

**MAY 29-30, 2026**

**MOUNT JULIET, TN**

**1875 Golden Bear Gateway**

**Mt. Juliet, TN 37122**

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# DIVISIONS

## FIGHTING

**POINT**

**OPEN**

**RANK/WEIGHT**

**TEAMS**

**DOUBLE**

**ELIMINATION**

## FORMS

**TRADITIONAL**

**CREATIVE**

**EXTREME**

**PARA-FORMS**

**ADIDAS CIRCUIT**

Korean H2H:

ITF Forms

TSD/MDK Forms

Kukkiwon Forms

Combined

## WEAPONS

**TRADITIONAL**

**CREATIVE**

**EXTREME**

**PARA-FORMS**

## SPECIALTY DIVISIONS

**TEAM SYNC**

**TEAM DEMO**



**Introducing  
Adidas Traditional Taekwondo Circuit  
Head-to-Head Korean Forms**

ITF Forms – Originating in the International Taekwondo Federation

TSD/MKD Forms – Originating in Tang Soo Do/Muk Do Kwan

Kukkiwon Forms – Originating in World Taekwondo

Combined Forms – Originating in one of these: ITF, TSD/MDK or Kukkiwon

Competitors are judged on Technique, Power, Focus and Presentation, going head-to-head against their bracketed opponent in a single elimination plus repechage bracketed division.



## Adidas Traditional Taekwondo Circuit Head-to-Head Korean Forms Permitted Forms

Rank	ITF	KUKKIWON	TSD/MDK/SBD
<b><u>Color Belts</u></b>	Chon - Ji Dan - Gun Do-San Won - Hyo Yul-Gok Joong Gun Toi Gye Hwa Rang Choong Moo Kwang Gae	Pal-Gwe 1 – 8 Taeguk 1 – 8	Ki-Cho (KiBon) 1 - 5 Pinan/Pyung-An 1 - 5 Song Moo 1 – 2 Bassai Dai Bassai So
<b><u>1<sup>st</sup> Dan Black Belt and Above</u></b>	Po Eun Ge Baek Eui Am Choong Jang Ko Dang Juche Sam Il Yoo-Sin Choi Yong Yon Gae Ul Ji Moon Moo So-San Se-Jong Tong Il	Koryo Kumgang Taebaek Pyongwon Sip Jin Jitae Cheonkwon Hansu Ilyeo	Naihanchi Cho Dan Naihanchi Ee Dan Naihanchi Sam Dan Jin Do Lo-Hai/Ro-Hai Kong Sang Koon Dai Kong Sang Koon So Sip Soo Wang Shu Ji-On Sei Shan O Sip Sa Bo Hwa Sun

**Rank Limitations:**

- Color belts may only select forms from the Color Belts row above.
- Black belts may select forms from the Color Belts or Black Belt rows above.