

48th Annual
National Capitol Open
TaeKwonDo

CHAMPIONSHIP

FORMS | SPARRING

2026 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: April 25, 2026 - Saturday

Where: South Lakes High School

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

Online Registration

<https://TKDConnect.com>

Admission: \$10.00

(Admission Collected at Door)



Master Janelle Pham
Event Coordinator



Greetings from the 2026 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 2026 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. Salute to the Flags
- III. Korean National Anthem—Master Janelle Lee Pham
- IV. U.S.A. National Anthem—Master Janelle Lee Pham
- V. Speeches by Distinguished Guests
 - A. 48th NCO Anniversary Congratulatory Speech
 - B. 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 2026 National Capitol Open TaeKwonDo Championship by Grandmaster H.K. Lee

Let the Games Officially Begin!

According to the Championship Schedule on the following page,
12 & Over 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!



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Thank you to all our Participating Dojangs!

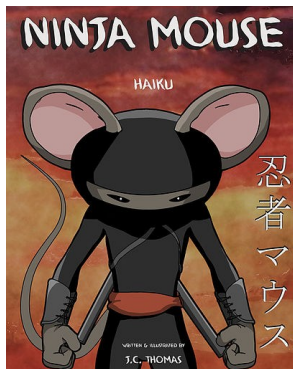
(List as of Wednesday, 4/22/26)

American TaeKwonDo Center
Baeplex Martial Arts
Black Belt Academy
Eagle Taekwondo Academy
Everest World Class TaeKwonDo
Freedom Martial Arts
Gentle East Martial Arts
Han Mi Martial Arts
Hard Work Martial Arts
High Kicks TaeKwonDo
Hingmang Taekwondo Academy
InCourage Martial Arts-Ashburn
InCourage Martial Arts—Fairfax
InCourage Martial Arts—Purcellville
Jun Lee Tae Kwon Do
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**“Whatever you can do, or dream
you can, begin it. Boldness has
genius, power and magic in it.”**

- Goethe



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TaeKwonDo Master
and Elementary Teacher for
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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	12+ Poomsae Competition* +
10:30 AM	12+ Open Kyorugi Competition*+
12:30 PM	11 & Under Poomsae Competition* +
1:30 PM	11 & Under 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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tournament pictures and updates!**



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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!



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2026 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:

King Tiger Martial Arts
Master Geoffrey Cielo
55 pointss

SECOND:

Everest World Class TaeKwonDo
Master Kumar Karki
50 pointss

THIRD:

Jun Lee TaeKwonDo
Grandmaster Jun Hak Lee
38 points

FOURTH:

Triad Math and Science Academy
Master Ertan Bastug
24 points

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

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.

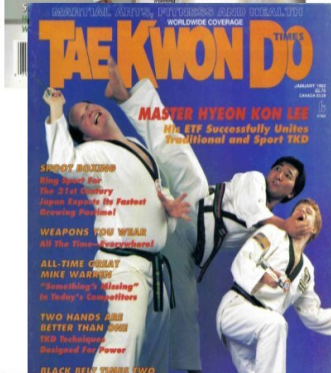
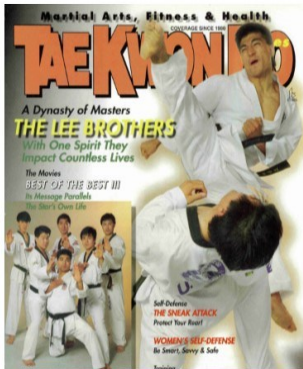
We moved into this building of 7,000 square feet next door at 688 Spring St., in August 1983 where we operated the school for the next 21 years and added the area's first after school martial arts program.



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.

Accomplishments 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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COMPETITION EVENTS

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

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Grandmaster H.K. Lee TaeKwonDo

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