

2025 National Capitol Open TaeKwonDo Championship Demo Team Competition Rules and Guidelines

TIME:	12:30 pm		
LOCATION:	Main Gym, Center Ring		
FEE(S):	\$300.00 per team (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 Fax: (703) 437-6143	
DEADLINE:	All applications must be postmarked by March 22, 2025		

Guidelines

Any teams that apply and do not meet all of the criteria listed below will not be accepted and will receive a refund. Four teams will be selected on a first come basis to compete. All participating team coaches must be present at 8:30am for a meeting. The Demo Team Competition will begin immediately after the Opening Ceremony.

The overall best performance will be determined by the team's variety of participants, teamwork, and successful execution of technique. Each team's demonstration should be based on the traditional style of TaeKwonDo forms, self-defense, and breaking. Weapons are permitted as part of the performance, but they will not raise that teams overall score. The audience's response will also be considered, but it will not be a deciding factor of the winner.

Rules

- 1) Your Demo Team must consist of a minimum of 20 members. Everyone involved in the demonstration will be considered a member regardless of how small or large the role.
- 2) At least 75% of the Demo Team Members must also be registered participants in the individual competition.
- 3) Each team will have 1 minute to set-up. Immediately after, the performance time will begin and must not exceed 8 minutes. Followed by 1 minute for clean-up. Any time exceeding these requirements will have a negative impact on the team's score.
- 4) Demo Teams should be made up of students. A maximum of 2 Masters/Interns (professional instructors) may participate as holders only. (Members are considered anyone that is participating in the performance, including board holder, helpers, etc.)
- 5) Special breaking material needs to be pre-approved. (Anything other than standard wood boards.)
- 6) Be prepared to provide a CD and/or Auxiliary cable option for music. Teams can test the sound system prior to 8:50 am Saturday morning, before the start of the tournament.
- 7) The judges will be announced prior to the competition and will not be affiliated with any of the performing teams.

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Awards

1st PLACE

Trophy

\$300.00 (Gift Certificate to AAMA)

Performance in the opening ceremony

2nd PLACE

Trophy

\$200.00 (Gift Certificate to AAMA)

3rd PLACE

Trophy

\$100.00 (Gift Certificate to AAMA)

4th PLACE

Trophy

Reminder

All testing of music and the sound system must be completed prior to 8:50 am Saturday morning.

All Demo participants must fill out and sign the registration form.

Each team must have a coach report at 8:25 am for the coach's meeting beginning at 8:30 am. At this time, we will select the order of competition, and briefly talk about the rules. The Demo Competition will begin immediately after the Opening Ceremony, 12:30pm.

Each team will have 1 minute for set-up, 8 minutes to perform and 1 minute to clean-up.

2025 National Capitol Open TaeKwonDo Championship

Demo Team Registration Form

Liability Waiver: I hereby submit my application to the 2025 National Capitol Open Championship Demo Team Competition. 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.

All participants must fill out and sign this form. If needed, reprint for additional space.

TKD Academy Name: _____ Tel: (____) _____ - _____

Team Coach: _____ Team Captain: _____
If participating, sign below.

1. Participant Name: _____ DOB: ____/____/____ Gender: _____

Rank: _____ Signature: _____

If Minor, Parents Signature Req.

2. Participant Name: _____ DOB: ____/____/____ Gender: _____

Rank: _____ Signature: _____

If Minor, Parents Signature Req.

3. Participant Name: _____ DOB: ____/____/____ Gender: _____

Rank: _____ Signature: _____

If Minor, Parents Signature Req.

4. Participant Name: _____ DOB: ____/____/____ Gender: _____

Rank: _____ Signature: _____

If Minor, Parents Signature Req.

5. Participant Name: _____ DOB: ____/____/____ Gender: _____

Rank: _____ Signature: _____

If Minor, Parents Signature Req.

6. Participant Name: _____ DOB: ____/____/____ Gender: _____

Rank: _____ Signature: _____

If Minor, Parents Signature Req.

7. Participant Name: _____ DOB: ____/____/____ Gender: _____

Rank: _____ Signature: _____

If Minor, Parents Signature Req.

8. Participant Name: _____ DOB: ____/____/____ Gender: _____

Rank: _____ Signature: _____

If Minor, Parents Signature Req.

9. Participant Name: _____ DOB: ____/____/____ Gender: _____

Rank: _____ Signature: _____

If Minor, Parents Signature Req.

10. Participant Name: _____ DOB: ____/____/____ Gender: _____

Rank: _____ Signature: _____

If Minor, Parents Signature Req.

2025 National Capitol Open TaeKwonDo Championship Demo Team Registration Form

11. Participant Name: _____ DOB: ____/____/____ Gender: _____

Rank: _____ Signature: _____

If Minor, Parents Signature Req.

12. Participant Name: _____ DOB: ____/____/____ Gender: _____

Rank: _____ Signature: _____

If Minor, Parents Signature Req.

13. Participant Name: _____ DOB: ____/____/____ Gender: _____

Rank: _____ Signature: _____

If Minor, Parents Signature Req.

14. Participant Name: _____ DOB: ____/____/____ Gender: _____

Rank: _____ Signature: _____

If Minor, Parents Signature Req.

15. Participant Name: _____ DOB: ____/____/____ Gender: _____

Rank: _____ Signature: _____

If Minor, Parents Signature Req.

16. Participant Name: _____ DOB: ____/____/____ Gender: _____

Rank: _____ Signature: _____

If Minor, Parents Signature Req.

17. Participant Name: _____ DOB: ____/____/____ Gender: _____

Rank: _____ Signature: _____

If Minor, Parents Signature Req.

18. Participant Name: _____ DOB: ____/____/____ Gender: _____

Rank: _____ Signature: _____

If Minor, Parents Signature Req.

19. Participant Name: _____ DOB: ____/____/____ Gender: _____

Rank: _____ Signature: _____

If Minor, Parents Signature Req.

20. Participant Name: _____ DOB: ____/____/____ Gender: _____

Rank: _____ Signature: _____

If Minor, Parents Signature Req.

21. Participant Name: _____ DOB: ____/____/____ Gender: _____

Rank: _____ Signature: _____

If Minor, Parents Signature Req.

22. Participant Name: _____ DOB: ____/____/____ Gender: _____

Rank: _____ Signature: _____

If Minor, Parents Signature Req.

23. Participant Name: _____ DOB: ____/____/____ Gender: _____

Rank: _____ Signature: _____

If Minor, Parents Signature Req.

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