



Question? Contact
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Event Information

Hosted by Kwon's Martial Arts

Date: Saturday, June 6, 2026

Venue: Gold's Gym Poughkeepsie NY

Registration

Online Registration Only. <https://tinyurl.com/phftkd>

Early Registration Rate, **Register Now!**

Standard Fees: \$100 (1 event included). \$25 each additional event. \$175 (4 or more events)



Events

AGE GROUP	6 years old and under	7 years old and up
Group Event	Team Demo	
Group Event		Group Poomsae (3 Min, 20 Max)
Group Event		Team Sparring (3 Min, 5 Max)
Indiv. Event		World Class Sparring
Indiv. Event	Obstacle Course	
Indiv. Event	Poomsae (Form)	
Indiv. Event	KumYeDo / Weapons	
Indiv. Event	Sparring	
Indiv. Event	Board Breaking / Power Break / Speed Break	

Event Schedules

TBA



Rules & Regulations

Poomsae (Forms)

Competitors will demonstrate a recognized World Taekwondo (WT) form associated with their current (or immediately prior) belt rank. Divisions will be organized by gender, age, and rank, depending on the number of participants.

Competitors may be asked to perform their poomsae simultaneously with other division participants, and may be required to demonstrate their forms again in the case of a tie.

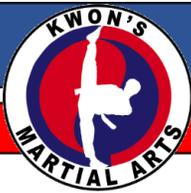
When performing poomsae simultaneously with multiple competitors, each judge will determine the winner by selecting a side:

- Two competitors: Left or Right
- Three competitors: Left, Middle, or Right

The side with the most judges selected will win the match.

Judging Criteria for Poomsae (Forms)

- Correct and orderly execution of each movement and beginning and ending poomsae at the same spot.
- Executing powerful and speedy techniques by tensing and relaxing muscles at the proper moment
- Mental concentration and focused eye and head movements
- Accurate targets
- Inhaling and exhaling at the proper moment
- Balance and rhythm
- Synchronization of entire body movements



Group Poomsae

Each school may enter one team. A color belt poomsae or black belt poomsae will be randomly assigned within each competing group.

Team Formation:

All team members **MUST** be currently enrolled and active members of the team's school

Minimum: 3 members per team. Maximum: No limit

Teams may consist of both male and female competitors

Larger teams may earn additional presentation points for increased complexity and synchronization, as coordinating a large team is more challenging

Possible Randomly Drawn Poomsae:

Prepare for the following:

- Color Belt: Taeguk 7
- Black Belt: Koryo

Judging Criteria for Team Poomsae (Forms)

- Correct and orderly execution of each movement and beginning and ending poomsae at the same spot.
- Executing powerful and speedy techniques by tensing and relaxing muscles at the proper moment
- Mental concentration and focused eye and head movements
- Synchronization of all team members' movements
- Balance and rhythm.



Kumyedo & Open Weapons

For Kumyedo Forms, competitors may perform their most current Kumyedo form. If they have not yet learned a full form, they may demonstrate basic Kumyedo skills appropriate to their level. Other weapons competitors must demonstrate a weapon form appropriate to their rank and experience.

Divisions will be flexible but organized by age and belt level. Competitors may be asked to perform their forms simultaneously with other competitors in the same division and may be required to perform again in the event of a tie.

Judging Criteria for Kumyedo & Open Weapons:

- Concentration, accuracy, and focus
- Balance, technique, and grace
- Strength and power
- Understanding of the form and overall flow of the routine
- Degree of difficulty of techniques

Obstacle Course

Competitors will be grouped by age and size and will navigate a series of obstacles, performing designated kicks and/or punches at various stations. The goal is to complete the course as quickly as possible. Skipping an obstacle or failing to perform a required technique will result in a one-place deduction in the final ranking.



Breaking

Breaking divisions will be organized by age, rank, and gender.

Each competitor will perform at three stations:

- One Power Break
- Two Technical Breaks

At each station, all boards must be broken in one continuous flow of technique.

For example, breaking two boards using a continuous roundhouse-tornado kick combination counts as one station.

Multiple board holders may assist at each station; however, each competitor is responsible for arranging their own holders.

Board Requirements:

Competitors aged 13 and older must use at least one thick (nominal 1") board for their power break.

The choice of boards for technical breaks is at the competitor's discretion.

Time Limit:

Competitors will have 30 seconds to set up their stations. Exceeding this limit will result in a point deduction.

Judging Criteria for Creative Breaking

Difficulty of Technique: Determined by the complexity of the technique (e.g., high spinning kicks are highest difficulty, hand techniques are lower) and by both the number of boards held simultaneously and the total number of boards used.

Technique: Judged on accuracy, speed, and power.

Presentation: Evaluated on overall balance, control, and energy.



Power Breaking

Divisions will be organized by age and gender. Only hand techniques are permitted in this division. Each competitor will begin with five (5) thick boards (nominal 1" thickness).

Scoring and Placement:

- Breaking all boards on the first attempt earns 1st place.
- Breaking all boards on the second attempt earns 2nd place.
- Breaking all boards on the third or subsequent attempts earns 3rd place.

Competitors may use a board holder to assist during their power break.

Speed Breaking

Each competitor will break a total of 10 boards; 5 on each side, using one of three possible kicking techniques: side kick, roundhouse kick, or axe kick. The official technique will be announced on the day of the event.

Setup:

Two board holders will stand about 10 feet apart (approximately 3 mats distance).

Each holder will have 5 boards.

The competitor begins at the center point between the two holders.

Procedure:

Break one board per strike.

Only one attempt is allowed per side.

If a board is not broken on the first strike, continue to the opposite side, then return to finish any missed breaks afterward.

The goal is to break all 10 boards in the fastest time possible.

Board height requirements:

For side kick and roundhouse kick: boards must be held above the competitor's belt level.

For axe kick: boards must be held at the competitor's chest or shoulder level.

IMPORTANT:

To ensure fairness and consistency, all competitors must purchase their official breaking boards at the registration table on the day of the event.



Sparring

USA TKD Kyorugi competition rules apply (including Junior Safety Rules) except as noted. All competitors are welcome (no weigh-in or USA TKD membership required).

Electronic scoring will be used.

Please bring your own KPNP electronic socks.

Divisions will be organized based on age, rank, gender, and weight, depending on the number of participants.

Color Belt & Black Belt

- Each round is 1:00 minute.
- Each match consists of 2 rounds with 30 seconds of rest in between.
- Competitors with the most points at the end of 2 rounds win the match.
- Point gap 20 points win the match.
- 5 gam-jeom

Head Contact Rules:

All Color Belt age 9 to 12 years old = No Head Contact

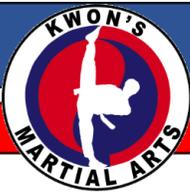
All Black Belt & Color Belt age 13 years old and up = Light Head Contact

World Class Sparring

- Each round is 1:30 minutes.
- Each match consists of 3 rounds with 30 seconds of rest in between.
- Best of 2 rounds out of 3 win the match.
- Competitors bring KPNP socks (not sure which system yet)
- 5 gam-jeom

Equipment: Sparring competitors must wear their own protective sparring gear

- No color mouthguard
- Male and Female must wear cups
- All nails must be trimmed (no long nails)



Team Sparring

Each school can have 3 teams; each team is at a different age bracket.

Match Format:

- One 5-minute round per match
- During the first 2.5 minutes, each member of the team rotates to spar for 30 seconds
- After the first 2.5 minutes, the Team Manager/Leader may call to swap members in and out at will
- The team with the most points at the end wins the match

Team Formation:

Max 1 age group per school, Max 3 Teams per school

- Age 9 to 11 years old (No Head Contact)
- Age 12 to 14 years old (Light Head Contact)
- Age 15 to 17 years old (Light Head Contact)

Additional Requirements:

- Any Belt
- Teammates: Team **MUST** have both Female and Male competitors.
- Number of Teammates: Minimum 3 persons per team, Maximum 5 persons per team.

Age Calculation:

Age based on birth date as of Tournament Date

For example: The competitor's birth date was Oct 1, 2010. On tournament date of May 6, 2023 the competitor is considered 12 years old (since the birth date is not yet past).

IMPORTANT: The team will be disqualified if the competitor's age does not fit in the age bracket as stated.



Demo Team

All teams will be competing within the same competition grouping regardless of the size or makeup of the team.

Coaching Rules:

Heads of schools may not be a member of the participating team. Coaches may assist with music coordination.

Music Requirements: All teams must bring their own music and a device to connect to the sound system (1/8" stereo plug, RCA/XLR adapter).

Participation Requirements:

- All team members **MUST** be currently enrolled and active members of the team's school
- No minimum or maximum team size
- Larger teams may earn additional presentation points for increased complexity and synchronization

Time Limit:

- Each team will be allocated 7 minutes for the team competition. The allocated 7 minutes includes performance time and cleanup (setup time is excluded).
- Time starts at the first bow (start of performance) and ends after all cleanup is complete and all team members are off the mat.
- Deductions will be made for exceeding the time allowed.

Props & Equipments:

- Props, costumes, and equipment are allowed
- All weapons must be safe
- Light sticks, concrete, bricks, flowers, confetti, etc. are permitted but must be cleaned up within the 7-minute time limit (strictly enforced)

Teams must purchase boards for use in the demonstration at the tournament to ensure fairness to all teams

Judging criteria for demo team competition

- a) Team spirit
- b) Teamwork
- c) Inclusivity
- d) Originality/Creativity
- e) Technical requirements and execution
- f) Entertainment value
- g) Bonus Point: Teams consisting of members with various ages & belt levels can earn extra points.
Example: Team A consists of ages 6 to 48 yrs old from Green to 2nd Dan, Team B consists of ages 14 to 28 from 1st Dan to 3rd Dan. Team A can earn extra points given all team members are performing in the demo.