

# FLORIDA TAE KWON DO OPEN

Saturday, November 4, 2023  
Bradenton Area Convention Center

## Tournament Handbook

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### *Invited Federations and Associations*



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Thank you for participating in the Florida Tae Kwon Do Open! We appreciate your support of the event. This handbook will provide you an overview of the tournament rules and regulations. We encourage all school owners, masters, instructors, coaches, competitors and parents to read the tournament handbook. It is important for everyone to have an overview of the rules, as some rules will be different than other tournaments. A copy will be available at every judges table.

### GENERAL INFORMATION:

- Date: November 4, 2023
- Location: Bradenton Area Convention Center, Palmetto, FL  
(1 Haben Blvd, Palmetto, Florida 34221)
- Time: Doors Open at 8:00am  
Competition begins at 10:00
- Competitor Fee: **\$95** – Competitor chooses two (2) categories from, *forms, breaking, weapons, sparring*.  
**\$15** – Additional category (*excludes Team Form, Pair Poomsae, Speed Kicking & Power Breaking*)  
**\$60** – Synchronized Team Form (*fee is per team, not team member*)  
**\$60** – Pair Poomsae aka. Pair Forms (2 people only) (*fee is per pair, not per person*)  
**\$60** – Demonstration (Demo) Team (*fee is per team, not team member*)  
**\$60** – Power Breaking  
**FREE** – Special Needs Category  
**FREE** – Team Spirt Category  
**FREE** – Speed Kick Competition (free to schools with ten (10) or more competitors. Schools with less than ten (10) competitors can enter a four (4) person team for \$40)  
**FREE** – Highest Kick Category (free to competitors that qualify)
- Coaches Fee: **FREE** – Each participating school will receive 2 FREE coach's badges. Each additional coach badge is twenty-five dollars (\$25) per badge.
- Spectator Fee: \$10 for Adults – Children 5 and under – **FREE** (*Proceeds will be donated to charities that support need families, veterans and animal shelters.*)
- Registration: Register online at [www.FloridaTaeKwonDoOpen.com](http://www.FloridaTaeKwonDoOpen.com) (*Online registration closes November 1, 2023. After that date all registration will be onsite at The Tournament.*)
- Food: Concessions will be available for purchase onsite.

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### TOURNAMENT SCHEDULE:

- 8:00am – On-site Registration Opens
- 8:00am – 9:30am – Rings open for competitor stretching & practice
- 9:00am – 9:15am – Judges & Coaches meeting
- 9:15am – 9:45am – Opening Ceremonies
  - i. Welcome Remarks
  - ii. GM & Master Thank You
  - iii. American Anthem
  - iv. Korean Anthem
  - v. Brief overview, competitor, spectator information & updates
- 9:45am – Competitors to Rings
- 10:00am – 4:00pm – Competition begins
  - i. Special Needs
  - ii. Forms – Color Belts & Black Belts
  - iii. Forms Grand Championship Rounds
  - iv. Pair Poomsae (Pair Forms) (2 people only)
  - v. Synchronized Team Forms
  - vi. Demo Team
  - vii. Breaking – Color Belts & Black Belts
  - viii. Weapons – Color Belts & Black Belts
  - ix. Sparring – Color Belts & Black Belts

**LUNCH – The competition will continue throughout the day. Competitors choose their own lunch time. Rings and judges will have designated lunch breaks.**

- 4:00pm – 5:30 – Competition continues
  - i. Sparring continues
  - ii. Highest Kick Break
  - iii. Scholarship/Grant announcement
  - iv. Team Spirit Award announcement
  - v. Speed Kick Competition

**Based on unforeseen circumstances the schedule could vary prior to the start of the tournament. Any changes will be updated on the website as soon as possible.**

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### GENERAL RULES

- I. **Courtesy & Respect** – Be courteous, respectful, kind and practice good sportsmanship.
- II. **Cleanup** - Please remember to pick up your broken boards, trash, water bottles, papers etc.
- III. **Language** – No cursing or inappropriate language. Competitors can receive point deductions or be disqualified for cursing, using inappropriate language, trash talking and/or poor sportsmanship.
- IV. **NO Smoking** – This is a **NON SMOKING Tournament**. There is no smoking in the convention center, including electronic cigarettes.
- V. **Alcoholic Beverages** – Alcoholic beverages *are not* permitted at The Tournament.
- VI. **Glass Bottles** – Glass bottles *are not* permitted in the convention center.
- VII. **Competition Area** – The competition area includes the competition rings and surrounding space where athletes compete or wait to compete. Only authorized personnel are permitted in this area. Anyone in this area is required to have appropriate credentials.
- VIII. **Competition Area Dress Code** – Everyone in the competition area must follow the dress code including competitors, coaches, judges, volunteers and parent helpers.
  - a. **Uniforms** – All competitors must wear a clean and wrinkle free dobok (uniform). Competitors with a soiled and/or wrinkled uniform will receive a one (1) point deduction in the categories they compete.
  - b. **NO Shorts** – Shorts *are not* permitted in the competition area.
  - c. **NO Jeans** – Jeans *are not* permitted in the competition area.
  - d. **Shirts** – All shirt must have a team/school logo
  - e. **Judges** – Judges must wear the judge’s polo shirt and badge at all times.
  - f. **Coaches** – Coaches have the option to wear a dobok, suit, collared shirt, or team/school warmup suit. Warmup suits must have a team or school logo. Coaches must wear their badge at all times.
- IX. **Practice & Warmups** – The competition area will be available for practice and stretching before the competition begins. All practice and warmups before, during and after the tournament must be conducted in a safe manner. Please be careful and cautious of others around you.

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# ***DIVISIONS***

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### AGE & BELT DIVISIONS:

The following charts provide the age and belt divisions for The Tournament. The Tournament will allow a one (1) belt deviation between color belt competitors. In certain categories, like Team Forms for example, it may be permitted to mix belts and ages.

BELT Divisions
White Belt
Yellow Belt
Orange Belt
Green Belt
Purple Belt
Blue Belt
Brown Belt
Red Belt
Black Belt

AGE Divisions	
4 – 5 years old	D1
6, 7, 8 years old	D2
9, 10, 11 years old	D3
12, 13, 14 years old	D4
15, 16, 17 years old	D5
18 – 29 years old	D6
30 – 49 years old	D7
50+	D8

### JUDGING:

The tournament strives to provide fair, honest and reliable judging. The Tournament will follow the rules and judging outlined in The Tournament handbook. Be respectful to the judges and referees. Disrespectful verbal and or physical action(s) can result in point deductions and or disqualification of the competitor(s), coach(es) and or team(s).

Each competitor ring will have four (4) judges. There will be one (1) ring judge and three (3) table judges. Pair and team categories may have a different number of judges.

- I. **Center Ring Judge** – The ring judge is the head judge or referee. They provide the direction and leadership for the ring. Any concerns, challenges or issues should be addressed to the ring judge.
- II. **Table Judges** – The table judges sit at the ring table and provide competitor scoring and placement recognition for medals and trophies. During the sparring category table judges will transition to corner judges and time keepers.

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# **CATEGORIES**

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### COMPETITION RULES:

The following outlines the rules for each of the competition categories. There are a total of *13 Categories this year!!* **Remember to register on or before November 1, 2023!**

#### I. **Special Needs**

This is a **FREE** event to students with Down Syndrome or other qualifying special needs. Tournament directors will work with school owners to coordinate divisions and pairings for any special needs competitors. For tournament purposes, ADD, ADHD or similar attention disorders do not qualify for this category. Competitors will be awarded Gold, Silver and Bronze medals.

#### II. **Scholarship/Grant**

The Tournament will give away one (1) five hundred dollar (\$500) scholarship/grant that can be used for college or trade school. The category is open to **BLACK** belt students that are a high school junior, senior or college level student. Each school with five (5) or more competitors can submit one (1) qualifying student who you feel should receive the scholarship/grant.

Each participating school with five (5) or more paid competitors can enter one (1) candidate to be considered for the scholarship/grant. The candidate must submit a five hundred (500) – six hundred (600) word essay in his or her own words on what it means to be a black belt. The essay must include a cover page with the following details. The cover page information does not count towards the essay word count.

1. Full Name, Age & Current Grade Level
2. Tae Kwon Do School Name & Master's Name
3. Number of years training Tae Kwon Do.

The candidate will be judged and scored on the content and presentation of the essay. Essays that fall under or go over the word count will be disqualified. Essays with cursing or inappropriate language will be disqualified. The essay must be submitted on or before October 30, 2023. Essays received after October 30, 2023 will receive a five (5) point deduction on the overall score. Eighty-five percent (85%) of the score is based on the content and fifteen percent (15%) of the score is based on the presentation, grammar and spelling. Essays should be mailed to 2345 Bee Ridge Road, Sarasota, FL 34239 or by email to RoyWorth@FloridaTaeKwonDoOpen.com. The winner will be announced at The Tournament.



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### III. Team Spirit Award

The Team Spirit category is open to all participating schools. The Team Spirit award will be given to the school with the most pre-registered paid competitors participating in the tournament. For a competitor to be included in the total count they must be pre-registered and paid on or before November 1, 2023. The winning school receives the following:

1. \$250 in equipment/gear provided by Dynamics
2. Reserved section for your team and parents in the bleachers
3. Team Pizza Party
4. Team Spirit Trophy
5. Bragging rights for one year!

For this award, Synchronized Team Forms category and Demo Team count as one (1) paid competitor. Each person on the Synchronized Team and or Demo Team does not count as an individual pre-registered paid competitor. The tournament directors will coordinate with the winning school owner(s) to receive the pizza party and equipment.

### IV. Speed Kicking Competition

This category will feature the Zemita eSparring System! The category is **FREE** to any school with ten (10) or more paid competitors. Schools with less than ten (10) competitors can enter a four (4) person team for forty dollars (\$40). Enter your four (4) fastest kickers to compete against other four (4) person teams to see who will be crowned the fastest kicking school in Florida! Winning school receives the following.

1. \$250 in equipment/gear provide by Dynamics
2. Zemita Cup Trophy Award
3. Team Pizza Party
4. Bragging rights for one year



The speed kicking competition features two (2) Zemita eSparring pads. The eSparring pad will be wrapped around a kicking bag to create a “kicking station.” Two teams face off against each other to see who advances to the next level. Each team will have their own kicking station. The kicking counter for each team will be set at the same number of kicks. The team that reaches zero (0) first is the winner.

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### Speed Kicking Competition Continued:

The eSparring system will provide a 3...2...1 countdown so competitors know when to begin kicking. As competitors kick the eSparring pad it will register the kicks. Every registered kick subtracts one (1) number from the kicking counter. When a team reaches zero (0) the competition is over. The winner is determined by the team that reaches zero (0) first. The winning team will advance to the next level to compete against other winning teams.

Each team has four (4) team members. One team member at a time will kick the Zemita kicking station. The judge will yell, **ROTATE**, when it is time to rotate team members. As one (1) team member rotates to the back of the line the next team member steps up as fast as possible to begin kicking the kicking station. This pattern continues until the kicking counter reaches zero (0).

### V. Highest Kick Competition

This category is a **FREE** event to any competitor that qualifies. To qualify for free entry the competitor must break a board that is six (6) feet and six (6) inches above the ground. If the competitor can break the qualifying board they are entered in the category for free. The winner is based on who breaks the highest board. The second (2<sup>nd</sup>) highest receives second (2<sup>nd</sup>) place and third (3<sup>rd</sup>) highest receives third (3<sup>rd</sup>) place. The tournament will provide the boards for this category.

1. Gold, Silver & Bronze medals
2. Gold Medal = \$300 cash
3. Gold Medalists receives a six (6) foot trophy
4. Silver Medal = \$200 cash
5. Bronze Medal = \$100 cash



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# ***FORMS***

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- VI. **POOMSAE Category** – The category is open to all styles of Tae Kwon Do or similar Korean martial art. You will see different poomsae/forms competing against each other at the same time. This category features two (2) levels or rounds.
1. **Level I** – This is the medal round. At this level three (3) competitors in the same belt and age division compete against each other in the same ring at the same time. They compete for Gold, Silver and Bronze position medals. All Gold medal winners advance to LEVEL II, the grand championship trophy round. The Tournament does allow for a one (1) belt deviation if needed to complete a group of three (3) competitors.
  2. **Level II** – This is the grand championship trophy round. The level is open to all competitors that won a Gold medal in the LEVEL I forms category. Gold medal winners compete for the title of Grand Champion against other gold medal winners in their age and belt division. Competitors will be awarded 1st, 2nd and 3rd place Grand Championship trophies.

In LEVEL I poomsae competition, three (3) competitors enter the ring together. Competitors perform their poomsae at the same time. In LEVEL I, competitors are judged based on their overall performance, beauty, grace, stances and kicks compared to the other competitors in the ring. When all competitors have completed their poomsae the judges will conference to award Gold, Silver and Bronze medals to the competitors based on their performance. All Gold medal winners advance to LEVEL II to compete against other gold medal winners in their division.

Competitors that advance to LEVEL II enter the ring one competitor at a time. In LEVEL II, competitors are required to introduce themselves to the judges and ask permission to begin. Each competitor will walk up to the judges and bow. They will then introduce themselves, say what Tae Kwon Do school they represent and ask permission to begin. For example, the competitor will say, “My name is (state their name). I represent (state Tae Kwon Do school name) or Representing (state Tae Kwon Do school name). With your permission, I will begin.” After the judges acknowledges the competitor, the competitor will say thank you judges, bow and return to center of ring and begin their poomsae.

To make LEVEL II judging as fair as possible each competitor will start with a perfect score of one hundred (100). Competitors will be judged on the performance, beauty and grace of their kicks, punches, stances, kihaps, balance, uniform and overall performance. Competitors receive one (1) point deduction for each poorly executed kick, punch, stance, balance issue or weak kihaps. Competitors will receive one (1) point deduction for a soiled, wrinkled or dirty uniform. Each point deduction represents one tenth (.1) of a point that is taken away from the competitor’s perfect score of one hundred (100). Here is an example of the competitor scoring.

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### Poomsae Competition Continued:

If a competitor receives five (5) point deductions from a judge they will have a score of ninety-nine point five (99.5). A competitor that receives twelve (12) point deductions from a judge will have a final score of ninety-eight point eight (98.8). The competitor will receive three (3) separate scores, one score from each judge. The average of those three (3) scores will determine the competitor's final overall score. Winners will be determined on the best overall score. If there are only 3 competitors in a division the judges have the option to have them compete in the ring at the same time.

### VII. Synchronized Team Forms

This category is open to *ALL* belt and age divisions. Its a fun and exciting category that allows competitors to compete with their friends and/or family as a team. Each team must have a minimum of three (3) competitors and a maximum of five (5) competitors. Teams can be mixed with male and female and different belt divisions. Each team must demonstrate a Tae Kwon Do form.

### VIII. Pair Poomsae (Forms)

This category will be open to *ALL* belt and age divisions. It is a fun and exciting category that allows competitors to compete with their friend or family as a pair. Each pair is two (2) competitors. The pair can be mixed with male and female and different belt divisions. Teams must demonstrate a Tae Kwon Do form. It is not a creative category.

### IX. Demonstration (Demo) Team

This category will be open to *ALL* belt and age divisions. It is a fun and exciting category that allows Demo Team to compete against each other. Each team must have a minimum of six (6) competitors and a maximum of twenty (20) competitors. The teams can be mixed with male and female and different belt divisions.

In this category the Demo Team has a maximum time limit of seven minutes (7 min.) to perform their routine. Time starts when the Demo Team enters the ring and ends when the Demo Team is finished. Competitors that exceed the allotted time will receive point deductions. Music, weapons and props are permitted. Weapons and props that are sharp, considered dangerous or harmful to spectators and or any part of the competition area are not permitted. Any props that cause major clean up time will not be permitted. Demo Teams are responsible to clean up the ring when finished.

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**BREAKING**

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- X. **BREAKING Category** – The breaking category is subdivided into three (3) categories, Traditional Breaking, Power Breaking and Highest Kick Break!
1. *Traditional Breaking* – In this category competitors compete against themselves. The competitor determines their own breaking technique and board heights based on the allowed number of boards for their belt rank. If the competitor is successful and completes the breaks on the first attempt, the competitor will be awarded a Gold medal. If it takes the competitor two (2) attempts on any break they will be awarded a Silver medal. If it takes the competitor three (3) or more total attempts the competitor will be awarded a Bronze medal. **Black Belt competitors will compete against two (2) other black belts in their division for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place trophies. Black belts will be judged on their breaking techniques and difficulty. Number of breaking attempts supersedes technique.**

The competitor must break the boards using a balanced number of hand and foot techniques. For example, a breaking competitor in Level I must break two (2) boards. That competitor must use one (1) hand and one (1) foot technique to break the boards. Level II and LEVEL III competitors have additional requirements as outlined below. The breaking category is divided into the following three (3) levels.

- a. **LEVEL I – 2 Boards** – White, Yellow, Orange & Green Belts
  - a. 1 hand & 1 foot technique
- b. **LEVEL II – 4 Boards** – Purple, Blue, Brown & Red Belts
  - a. 2 hand & 2 foot techniques
  - b. Must use at least one (1) jumping kick
- c. **LEVEL III – 6 boards** – Black Belts (BB)
  - a. 3 hand & 3 foot techniques (*NO hammer fist for BB division*)
  - b. Must use at least one (1) jumping kick
  - c. Must use at least one (1) spinning/turning kick

Competitors in the traditional breaking category **WILL NOT** be permitted to break more boards than the number of boards allowed for their belt rank. Competitors must use an equal combination of hand and foot techniques to break the number of boards for their belt rank. If a competitor fails to break a board because of a holder mistake, that attempt will not be counted against the competitor. The competitor will be allowed to attempt the break again.



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### Breaking Competition Continued:

2. *Power Breaking* – Power breaking is limited to black belts competitors. There will be 2 divisions, Under 18 years old and 18 years old and older. Black belts will compete against each other in their division regardless of weight. The category will be broken into two (2) materials, wood and non-wood materials.
  - a. Wood – The tournament uses one inch (1”) thick pine wood boards. Boards will be stacked on top of cement blocks. Construction pencils will be used as spacers between the boards. To keep power breaking as fair as possible, competitors must use boards from The Tournament. Power breaking competitors can use any of the following techniques for breaking: Hammer Fist, Palm Strike, Elbow Strike or Straight Punch.
  - b. Non-Wood – This category for other material like concrete/cement blocks, bricks, headers etc. In this category competitors supply their own materials. The tournament does not provide materials for this category. The competitor is responsible for setup, teardown and cleanup of all material, structures and equipment used in the breaking.
  
3. *Highest Kick Competition* - This category is a **FREE** event to any competitor that qualifies. To qualify for free entry the competitor must break a board that is six (6) feet and six (6) inches above the ground. If the competitor can break the qualifying board they are entered in the category for free. The winner is based on who breaks the highest board. The second (2<sup>nd</sup>) highest receives second (2<sup>nd</sup>) place and third (3<sup>rd</sup>) highest receives third (3<sup>rd</sup>) place. The tournament will provide the boards for this category.
  - a. Gold, Silver & Bronze medals
  - b. Gold Medal = \$200 cash
  - c. Gold Medalists receives a six (6) foot trophy
  - d. Silver Medal = \$100 cash
  - e. Bronze Medal = \$50 cash



**For fairness, all competitors must use the same style board. Boards must be purchased from The Tournament for the cost of three dollars (\$3.25) per board. Competitors that bring their own boards will not be permitted to use those boards at The Tournament. Competitors must provide their own holders. Table judges can assist holding if needed. Parents are permitted to assist in holding boards.**



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# **WEAPONS**

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### XI. WEAPONS Category

This category is open to different weapons including sword, bo staff, nunchucks, kamas, kali (escrima) sticks, fans and more. For safety reasons, competitors **ARE NOT** permitted to use sharpened weapons. Judges have the right to inspect and disqualify any weapon. The weapons category will be divided by belt rank and age. This category encompasses traditional, creative/extreme routines. The weapons category features two (2) levels or rounds.

1. **Level I** – This is the medal round. At this level three (3) competitors in the same belt and age division compete against each other. They compete for Gold, Silver and Bronze medals. All Gold medal winners advance to LEVEL II, the grand championship trophy round. The Tournament does allow for a one (1) belt deviation if needed to complete a group of three (3) competitors.
2. **Level II** – This is the Grand Championship trophy round. Level II is open to all competitors that won a Gold medal in the LEVEL I weapons category. Gold medal winners compete for the title of Grand Champion against other gold medal winners in their age and belt division. Competitors will be awarded 1st, 2nd and 3rd place grand championship trophies.

Competitors are judged based on their overall performance, technique, beauty, grace and stances compared to the other competitors. When all competitors have completed their weapons routine the judges will conference to award medals in LEVEL I and trophies in LEVEL II.

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# **SPARRING**

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### XII. SPARRING

The Tournament strives to provide a fun and safe sparring experience. Safety is a major concern. Sparring rules at this tournament are put in place to keep the competition fun, exciting and as safe as possible. **ALL** sparring competitors are **REQUIRED** to wear sparring gear. Competitors must wear hand, foot, head, chest, groin and mouth protection. Gear must be in clean working condition. Competitors **WILL NOT** be allowed to spar without protective gear. Gear will be available onsite for purchase if needed. This **IS NOT** a full contact tournament. Competitors must control their kicks and punches. ***If a competitor kicks or punches another competitor hard enough to cause that competitor to receive a knockout (KO). The competitor that caused the KO can be disqualified (DQ).***

#### 1. Required Gear

- a. Hand & Foot Protection
- b. Head Gear
- c. Chest Protection
- d. Groin Protection
- e. Mouth Piece

#### 2. Point System

- a. Punch = One (1) Point
- b. Kick = Two (2) Points
- c. Turning Kick = Three (3) points
- d. Head Kicks = Three (3) Points (Black Belts 15 years of age or older only)

#### 3. Head Contact

- a. Colored Belts – Colored belts **ARE NOT** permitted to make head contact.
- b. Black Belts 15 years of age and older are permitted to make **LIGHT** contact with the feet to the sides of the head only.

4. **Target Area** – The target area is the FRONT & SIDES of the body. Kicks and punches to the back will not register a point.

5. **Pushing** – Pushing is permitted in the clinch if the push is followed up by a kick. Pushing the opponent out-of-bounds is not permitted. Pushing to stop an attack is not permitted.

6. **Cursing & Trash Talking** – Cursing and trash talking is not permitted at any time. Competitors that are cursing or trash talking could be disqualified (DQ).

7. **Scoring System** – The tournament will be using an electronic scoring system for sparring in all rings. NO special equipment is required by the competitor.

8. **Round Times** – Color belt matches will be one minute (1 Min.). Black belt matches will be two minutes (2 min).

9. **Three (3) Strikes Rule** – The tournament will follow a 3 strikes rule for falling and stepping out of the ring for a penalty to be issued. After (3) warnings the judge will issue penalties.

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### Sparring Competition Continued:

The sparring category will feature a four (4) person bracket (see below). The winner of each match will be determined by the number of rounds won, not total points after 3 rounds. Points reset after each round. The competitor that wins two (2) rounds advances to the next level on the bracket. If each competitor wins one (1) round, they will spar a third (3<sup>rd</sup>) round to determine the winner of the match. If round three (3) ends with a tie, the competitors will spar another full round. If that round ends in a tie, they spar another and so on and so forth until a winner is determined. There is no sudden death. The four (4) competitors will be awarded 1<sup>st</sup> Place, 2<sup>nd</sup> Place, 2<sup>nd</sup> Place and 3<sup>rd</sup> Place Trophies.

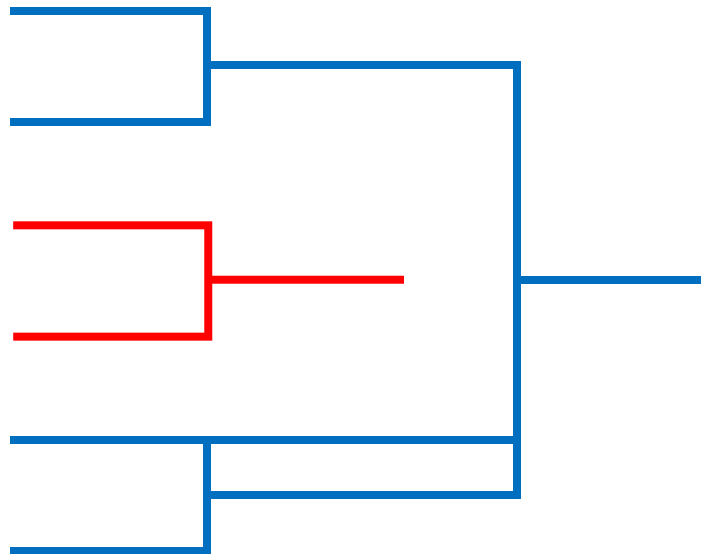
Sparring is a TROPHY division! Competitors will be awarded trophies as follows.

1<sup>st</sup> Place Trophy (Wins both matches)

2<sup>nd</sup> Place Trophy (Wins 1 out of 2 matches)

3<sup>rd</sup> Place Trophy (Wins no matches)

#### 4 Person Bracket (blue = winner red = loser)



The Tournament will do its best to match 4 competitors in each sparring division. If there are not enough competitors in a division to create a 4 person bracket, a smaller bracket will be created.