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ADIDAS

TRADITIONAL TAEKWONDO
CIRCUIT



SIGNATURE SERIES EVENT

REGISTRATION NOW OPEN!

MAY 23, 2026

GCA - WALDORF, MD

WWW.TKDCIRCUIT.COM

ADIDAS TAEKWONDO CIRCUIT MARYLAND 2026

The Adidas Traditional Taekwondo Circuit continues its inaugural season in Maryland, bringing elite competition without barriers to athletes across all disciplines. This is more than a tournament. It's a pathway to the National Team, international competition, and the highest level of traditional martial arts excellence—open to every athlete willing to step on the mat and put in the work.

What makes this different

The Adidas Taekwondo Circuit delivers what athletes need:

- No membership fees
- Multiple disciplines welcome (WT, ITF, TSD, and more)
 - Official Adidas Combat Sports sponsorship
 - Professional event execution with elite referees
- Clear pathway from local competition to National Team
 - Free athlete rankings and seeding system
- Non-political, athlete-first competition environment

Your Pathway Forward

MARYLAND SIGNATURE EVENT → MAY 23, 2026

Compete. Earn seeding points. Begin your journey.

U.S. OPEN TEAM TRIALS → July 2, 2026 (Orlando)

Top athletes compete for National Team positions.

2026 ADIDAS NATIONAL TEAM

Represent the circuit at elite national and international events.

ADIDAS TAEKWONDO CIRCUIT MARYLAND 2026

FOR ATHLETES WHAT YOU GET

- Adidas Signature Series medals for top 4 in each division
- Seeding points toward U.S. Open Team Trials
- FitoFan points toward Athlete of the Year recognition
- Professional refereeing and world-class event execution
- Fair, non-political competition welcoming all styles
- Free athlete rankings and performance tracking

FOR COACHES WHAT YOU GET

- No membership fees or required certifications
- Adidas Traditional Taekwondo Circuit T-shirt (pre-registered coaches)
- FitoFan Coach of the Year points
- Professional environment that motivates athletes
- Developmental Rumble format (not one-and-done elimination)
- Quality competition to strengthen your program
- Non-political space focused on athlete development
- Access to high-caliber officials and experienced event staff
- Opportunity to collaborate with coaches across disciplines

FOR PARENTS WHAT YOU GET

- Professional, safe, and inspiring competition environment
- Clear communication and organized event execution
- Accessible opportunities without heavy politics or costs
- Developmental focus where growth matters, not just wins
- Clear pathway to elite opportunities (National Team, Worlds)
- Transparent rules and fair judging standards
- World-class experience without gatekeeping
- Investment in your child's martial arts journey

EVENT INFORMATION MARYLAND 2026



Est. Schedule

9:00 a.m. Traditional Forms (Bracketed)

9:00 a.m. Weapons Forms (Bracketed)

11:00 a.m. Board-breaking Competition

12:00 p.m. Point-style Sparring Competition

1:00 p.m. Olympic-style Sparring Rumble



Registration Fees

Registration fee - \$89 first event | \$19/ea add.



Coaches

\$30 per coach, includes Adidas Traditional Taekwondo Circuit T-shirt (First 50 coaches Pre-registration required to receive shirt on event day)



Spectators

\$10 per person (ages 7+) — Online through FitoFan

\$10 per person — At the door day of event

EVENT INFORMATION MARYLAND 2026



Awards & Recognition

WHAT ATHLETES RECEIVE

- Adidas Circuit medals (top 4 finishers)
- Team USA appointment letter (top 4, Black Belts)
- Seeding points toward U.S. Open Team Trials
- FitoFan points toward Athlete of the Year

WHAT COACHES RECEIVE

- Adidas Traditional Taekwondo Circuit T-shirt (free first 50 registered)
- FitoFan Coach of the Year points
- Professional development environment



Location & Venue Features

Grace Christian Academy
13000 Zekiah Drive
Waldorf, MD 20601

- Multiple matted rings with professional setup
- High-caliber referees and experienced event staff
- Electronic scoring - KPNP (Olympic Rumble)
- FREE parking

COMPETITION CATEGORIES

ADIDAS TAEKWONDO CIRCUIT | MARYLAND 2026

TRADITIONAL WEAPONS FORMS

REQUIREMENTS

- Traditional martial arts weapons only (no live blades)
- Weapon must remain in contact with body throughout form
- No releases or inverted aerial maneuvers
- 90-second time limit

FORMAT: Single elimination. All ages. All belt levels.

JUDGING CRITERIA: Technique, Power, Focus, Presentation, Weapon Control

TRADITIONAL BOARD BREAKING

****Adidas National Team Event ****

REQUIREMENTS

- 5 to 13yrs = Small Boards
- 14yrs & UP = Medium Boards
- All boards must be purchased on site
- \$40 per 10 pack

RACE EVENT FORMAT:

- Race Side Kick Breaking: Timed 10 board event
- Race Spin Hook Kick : Timed 10 board event

POWER EVENT FORMAT: (Spacers Provided)

- Power Side Kick/Back Kick: Single Attempt
- Power Stomp Kick: Single Attempt
- Power Hand Technique: Single Attempt

Detailed Event Rules @ www.tkdcircuit.com

SPARRING COMPETITION

POINT-STYLE SPARRING

Traditional tournament format with controlled contact. .

REQUIRED EQUIPMENT: Mouthguard, hand pads, foot pads, full headgear, clear face shield (17U), groin cup (males).

MATCH FORMAT: 2 minutes running time or 10-point gap. Sudden victory overtime if tied.

OLYMPIC-STYLE SPARRING

Controlled head contact all divisions

REQUIRED EQUIPMENT: Black belts 10 & up must have their own KPNP socks

MATCH FORMAT: Three (3) Rounds of One (1) Minute Best of 3 Wins

TRADITIONAL FORMS

****Adidas National Team Event****

- Kukkiwon (WT)
- ITF (International Taekwondo Federation)
- TSD (Tang Soo Do/Moo Duk Kwan)
- **Combined** — Any traditional form appropriate for your rank

FORMAT: Brazilian Repechage. All ages. All belt levels.

JUDGING CRITERIA: Technique, Power, Focus, Presentation

STEP ON THE MAT PUT IN THE WORK

IMPORTANT DEADLINES

REGISTRATION

Closes May 21, 2026

Register at:

www.fitofan.com

INFINITE OPPORTUNITY ONE CIRCUIT

Questions?

Visit tkdcircuit.com | Email: smtkd@yahoo.com | Phone: 301-752-1600

Full competition rules and registration at tkdcircuit.com

This is your opportunity to compete at the highest level.
This is your pathway to the National Team and beyond.

This is your circuit—where performance matters more than politics, where every athlete has access to world-class competition, and where your growth is the priority.

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COMBAT
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SPORT TAEKWONDO CLINIC

*BUILD YOUR
SKILLS*



**Southern
Maryland
Martial
Arts**

140 Drury Drive, La Plata,
MD 20646



Terrence Jennings

Olympic Coach/Athlete



\$75



Friday
6-8PM
22 May,
2026



Register here @ [Fitofan!](#)



301-752-1600



smtkd@yahoo.com