

**47th Annual
National Capitol Open
TaeKwonDo**

CHAMPIONSHIP

FORMS | SPARRING

2025 National Capitol Open

Sponsored by: South Lakes High School Booster Club

Rule: World TaeKwonDo / USAT
(Rules May be Modified)

Hosted By: Grandmaster H.K. Lee

H.K. Lee Academy of TaeKwonDo
465 Herndon Pkwy
Herndon, VA 20170
(703) 437-5111
www.HKLeeTKDFamily.com



When: March 22, 2025 - Saturday

Where: South Lakes High School

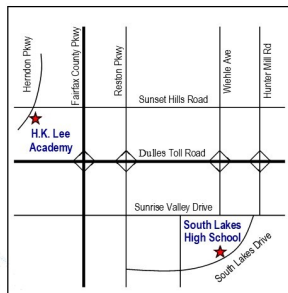
11400 South Lakes Drive
Reston, VA, 20191
Late Registration - 8:00 am
Opening Ceremony - 9:00 am
11 & Under - 9:00 am
Closing (approx) - 7:00 pm

Online

<https://TKDConnect.com/event/118/display>

Admission: \$10.00

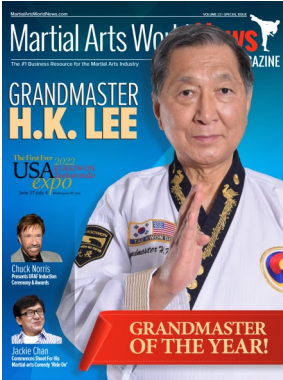
(Admission Collected at Door)



**Master Janelle Pham
Event Coordinator**



Greetings from the 2025 NCO Director Grandmaster H.K. Lee



Welcome distinguished Guests, honorable Grandmasters, Masters, Instructors, Students and Supporters. I would like to express my deep appreciation and heartfelt thanks for all of those who have made this event possible. Without the support of my loyal students, trusted friends, and respected TaeKwonDo Family, this special 2024 National Capitol Open would not be taking place.

We are thankful to welcome everyone back to the Annual "National Capitol Open TaeKwonDo Championship." I personally believe that everyone here is a responsible person; this is evident by your support

and promotion of TaeKwonDo throughout our communities. Today, all those who made this event possible are demonstrating that they care and hope to set the example for others to follow. Our hope is that when we share the spirit of TaeKwonDo, our communities will grow strong and peaceful.

I believe with all my heart that responsible individuals can make the difference in our world. With the consistent practice of TaeKwonDo, one becomes a healthy and sound individual who is able to get the best out of his or her life and help others to do the same. With this awareness of one's physical, mental, and spiritual health; together we can eliminate violence and bring peace to our world.

Sincerely,

Grandmaster Hyeon Kon Lee
H.K. Lee Academy of TaeKwonDo
Herndon, Virginia

"I really appreciate this country...Without the sacrifices of the United States and the World Freedom Fighters, I might not be here today..."

Opening Ceremony

All participating athletes line up by rank at 8:50 AM

(Entrance of Guests and Masters and Instructors)

- I. Opening Remarks by Master of Ceremonies
- II. Color Guard Entrance and Salute to the Flags
- III. Korean National Anthem—Grandmaster H.K. Lee
- IV. U.S.A. National Anthem—Master Janelle Lee Pham
- V. Speeches by Distinguished Guests
 - A. Congratulatory Speech & Letter by:
 - **Herndon Town Mayor Kevin LeBlanc**
 - B. Congratulatory Letter by:
 - **Fairfax County Board of Supervisors Ilryong Moon**
 - C. 47th NCO Anniversary Congratulatory Speech
 - D. Welcome Speech by Grandmaster H.K. Lee with Remarks of Appreciation to all Sponsors, Guests, Masters & Grandmasters
- VI. Introduction of Championship Rules by Referee Chairman
- VII. Competitors' Oath
- VIII. Officials' Oath
- IX. Declaration of the Opening of the 2025 National Capitol Open TaeKwonDo Championship by Grandmaster H.K. Lee
- X. H.K. Lee TaeKwonDo Demonstration Team Performance

Let the Games Officially Begin!

According to the Championship Schedule on the following page,
11 & Under Poomsae / Elite Poomsae Competitors will start.

You are a fighter, not because of your participation in this tournament, but because you follow the tenets of TaeKwonDo: courtesy, integrity, perseverance, self-control, and the indomitable spirit. We hope you will take a moment with us, to feel gratitude that once again we can all be together!

March 22, 2025

Dear Competitors, Coaches, Officials, and Guests,

On behalf of the Town of Herndon, it is my great honor to welcome you to the 2025 National Capitol Open Tae Kwon Do Championship, hosted by the H.K. Lee Academy of Tae Kwon Do. This prestigious event brings together athletes, instructors, and families from across the region to celebrate discipline, perseverance, and the pursuit of excellence. We are proud that Herndon serves as the home for this incredible tournament, which has become one of the most renowned Tae Kwon Do competitions on the East Coast.

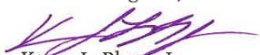
Tae Kwon Do is far more than a sport—it is a philosophy, a discipline, and a way of life. It teaches not only physical strength and technique, but also the values of respect, integrity, and self-improvement. These are the very principles that help shape not just great martial artists, but great leaders and role models in our community. Through events like this championship, we witness firsthand the positive impact of martial arts training in developing character, sportsmanship, and a spirit of unity.

I extend my deepest gratitude to Grandmaster H.K. Lee and the dedicated team at H.K. Lee Academy for their tireless commitment to promoting the art of Tae Kwon Do and fostering a culture of excellence. Their leadership has not only elevated this championship but also strengthened the values of hard work and dedication within our community. I also commend all the Masters, instructors, volunteers, and families who support and inspire these athletes on their journey.

To all the competitors—whether this is your first tournament or you are a seasoned martial artist—I encourage you to embrace this experience with determination and humility. Winning is an achievement, but the true victory lies in the personal growth, discipline, and friendships you gain along the way. Compete with heart, uphold the traditions of Tae Kwon Do, and most importantly, enjoy the journey.

Once again, welcome to Herndon and Reston! I wish you all a safe, successful, and memorable championship.

With best regards,



Keven LeBlanc, Jr.
Mayor, Town of Herndon

“leaders never wait for things to happen, but make things happen!”

Thank you to all our Participating Dojangs!

(List as of Wednesday, 3/20/25)

Aplus Martial Arts	King Tiger Martial Arts VA
American Martial Arts Center (AMAC)	Kong's Taekwondo
Andrew Gause's Martial Arts FFX	Kwon's Taekwondo
Andrew Gause's Martial Arts Springfield	KTA Kim Min Kyung TKD Academy
Baeplex Martial Arts	Lee's Dynamic TKD
Charles Bayou School (CBS) of Taekwondo	Mission Martial Arts
Eagle Taekwondo Academy	Mountain Kim's MA—Oakton, VA
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Everest World Class TaeKwonDo	MUSA TaeKwonDo Center
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Global TaeKwonDo Academy	Pilsung Martial Arts Academy
Han Mi Martial Arts	Resilient Martial Arts
High Kicks TaeKwonDo	So's TaeKwonDo
Hingmang Taekwondo Academy	Team Yoo TaeKwonDo
Jun Lee Tae Kwon Do	United Everest TaeKwonDo Academy
Kim's Olympic Taekwondo Center FFX	US White Tiger
Kim's Olympic Taekwondo Center Herndon	Yoo's Authentic Martial Arts
King Tiger Martial Arts MD	

**“Whatever you can do, or dream
you can, begin it. Boldness has
genius, power and magic in it. ”**

- Goethe

Competitors' Oath

We the competitors do solemnly swear we will display our techniques and knowledge cheerfully, confidently, and as best as we can, and we will gain only positive benefits throughout today's Championship.

Officials' Oath

We the referees, as part of this expert Tae Kwon Do family, do solemnly swear to perform to the best of our abilities, judge fairly and correctly with dignity and a cheerful attitude, and to help all of the students perform as best as they can.

Tournament Schedule

8:00 – 8:45 AM	Late Registration & Weigh-In
9:00 AM	Opening Ceremony
9:30 AM	12+ Elite Poomsae/Kyorugi Competition*+
9:30 AM	11 & Under Poomsae Competition* +
10:30 AM	11 & Under Kyorugi Competition*+
12:30 PM	12+ Poomsae Competition* +
1:30 PM	12+ Open Kyorugi Competition*+

Opening Ceremony is Mandatory for All Participants

** All times are standby times and are approximate. All athletes should be prepared to report to the holding area no later than the above times. Schedule may need to be adjusted. Please pay attention to all announcements during Opening Ceremony about any schedule adjustments. Please also pay attention to the announcements throughout the competition so you do not miss your belt being called to the Holding Area.*

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competitors: Register your Competitor Profile on TKDConnect.com & easily register for participating competitions!

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**Check out H.K. Lee Academy of
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tournament pictures and updates!**



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@hkleetkd

Use #TKDNCO to share your updates and photos!

Divisional Chart *

Male Divisions	Kyorugi	Poomsae	Female Divisions
18 -32 Years Old, 33 – 40 Years Old, & 41 Years Old & Older			
127.6 lbs. & Under	Fly	All Weight Divisions Combined	112.2 lbs. & Under
127.7 – 147.4 lbs.	Feather		112.3 – 129.8 lbs.
147.5 – 171.6 lbs.	Welter		129.9 – 147.4 lbs.
171.7 lbs. & Over	Heavy		147.5 lbs & Over
15 – 17 Years Old			
105.8 lbs. & Under	Fly	All Weight Divisions Combined	97 lbs. & Under
105.9 – 121.2 lbs.	Feather		97.1 – 108.0 lbs.
121.3 – 138.9 lbs.	Welter		108.1 – 121.2 lbs.
139.0 – 160.9 lbs	Middle		121.3 – 138.9 lbs.
161 lbs. & Over	Heavy		139.0 lbs & over
12 – 14 Years Old			
75 lbs. & Under	Fly	All Weight Divisions Combined	75 lbs. & Under
75.1 – 95.0 lbs.	Feather		75.1 – 95.0 lbs.
95.1 – 115.0 lbs.	Welter		95.1 – 115.0 lbs.
115.1 – 135.0 lbs.	Middle		115.1 – 135.0 lbs.
135.1 lbs & Over	Heavy		135.1 lbs & Over
10 – 11 Years Old			
77 lbs. & Under	Light	All Weight Divisions	77 lbs. & Under
77.1 – 101.2 lbs.	Middle		77.1 – 101.2 lbs.
102.3 lbs & Over	Heavy		102.3 lbs & Over
8 – 9 Years Old			
66.0 lbs & Under	Light	All Weight Divisions	66.0 lbs & Under
66.1 – 92.4 lbs.	Middle		66.1 – 92.4 lbs.
92.5 lbs. & Over	Heavy		92.5 lbs. & Over
6 – 7 Years Old			
52.8 lbs. & Under	Light	All Weight Divisions	52.8 lbs. & Under
52.9 – 77.0 lbs	Middle		52.9 – 77.0 lbs
77.1 lbs & Over	Heavy		77.1 lbs & Over
5 Years Old & Younger			
52.8 lbs. & Under	Light	All Weight Divisions	52.8 lbs. & Under
52.9 – 77.0 lbs	Middle		52.9 – 77.0 lbs
77.1 lbs & Over	Heavy		77.1 lbs & Over

* Color belts are divided in 3 groups: White/Yellow/Gold, Green/Blue/Purple, Red/Brown/Deputy Black. They are grouped in the same age groups as above. For Kyorugi they are also grouped by similar weight and height according to similar guidelines, not exact weight classes.

Kyorugi Rules

- Modified WTF/USAT Rules will apply
- Color Belts, All Ages – No Head Contact
- Black Belts, 11 Years Old and Younger - No Head Contact
- Black Belts, 12 – 14 Year Old - Open: No Head Contact
Elite: Light Head Contact
- Black Belts, 15 & Up - Open: No Head Contact
- Elite: USAT Rules
- Head Kick = 3 pts (Elite Only)
- Spinning Kick to Body = 4 pts
- Spinning Kick to Head (Elite Only) = 5 pts
- Head, Chest, Forearm, Shin & Instep Guards, Cup (males only), and Mouthpiece are mandatory
- All athletes must wear a clean, proper uniform
- A 12 Point Ceiling will not be in effect
- Color Belts: Two 60 Second Rounds
- Black Belts: Two 90 Second Rounds
- Best of Three

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 or an older age 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.

Poomsae Rules

- Open to any Traditional Poomsae
- Poomsae will be judged according to proper technique, strength, yell, focus, balance, power, rhythm, and a proper TaeKwonDo attitude.

Exemplary Character Award

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 and Grandmasters.

Thank You to all our Tournament Sponsors!



12160 Sunset Hills Rd
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(571) 203-1234



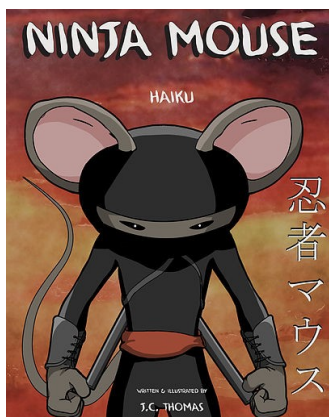
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2025 National Capitol Open TaeKwonDo Championship Team Competition

This year's National Capitol Open will continue our exciting team competition. The winner of the team competition will be calculated 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 (forms) and Kyorugi (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 completion of the Grand Championship.

**“The True Champion is the
One Who Never Gives Up”**

- Grandmaster H.K. Lee

"A Man of a right spirit is not a man of narrow and private views, but is greatly interested and concerned for the good of the community to which he belongs, and particularly of the village in which he resides, and for the true welfare of the society of which he is a member."

- Jonathan Edwards

Current Team Competition Standings

Based on all pre-registered teams as of Thursday, 3/20/25, the current standings at the beginning of the championship are as follows:

FIRST:

Everest World Class TaeKwonDo
Master Kumar Karki
70 points

SECOND:

United Everest TaeKwonDo
Master Binta
52 points

THIRD:

Jun Lee TaeKwonDo
Grandmaster Jun Hak Lee
41 points

FOURTH:

Global TaeKwonDo Academy
Master Prakash Dhugana
35 points

Celebrating 50 Years in Herndon

Grandmaster H.K. Lee TaeKwonDo has been a pillar of the community of Herndon for over 50+ years. Grandmaster H.K. Lee TaeKwonDo holds annual demonstrations and tournaments that have raised hundreds of thousands of dollars for the local community including the Herndon HS and South Lakes HS Booster Clubs. In 2006, Grandmaster H.K. Lee was honored to accept Virginia House Resolution 503, commending him for his life work of creating good citizens by teaching courtesy, discipline, and integrity through the art of TaeKwonDo.



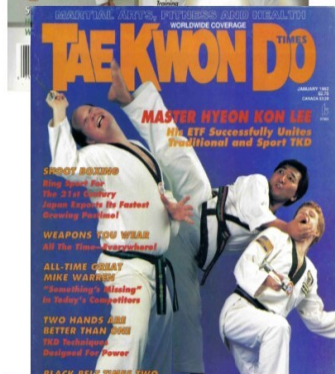
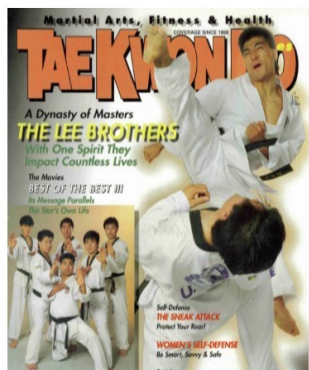
In September 1973, Grandmaster Chan Hak Park opened Park's TaeKwonDo School at 733 Elden St. in historic downtown Herndon. In February 1976, H.K. Lee came to Herndon invited by Park, his Korean Army team senior, taking over the school in September 1978.

We moved into this building of 7,000 square feet next door at 688 Spring St., in August 1983 where we operated the school for the next 21 years and added the area's first after school martial arts program.



In June, 2004 we moved into our current building at 465 Herndon Parkway with over 16,500 sq.ft., of which 12,500 square feet is dedicated to H.K. Lee Academy of Taekwondo and 4,000 sq. ft. of which is dedicated to Music Spectrum School for the Arts.

"IN THE WORLD OF TAE KWON DO, H.K. LEE IS A SUPERSTAR." (USA TODAY)



"What really makes this the ultimate school is Headmaster H.K. Lee, one of the world's most famous and respected Grandmasters..."

Grandmaster H.K. Lee was born in Korea and later immigrated to the United States where he made Herndon, Virginia, his second home. He received his U.S. citizenship in 1981. Since then, Grandmaster Lee has dedicated himself to being a strong community-minded citizen of his new country.

In addition, Grandmaster Lee travels all over this and many other countries in order to help needy people and promote the benefits of TaeKwonDo for everyone. He has helped organizations raise hundreds of thousands of dollars for charity. His own TaeKwonDo academy has raised tens of thousands of dollars for worthy charities.

Internationally known and respected as an exceptional TaeKwonDo technician, a top competitor, a caring talented teacher and a deep philosopher, Grandmaster H.K. Lee is an incarnation of Martial Arts excellence. He will personally help you to become physically and mentally fit and be to be the best that you can be.

Achievements revealing Grandmaster Lee's never ending pursuit of perfection:

- ★ Korean National President's Award, received at the Grand Opening of TaeKwonDo Won (Only 8 in the world received this honor!)
- ★ U.S. TaeKwonDo Grandmaster's Society Hall of Fame (Ambassador Category)
- ★ Former Vice Chairman of Education for World TaeKwonDo Federation
- ★ Former Chair of USTU (now USAT) National Education/Certification Committee
- ★ 9th Degree Black Belt by the Korea Moo Duk Kwan Association
- ★ 9th Degree Black Belt by the World TaeKwonDo Federation HQ / Kukkiwon
- ★ Author of "Tae Kwon Do Instructional Reference and Curriculum Book"
- ★ Cover story of *Black Belt Magazine* (January 1996)
- ★ Two time cover story of *Tae Kwon Do Times* (1992 yearbook, April 1995)
- ★ 1984 Hall of Fame in the *World by Traditional Tae Kwon Do* magazine
- ★ 1984 Master Instructor of the Year by the American Tae Kwon Do Federation
- ★ 1985 Man of the Year by American World Tae Kwon Do Federation
- ★ 1986 Man of the Year by *World Tae Kwon Do* magazine
- ★ Former President of the Virginia AAU (now USAT) TaeKwonDo Association
- ★ Official Commendation voted & awarded by VA House of Delegates
- ★ And much more...

"...Although Grandmaster Lee could obviously make more money by owning more schools like most other masters, to him TaeKwonDo is not a business but a life calling. Therefore, quality control comes first. He chooses to have just one best quality school. He is present most every day, he knows each student personally."



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Sarah Park
Staff Aide
skpark1@fcps.edu

March 22, 2025

To All Tae Kwon Do Fans,

It is my great pleasure to extend my most sincere welcome to all participants of the 2025 National Capitol Open Tae Kwon Do Championship, especially those students from Fairfax County Public Schools. Your dedication to mastering this incredible martial art and your commitment to competing at such a high level are truly inspiring.

This championship is an opportunity to not only showcase your skills but also to celebrate the remarkable journey of Tae Kwon Do. As you know, Tae Kwon Do has its roots in ancient practices and emphasizes discipline, agility, and self-defense. Over the years, it has evolved into a dynamic martial art known for its powerful kicks, precision, and adaptability. Its recognition as an Olympic sport further demonstrates its global importance.

On a personal note, I have known Grandmaster H.K. Lee, the host of this event, for several decades. His dedication to advancing Tae Kwon Do and nurturing future generations of martial artists is truly commendable, and I want to thank him for his lifetime devotion to our young students.

As you step into the ring, it's important to remember that this competition is about more than winning. It's about discipline, resilience, and respect. Your participation honors the spirit of Tae Kwon Do, and every match reflects your hard work, determination, and love for this art form.

Thank you for being a part of this special event. I wish you all the best in your matches and hope this championship becomes a cherished milestone in your Tae Kwon Do journey.

Sincerely,

Ilryong Moon
Honorary 4th-Degree Black Belt
School Board Member At-Large
Fairfax County Public Schools



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MAY 10, 2025, BALTIMORE

COMPETITION EVENTS

- **World Class Sparring** (WT & USAT Rules)
Black Belt (Age 8-32 years) | Color Belt (Age 12-32 years)
- **Open Sparring** (No Head Contact)
Black Belt All Division | Color Belt All Division
- **World Taekwondo Sports Poomsae**
Individual/ Pair/ Team
- **Open Traditional Poomsae (Forms)**
- **High School Tag Team Sparring**

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Spectator Admission \$10
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Crayons at VIP Check In



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Drawn from Photograph of Grandmaster H.K. Lee



Grandmaster H.K. Lee TaeKwonDo

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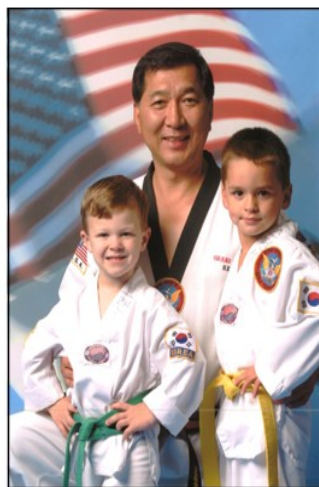
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Grandmaster H.K. Lee TaeKwonDo

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Saturdays: 9am-2pm



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