



GRANDMASTER H.K. LEE
H.K. LEE ACADEMY OF TAE KWON DO
465 Herndon Parkway, Herndon, VA 20170
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Dear Grandmasters, Masters, School-owners, Instructors, and Coaches:

We would like to take this opportunity to officially invite you to the 2025 National Capitol Open Taekwondo Championship, which will be held on Saturday, March 22, 2025. In the interest of providing the best experience for the athletes and spectators, we will again be hosting this year's championship at South Lakes High School.

South Lakes High School is a truly luxurious facility, with seating for over 1,200 people, ensuring that all the spectators will be as comfortable as possible. Please be sure to join us at the 2025 National Capitol Open Taekwondo Championship on March 22nd. It is sure to be the best yet!

Also, don't miss the attached information about the exciting 2025 Team Competition format that was successfully introduced in the 2009 National Capitol Open Taekwondo Championship. All schools are encouraged to participate, regardless of the number of athletes you may send or their competition experience.

We look forward to seeing you all there.

Sincerely,

Grandmaster H.K. Lee, Tournament Director

Master Janelle Pham, Tournament Chairman

2025 National Capitol Open TaeKwonDo Championship Official Athlete's Entry Form

DATE: Saturday, March 22, 2025 (See school information letter for detailed schedule and directions.)
LOCATION: South Lakes High School, 11400 South Lakes Drive, Reston, Virginia, 20191
FEE(S): \$90.00 for one event, \$20.00 for each additional event. \$20.00 late fee for door registration.
\$10.00 Spectator Admission Fee
(All Admission proceeds will go to the South Lakes High School Booster Club.)
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
ONLINE: TKDConnect.com
DEADLINE: All applications must be postmarked by March 17, 2025 or will incur the above late fee.

Athlete's Name: _____

Age: _____ Gender: _____ Weight: _____ Height: _____ Belt Color: _____ Rank Kub / Dan: _____

Address: _____ ZIP: _____

Home Phone: _____ Mobile Phone: _____

Email: _____

TKD Academy Name: _____ City: _____ State: _____

Head Master Name (Owner): _____ Academy Phone# _____

Circle the event(s) in which you will participate:

1. Any Traditional or World Taekwondo Official Poomsae

2. Kyorugi

(Choose one: Elite / Open)

(Choose one: Elite / Open)

All athletes must have 1) a proper uniform, and 2) their own sparring equipment. (Elite Kyorugi, Daedo socks required)

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

ATHLETE'S SIGNATURE:

PARENT/GUARDIAN SIGNATURE:

I verify that the applicant is a student at my school and the above information is correct.

MASTER/INSTRUCTOR SIGNATURE:

DO NOT WRITE IN THIS SPACE

Name: _____

Age: _____ Gender: _____ Weight: _____

Belt Color: _____ Rank: _____

School/Team: _____

**POOMSAE
(Elite/Open)**

**KYORUGI
(Elite/Open)**

Authorized Signature:

2025 National Capitol Open TaeKwonDo Championship Official Coach's Entry Form

DATE: Saturday, March 22, 2025 (See school information letter for detailed schedule and directions.)
LOCATION: South Lakes High School, 11400 South Lakes Drive, Reston, Virginia, 20191
FEE(S): All dojangs will be provided with one coach's pass. Additional coach's passes are available for free at the rate of one coach's pass per ten athletes. Further additional coach's passes are available for \$30.00. **Coach's passes, including the initial free coach's pass, will only be provided for coaches that complete this entry form.**
A \$20 late entry fee will be assessed for late registration.
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
DEADLINE: **All applications must be postmarked by March 17, 2025** or will incur the above late fee.

Coach's Name: _____

Address: _____ ZIP: _____

Home Phone: _____ Work Phone: _____ Mobile Phone: _____

Coach's Rank: _____ Circle One: Kub / Dan, Belt Color: _____

TKD Academy Name: _____ City: _____ State: _____

Master or Instructor Name: _____ Rank: _____

All athletes must have 1) a proper uniform, and 2) their own sparring equipment. (Elite Kyorugi, Daedo socks required)

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

COACH'S SIGNATURE:

PARENT/GUARDIAN SIGNATURE:

I verify that the applicant is a student at my school and the above information is correct.

MASTER/INSTRUCTOR SIGNATURE:

DO NOT WRITE IN THIS SPACE

Name: _____

Belt Color: _____ Rank: _____

School/Team: _____

Authorized Signature:

2025 National Capitol Open TaeKwonDo Championship

ATTENTION:

All Black Belt athletes ages 12 and over must weigh-in before competing. Athletes may weigh-in at either of the following weigh-in times and locations:

**1. Friday, March 21, 2024 from 6:30 – 8:30 PM at
H.K. Lee Academy of TaeKwonDo
465 Herndon Parkway
Herndon, VA 20170**

OR

**2. Saturday, March 22, 2025 from 8:00 – 9:00 AM at
South Lakes High School
11400 South Lakes Drive
Reston VA, 20191**

ATTENTION: All Athletes will be judged on Good Sportsmanship

Kyorugi (Sparring)	White/Color Belts, All Ages	Beginners: No Contact Sparring <i>(Judging based on: Variety of techniques, precision, power, and spirited determination)</i> Open: No Head Contact
	Black Belts, 11 Years Old & Younger	Open: No Head Contact
	Black Belts, 12 – 14 Year Old	Open: No Head Contact Elite: USAT Rules
	Black Belts, 15 & Up	Open: No Head Contact Elite: USAT Rules
Note: Bonus point for spinning & jump techniques will be in effect for all divisions		

Poomsae (Forms)	All Belts	Open: Any Style <i>(Judging based on: Focus, precise power & speed, grace, consistent & clean technique)</i> Elite: USAT Rules
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(See back side for Division Chart)

2025 National Capitol Open TaeKwonDo Championship

March 22, 2025 (9:00 AM – 7:00 PM)

South Lakes High School, 11400 South Lakes Drive, Reston, Virginia 20191

CHAMPIONSHIP ENTREE FEES: \$90.00 FOR ONE EVENT, \$20 EACH ADDITIONAL EVENT
\$20.00 LATE FEE FOR REGISTRATION AT THE DOOR.

Payment accepted in the form of cash, money order, or cashier's check. No personal checks. See the registration form for more details.

SPECTATOR ADMISSION: \$10.00 AT THE DOOR. ALL PROCEEDS WILL BENEFIT THE SOUTH LAKES HIGH SCHOOL BOOSTER CLUB.

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

Championship Schedule	
8:00 - 9:00am	Late Registration & Weigh-In
ALL ATHLETES MUST ATTEND OPENING CEREMONY	
8:45am	Badge Pick Up Ends
9:00am	Opening Ceremony Demo Competition
9:30am Standby	11 & Under Poomsae Elite Poomsae Elite Kyorugi
10:30am Standby	11 & Under Kyorugi
12:30pm Standby	12 & Older Poomsae
1:30pm Standby	12 & Older Kyorugi

Rules
<ul style="list-style-type: none"> •Modified WT/USAT Rules Apply •White/Color Belts, All Ages - Beginners (White Belts): No Contact Open: No Head Contact •Black Belts, 11 Years Old & Under Open: 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: WT Rules •Head Kick (Elite) = 3pts •Spinning Body Kick = 4pts •Spinning Head Kick (Elite) =5pt •Athletes must wear a clean, proper uniform •Head, Chest, Forearm, Shin & Instep Guards, Cup (males only), and Mouthpiece are mandatory. •No glasses permitted for Kyorugi •Best of 3 Rule •12 Point Gap •Color Belts: 60 Second Rounds

Additional Division Details: 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.

Exemplary Character Award Information: 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 & Grandmasters.

Team Competition

This year's National Capitol Open will have an exciting team competition. The winner of the team competition will be based 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 and 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 decision of the Exemplary Character Award.

As hosts of the Championship, the H.K. Lee Academy of TaeKwonDo Team is ineligible for the Team Champion Title.

Please join us this year by participating in our team competition format! Whether your students are new to competition or veteran competitors, or if you have five participating athletes or fifty, your participation in this aspect of the 2025 National Capitol Open will help make this year's championship the most memorable yet! Remember, participation in the Team Competition is free, so there is nothing to lose! Grandmasters, Masters, Instructors, Dojang Owners, or Coaches be sure to fill out the team competition entry form.

We look forward to your participation!

(See backside for Entry Form)

2025 National Capitol Open TaeKwonDo Championship Official Team Competition Entry Form

DATE: Saturday, March 22, 2025 (See school information letter for detailed schedule and directions.)
LOCATION: South Lakes High School, 11400 South Lakes Drive, Reston, Virginia, 20191
FEE(S): **There is no fee to participate in the Team Competition, but all Dojangs must fill out this entry form. If your Dojang does not fill out this entry form, they will be ineligible for the Team Champion Title.**
MAIL TO: H.K. Lee Academy of TaeKwonDo, 465 Herndon Parkway, Herndon, VA 20170
Phone: (703) 437-5111
DEADLINE: **All applications must be postmarked by March 17, 2025.
No Late Registration Will Be Accepted**

School/Team Name: _____

School Address: _____ ZIP: _____

School Phone: _____ Mobile Phone: _____

Master or Instructor Name: _____ Rank: _____

All athletes must have 1) a proper uniform, and 2) their own sparring equipment. (World Class Kyorugi, Daedo socks required)

Athletes on the list below must turn in athlete's entry form to be counted toward the total Team Points.

YOU MUST TURN IN THIS FORM TO BE CONSIDERED FOR THE TEAM CHAMPION TITLE.

Names of participating athletes:

1. _____ 2. _____
3. _____ 4. _____
5. _____ 6. _____
7. _____ 8. _____
9. _____ 10. _____
11. _____ 12. _____
13. _____ 14. _____
15. _____ 16. _____
17. _____ 18. _____
19. _____ 20. _____
21. _____ 22. _____
23. _____ 24. _____
25. _____ 26. _____
27. _____ 28. _____
29. _____ 30. _____
31. _____ 32. _____
33. _____ 34. _____
36. _____ 37. _____
38. _____ 38. _____
39. _____ 40. _____

MASTER/INSTRUCTOR SIGNATURE:

DO NOT WRITE IN THIS SPACE	Totals
# of athletes competing in one (1) event:	(x2)
# of athletes competing in two (2) events:	(x5)
# of first (1 st) place performances:	(x5)
# of second (2 nd) place performances:	(x4)
# of third (3 rd) place performances:	(x2)
# of Exemplary Character Awards:	(x10)
# of participating officials:	(x5)
# of participating referees:	(x10)
Sportsmanlike conduct of athletes, coaches, & parents:	(20)
GRAND TOTAL	