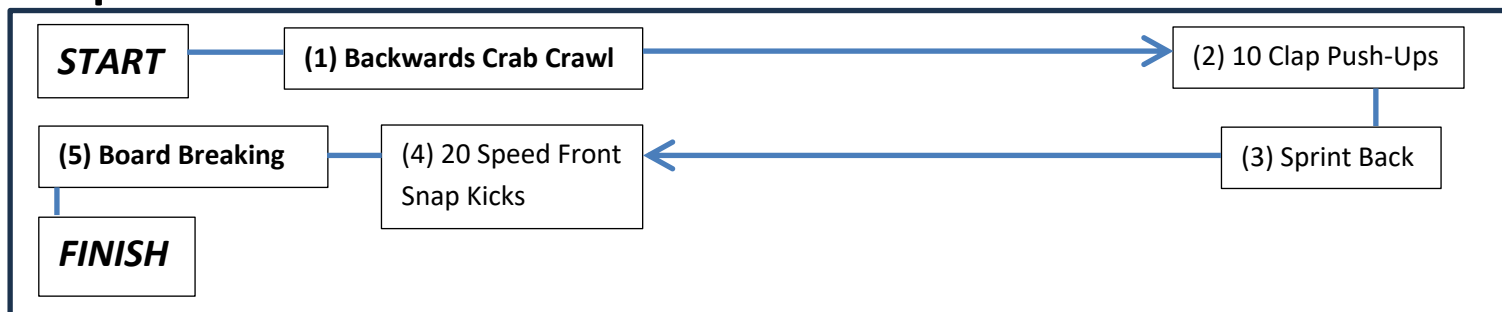
There will be a tug of war game for fun (free!) with your selection of 10 people per school (5 students & 5 adults/parents/guardians) *Please bring protective gloves if you want to participate!!

MAY 3RD, 2025

CARDIO RELAY DIVISIONS (All Belts)

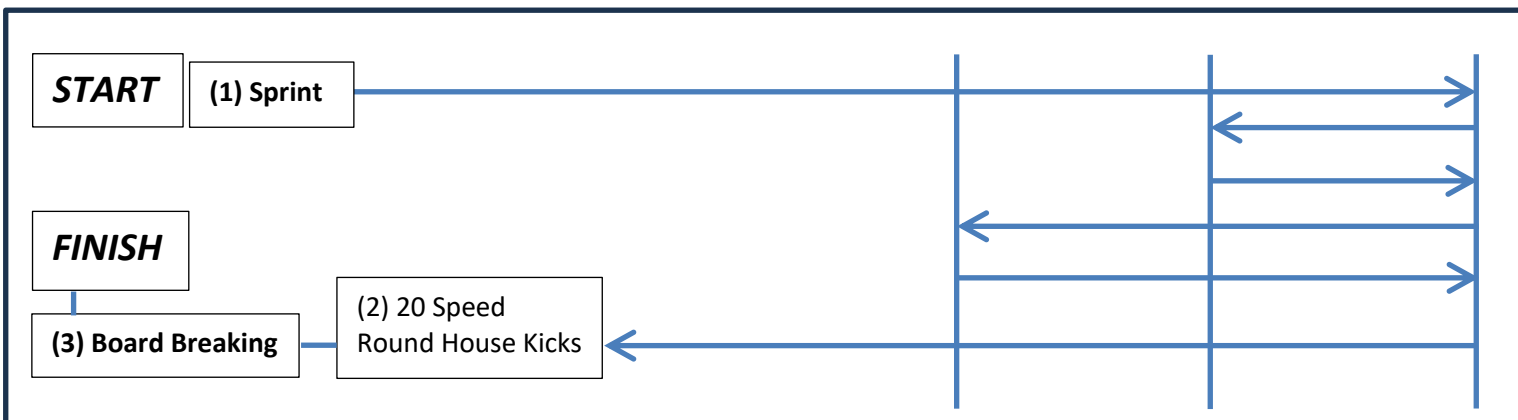
Compete with an age/height match

Option 1:



- 1) Crab Crawl: One fall is "OK," second fall will count as a deduction.
- 2) Clap Push-Ups: Must complete all 10. If there are remaining push-ups, those points will be deducted.
- 3) Sprint: Run to complete speed kicks.
- 4) Speed Front Snap Kicks: Must complete all 20 kicks, a fall is a deduction, and remaining kicks will be deducted.
- 5) Board Breaking: Points deducted if the board is missed or not broken.

Option 2:



- 1) Triple Relay Sprints: Failure to reach/touch the line is a deduction.
- 2) Speed Round House Kicks: Must complete all 20 kicks, a fall is a deduction, and remaining kicks will be deducted.
- 3) Board Breaking: Points deducted if the board is missed or not broken.

**XX NATIONAL TAEKWONDO CHARITY FOUNDATION
TAEKWONDO CHAMPIONSHIPS**

Saturday, May 3, 2025 10:00 AM

Oakton Community College 1600 E. Golf Rd Des Plaines, IL 60016

COMPETITOR APPLICATION

NAME: _____ **AGE:** _____ **MALE:** _____ **FEMALE:** _____

BELT RANK: _____ **HEIGHT:** _____ **WEIGHT:** _____

STREET ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP CODE:** _____

SCHOOL NAME: _____ **Instructor:** _____

*****EVENTS*****

INDIVIDUAL FORM: A _____ B _____	PAIR FORM: A _____ B _____	TEAM FORM: A _____ B _____	BREAKING _____	SPARRING A _____ B _____	OBSTACLE COURSE (9YRS & UNDER). _____ DEMO Competition _____ Cardio Relay: Option 1 Option 2
Level A: World Class Level B: Traditional Class Total Events: _____			Level A: World Class Level B: Traditional Class Total Amount Due: \$ _____		

***Pre-Registration Fees: \$100.00 One Event \$10.00 Each Additional Event) *Breaking Event \$10.00 Additional Fee**

***PRE-REGISTRATION DEADLINE: Must be received by MON, 28th, 2025, \$10 additional for late Registration after deadline.**

CHECK or MONEY ORDER PAYABLE TO: Yong Taekwondo

***SORRY. REFUNDS, TRANSFERS AND/OR CREDITS WILL NOT BE MADE UNDER ANY CIRCUMSTANCES.**

LIABILITY WAIVER

I do hereby submit application for registration in XX N.T.C.F TAEKWONDO CHAMPIONSHIPS. In consideration of your acceptance of my entry I do hereby, for myself, my heirs, executors and administrators, waive, release, and forever discharge any and all rights and claims for damages which I may have or which may accrue to me against the Yong taekwondo, employees, staff, representatives, successors and/ or assigns and against any competitor(s) for any and all damages which may be sustained by me in connection with my association with or entry in the above athletic meet, or which may arise out of travelling to, participating in, and returning from such athletic meet. I understand that the martial art is a contact sport and as such injuries may occur and I accept that responsibility freely. I further understand all contents of the rules and regulations and general information which was published by the organizer and the sponsors and I agree with them in their entirety, I further understand that I may be dismissed from the premises without compensation or refund if my conduct is not courteous and cooperative for the successful operation of the championships. I further understand that once I registered for these championships, there is NO REFUND for any reason. I further understand that any pictures of me participating in this championship may be used for publicity without compensation.

COMPETITOR'S SIGNATURE: _____ **DATE:** _____

PARENT/GUARDIAN'S SIGNATURE: _____ **DATE:** _____
(If under 18 years if ages)