

The 39th Annual
**Fort Worth
International
Taekwondo
Championships**



October 12, 2019
Fort Worth Convention Center - Main Arena
information: 817-366-8225
or 817-903-6720
ftwinternationaltkd@gmail.com



Presented by
Grandmaster Won Chik Park
Founder & Tournament Director
Since 1981

SATURDAY, OCTOBER 12, 2019
FORT WORTH CONVENTION CENTER - MAIN ARENA



Fort Worth International Taekwondo Hanmadang Championship History

Grandmaster Won Chik Park, founder and tournament director, created this championship in October 1981. The early tournaments were held at Texas Christian University (TCU) in Fort Worth, Texas. Each year, the tournament has experienced tremendous growth in its support and number of competitors. This growth made it necessary to move the tournament to the Fort Worth Convention Center in 1986 and has been held there each year since.

In 1997, the tournament's name was officially changed from the Fort Worth Invitational to the Fort Worth International Taekwondo Championships. Modifying the tournament to an international event has given the champions valuable international experience and exposure. As word of this change made its way around the national and international communities, the event has drawn ever-increasing numbers of participating nations, making Fort Worth a great Taekwondo city and the United States a leader in martial arts interest and championship tournament participation.

What has remained consistent is the same work and dedication that goes into the planning and production of this tournament each year, making it one of the largest Taekwondo championships in the United States, and a significant one internationally. The tournament is recognized by the World Taekwondo Federation and supported by the Texas Taekwondo Association.





2019 39th Annual Fort Worth International Taekwondo Championships

Greetings to all participants:

It is with great pleasure that I welcome you to participate and celebrate the 39th Anniversary of the Fort Worth, International Taekwondo Championships. For 39 years, this tournament has striven to provide a premiere environment to showcase the competitive achievement, skills and dedication of our martial artists from around the United States of America.

This event would not have been possible without the many hard-working people who sacrificially have given their time and energy. The dedication of our Competitors, Masters, Instructors, Referees, Coaches, Families and numerous Volunteers have continued to raise the quality level of this tournament so that it has become recognized throughout the world as one of the best in north America. To all the many volunteers and sponsors helping to make this tournament so successful – you have my undying gratitude.

It is my hope that our competitors gain an enhanced vision of what is possible both in competition here and in their everyday lives because of the skills developed through Taekwondo. It is my belief that by sharing our skills in Taekwondo, we will assist each other in discovering the true strengths we all possess. To all participants – I wish you all the best of luck and a safe, enjoyable tournament.

Please join me as we look back over the past thirty-nine years and look forward to an even brighter future.

Sincerely,

Grandmaster Won Chik Park
Founder and Tournament
Director 9th Degree Black Belt





Founder & DirectorGrandmaster Won Chik Park

Advisor..... Grandmaster Roy Kurban

ORGANIZING COMMITTEE

Chairman Master Dan James

Co-Chairman.....Master Greg Gafford

Administration..... Master Betty James

Registration..... Emily & Johnny Park

Hospitality..... Deana Wagner

Award Coordinators Henry Wies, Lori Faber, Danny Hendrix

Volunteer Coordinator..... Nathan Hernandez

Medical..... Dr. Robert Kastenbaum, Dr. John Scott

Division Coordinators..... Jon Hasjford, Dr. Michele Nursrallah

Referee Chairman Master Richard Sacks, David Jones

Ring & Holding Area Coordinators Master Terry Avery, Master Riad Nusrallah

Security ControlWillie Allen, Kirk Manuel



FRIDAY - OCTOBER 11, 2019

Times and Schedules Subject to Change by Tournament Director

Late Registration & 3:00pm to 9:00pm at Hilton Hotel Downtown Fort Worth

Black Belk Weigh-In: 815 Main Street, Fort Worth, TX 76102 • 817-870-2100

Late Registration Fee: \$90 + \$10 Late Charge for each event

* Black belts are encouraged to weigh-in at the hotel during late registration, or they can do so the day of the tournament (see times below).

Referee Seminar: 6:00pm to 9:00pm at Hilton Hotel Fort Worth

Seminar registration must be received by October 5, 2019 No Seminar Fee

SATURDAY – OCTOBER 12, 2019

7:00-7:30 am - All referees, medical team, and organizing committee members must attend a meeting in the Official's Meeting room, in the Convention Center. **Breakfast will be provided**

All Color Belt Competition will begin at 8:00 am

Poomse, Gyorogi, Breaking & Weapons Competition

All Competitors MUST report to the holding area (behind Front Stage)

Holding Area will begin processing competitors officially at 7:30 am. However, after 7:30, any times are approximations based on tournament flow.

7:30 amBoys & Girls [Ages 5 years old, 6-7 years old, 8-9 years old (including Junior Black Belts 6-11yrs)]

8:30 amBoys & Girls [Ages 10-11, 12-13, 14-17 years old]

10:30 amMen & Women [Ages 18 & up – All Adult Color Belts]

10:00 am – 12:00 pm Black Belt WEIGH-IN

At the Holding area

Junior Black Belts Boys & Girls ages 12-13 years & 14-17 years and Men and Women ages 18-32 years old

** No Weigh-In Required for Senior men and women ages 33-39 and Executive senior men and women ages 40 -49, 50 & up.*

12:30 – 1:30 pm OPENING CEREMONY & AWARDS

The Honorable Betsy Price, Mayor of Fort Worth will introduce the 2019 Mayor's Cup

- All Black Belt competitions will begin after Opening Ceremonies & completion of Color Belts 1:30 pm
- All Black belt competitors should report to holding area [Boys & Girls Ages 12-13, 14-17 years; Black belt men & women 18-32 years; Senior Black belt men & women 33-39 years; Executive Black belt Senior men & women (ages 40 & up)]

General Information

Competitor Entry Fees

\$90.00 for 1 Event

\$100.00 for 2 Events

\$110.00 for 3 Events

\$120.00 for 4 Events

Pre-registration will be accepted until October 5, 2019

The following are available options to pre-register for the tournament.

Online: www.tourneyreg.net

Email: Fill out application completely (including waiver) and send to:
ftwinternationaltkd@gmail.com

You MUST include payment information on application to be officially registered

Mail:

Grandmaster Won Chik Park
PO Box 121972
Fort Worth, TX 76121

Late Registration (any day after October 5) will be accepted. There will be an additional \$10 charge for each event entered.

On Friday, October 11, 2019, you can register in person at the main lobby of the Hilton Hotel in Downtown Fort Worth from 3:00 pm to 9:00 pm.

Hotel Accommodations

The Hilton Hotel Downtown Fort Worth
www.fortworth.hilton.com
815 Main Street
Fort Worth, TX 76102 817-870-2100

Special Tournament Room Rate of \$129/night will be available until **September 30, 2019**

Admission Tickets for all Spectators

(CASH ONLY - An ATM is located inside the main entrance of the convention center)

\$13.00 General Admission for all ages - Children under 5 years old
get in free

\$10.00 Seniors 65 and over, Military members and First
Responders
(police, firefighters, paramedics)

Parking

Any available metered parking spots are free on the weekends. Other paid parking lots are all around the convention center.

Coaches Passes

\$25.00 per pass

You can mail or email the form to:

GM Won Chik Park

PO Box 121972

Fort Worth, TX 76121

ftwinternational@gmail.com

Schools will receive complimentary passes based on the # of competitors

10 Competitors	One (1) Free Coach Pass
11-20 Competitors	Two (2) Free Coach Passes
21 or more Competitors	Three (3) Free Coach Passes

These can be picked up and purchased the day of the tournament at the main area ticket window.

We are again proud to be the Hanmadang Taekwondo Championship. Hanmadang means "All- In- One" offering competitors the opportunity to compete in not only Poomsae and Kyorugi but also in Breaking and Weapons. Divisions and rules for breaking and weapons are included in this program.

Competition Rules and Regulations:

The current USA Taekwondo Rules and Regulations and the modified rules of the World Taekwondo Federation (WTF) will govern this championship.

NO CAMERAS OR VIDEO ALLOWED ON COMPETITION FLOOR

All competitors must have:

- A Clean, White WTF V-Neck Uniform
- Approved chest guard, headgear, shin-instep guard, forearm guard, protective cup, and mouthpiece.

All competitors will supply their own protective gear

Medals will be awarded in all divisions for all events - Poomsae, Kyorugi, Breaking and Weapons: **1st, 2nd, and two 3rd place**

Special Awards will be given to:

- Top 20 Schools with the most competitors
- Best 2 Referees of the Tournament



COMPETITOR ENTRY FORM

Pre-Registration is Mandatory for all competitors

You can register by:
Sending completed application and
payment to:

GM Won Park
PO Box 121972
Fort Worth, TX 76121

OR

Registering online:
www.ftwitkd.com/registration

Pre-registration fee for:

1 Event - \$90.00
2 Events - \$100.00
3 Events - \$110.00
4 Events - \$120.00

Payment must be received by mail or online by October 5, 2019.

Please make checks payable to Grandmaster Won Park.

FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE.

After October 5, 2019, there will be a \$10 late for each event registered.
Late Registration will be accepted online (www.ftwitkd.com) or in person on Friday,
October 26, 2018 at the Sheraton Hotel – Downtown Fort Worth – see website for
details

COMPETITOR AND MARTIAL ARTS SCHOOL INFORMATION (PLEASE PRINT OR TYPE ALL INFORMATION)

First Name		Middle Initial	Last Name	
Street Address	Apt #	City	State	Zip Code
Home #	Cell #	Email Address		
Martial Arts School Name		Master/Instructor's Name		
School's Address	City	State	Zip Code	
School's Phone #	School's Website			

DIVISION INFORMATION (Must be filled out completely for correct division placement)

Circle one – Male Female Date of Birth (Month/Day/Year) _____ Age _____ Weight _____

Belt (circle) White Orange Yellow Green Blue Red Black → Dan Rank _____

Events you are entering – Check all that apply

Poomsae _____ Kyorugi _____ Breaking _____ Weapons _____

PAYMENT INFORMATION (Completed if mailing entry form)

Type (Circle) Visa	Master Card	Check	Money Order	Total Amount Paid _____
Credit Card 16 Digit # _____	Expiration Date (MM/YY) _____			
Name on Card _____	CVV Code _____			
Billing Address (if different than above) _____				

Participant's Signature _____

Parent/Guardian's Signature (if under 18) _____

This form must be completed, signed and submitted along with a signed liability waiver and payment in order to participate. If participant is under 18, then a parent or guardian must complete both forms.

39th Fort Worth International Taekwondo Hanmadang Championships

WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND PARENTAL CONSENT AND INDEMNITY AGREEMENT

PLEASE READ AND SIGN THIS LIABILITY WAIVER

I understand that Taekwondo is a body-contact sport. I understand that nature of the 39th Annual Fort Worth International Taekwondo Championships activities and believe that my experience 39th capabilities, and/or that of my minor child, qualify me and/or my minor child to participate in this athletic event. I understand that the 39th Annual Fort Worth International Taekwondo Championships activities involve risks and dangers of serious bodily injury, including, but not limited to, permanent disability, paralysis and death. These risks and dangers may be caused by me and/or my minor child's own actions, or inactions, and/or the actions or inactions of others participating in or attending this athletic event.

Furthermore, I understand that Junior Competition Safety rules provide that for all Age Group 6-11 Years Old competitors, head and/or face contact is prohibited and for Age Group 12-13-Year-Old Black Belt competitors, head and/or face contact is limited to light contact only. I believe that my minor child's experience and capabilities qualify my minor child to participate and compete in this event.

In further consideration, I hereby, for myself, my minor child, my heirs, executors, and administrators forever irrevocably and unconditionally grant to Won Chik Park, Park, 39th Annual Fort Worth International Taekwondo Championships, their successors and assignees, the right to record, print or publish my picture, likeness and/or voice on film, video and/or in any printed form, including, but not limited to books and/or magazines, to edit such film, video and/or printed material at their discretion, and to use and/or authorize the use of such film video and/or printed material, or any portion thereof, in any manner or in any media at any time in perpetuity and to use my name, likeness, voice and biographical and other data concerning me or my minor child in connection therewith, including, but not limited to promotion in all forms of media. I do hereby release and hold harmless any and all right and claims, demands, and causes of action or loss, of whatever kind, and whether directly or indirectly, present or future, for damages which I or my minor child may have or may accrue to me or my minor child against Won Chik Park, 39th Annual Fort Worth International Taekwondo Championships, and any other person or entity using said film or video and/or other material.

I have read this agreement, fully understand its terms, understand that I and my minor child have given up substantial rights by signing this agreement and have signed this agreement freely and without any inducement or assurance of any nature and intend this agreement to be a complete and unconditional release of any and all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, that the rest of the agreement, notwithstanding, shall continue in full force and effect.

Participant's Signature **(must sign)**

Participant's Age

Date

Participant's Printed Name

Parent/Guardian's Signature **(must sign if participant under 18!)**

Parent/Guardian's Printed Name

COACH REGISTRATION FORM

Complete and return with payment by
October 5, 2019:

Mail:
Grandmaster Won Chik Park
PO Box 121972
Fort Worth, TX 76121

Email:
ftwinternationaltkd@gmail.com

Each School will receive complimentary passes based on the # of competitors that are entered in the tournament:

10 Competitors
11-20 Competitors
21 or more

1 Free Pass
2 Free Passes
3 Free Passes

All passes will be distributed at the door the day of the tournament.

THE COACHES FEE IS NON-REFUNDABLE AND NON-TRANSFERABLE

First Name	Middle Initial	Last Name	
Street Address	City	State	Zip Code
Home #	Cell #	Email Address	
Martial Arts School Name			Website
Instructor's Name		School's Phone #	

PAYMENT INFORMATION (must be filled out if mailing or emailing)

Type (Circle) Visa	Master Card	Check	Money Order	Total Amount Paid	_____
Credit Card 16 Digit # _____		Expiration Date (MM/YY) _____			
Name on Card _____		CVV Code _____			
Billing Address (if different than above) _____					

Liability Waiver

In consideration of your acceptance of my registration, I do hereby, for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims for damages which I may have, or which may accrue to me against Park Taekwondo, the Fort Worth International Championship organizing committee, and all members of the championship, or their respective officers, agents, representatives, successors, and/or assigns, and against any competitor for any and all damages which may be sustained by me in connections with my association with or entry into the above athletic meet, and in connections with any medical services I may be provided in connection with such injury or illness. I understand that the competition rules are based on the rules of the WTF; I agree to all the tournament competition rules and understand that if I do not follow these rules, I knowingly forfeit all applicable registration fees. I further understand that any pictures taken of me in connection with the said Taekwondo Championship may be used by the Tournament Director for publicity or promotion with compensation. I hereby agree to all the terms and conditions of the liability waiver above.

Signature of Applicant (Parent/Guardian if under 18)

Date

REFEREE APPLICATION

Send completed applications:
Email: ftwinternationaltkd@gmail.com

Or Mail:

Grandmaster Won Chik Park
PO Box 121972

Fort Worth, TX 76121

Applications must be received by October 5, 2019

Will you be working:

Half Day _____ Full Day _____

Referee Shirts will be provided. Please circle size:

S M L XL XXL

Will you be attending the referee seminar?

YES _____ NO _____

Seminar will be on Friday, October 11, 2019, from 6:00 pm until
9:00 pm at:

The Hilton Hotel Downtown Fort Worth
815 Main Street
Fort Worth, TX 76102
Meeting room TBD

Seminar is Free. Pizza will be provided.

First Name		Middle Initial	Last Name	
Street Address		City	State	Zip Code
Home Phone		Cell Phone	Email	
Date of Birth	Current Age		Please Circle	M F
Martial Arts School Name		Website		
Instructors Name		School's Phone #		
Current Rank/Dan		Current Referee Classification and Certification #		
Please note: You must be at least 18 years of age and hold at least a 1 st Dan Black Belt to be eligible to referee for the tournament.				

Liability Waiver

In consideration of your acceptance of my registration, I do hereby, for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims for damages which I may have, or which may accrue to me against Park Taekwondo, the Fort Worth International Championship organizing committee, and all members of the championship, or their respective officers, agents, representatives, successors, and/or assigns, and against any competitor for any and all damages which may be sustained by me in connections with my association with or entry into the above athletic meet, and in connections with any medical services I may be provided in connection with such injury or illness. I understand that the competition rules are based on the rules of the WTF; I agree to all the tournament competition rules and understand that if I do not follow these rules, I knowingly forfeit all applicable registration fees. I further understand that any pictures taken of me in connection with the said Taekwondo Championship may be used by the Tournament Director for publicity or promotion with compensation. I hereby agree to all the terms and conditions of the liability waiver above.

Signature of Applicant

Date

VOLUNTEER APPLICATION

Send completed applications by:
Email: ftwinternationaltkd@gmail.com

Or Mail:

Grandmaster Won Chik Park
PO Box 121972
Fort Worth, TX 76121

Applications must be received by October 5, 2019

Will you be working:

Half Day _____ Full Day _____

Volunteer shirts will be provided. Please circle size:

S M L XL XXL

First Name	Middle Initial	Last Name	
Street Address	City	State	Zip Code
Home Phone	Cell Phone	Email	
Date of Birth	Current Age	Please Circle	M F
Martial Arts School Name	Website		
Instructors Name	School's Phone #		

Liability Waiver

In consideration of your acceptance of my registration, I do hereby, for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims for damages which I may have, or which may accrue to me against Park Taekwondo, the Fort Worth International Championship organizing committee, and all members of the championship, or their respective officers, agents, representatives, successors, and/or assigns, and against any competitor for any and all damages which may be sustained by me in connections with my association with or entry into the above athletic meet, and in connections with any medical services I may be provided in connection with such injury or illness. I understand that the competition rules are based on the rules of the WTF; I agree to all the tournament competition rules and understand that if I do not follow these rules, I knowingly forfeit all applicable registration fees. I further understand that any pictures taken of me in connection with the said Taekwondo Championship may be used by the Tournament Director for publicity or promotion with compensation. I hereby agree to all the terms and conditions of the liability waiver above.

Signature of Applicant

Date

ALL COLOR BELT POOMSE (FORM) AWARDS

- 1st, 2nd, & TWO 3rd PLACE MEDALS WILL BE AWARDED IN ALL DIVISIONS
- Each division will be divided
- All Color Belt Poomse for competition: TaeGeuk Poomse or PalGue Poomse (Black belts see division page for specifics on Poomse)

ALL COLOR BELT GYROOGI (SPARRING) AWARDS

- 1st, 2nd, & TWO 3rd PLACE MEDALS WILL BE AWARDED IN ALL DIVISIONS
- Fort Worth International Championship sparring are two (2) rounds of one (1) minute each per contest with a fifteen (15) second rest period between rounds.
- Gyroogi competitions immediately following each Poomse divisions & at same ring
- Protective equipment is mandatory. All competitors must wear approved chest protector, mouthpiece, headgear, shin and instep protectors (white or foam pad) and forearm protector (white or foam pad). Males are required to wear a protective cup inside the uniform.

*Best Wishes
To All Competitors*



COLOR BELT POOMSE (FORM) & GYROOGI (SPARRING) DIVISIONS

JUNIOR DIVISIONS

CODE	DIVISION	CODE	DIVISION	CODE	DIVISION
Junior 5 & Under		Junior Boys & Girls 6-7		Junior Boys 8-9	
A-1	ORANGE/WHITE	B-1	ORANGE/WHITE	C-1	ORANGE/WHITE
A-2	YELLOW BELT	B-2	YELLOW BELT	C-2	YELLOW BELT
A-3	GREEN BELT	B-3	GREEN BELT	C-3	GREEN BELT
A-4	BLUE BELT	B-4	BLUE BELT	C-4	BLUE BELT
A-5	RED BELT	B-5	RED BELT	C-5	RED BELT
A-6	BLACK BELT	B-6	BLACK BELT	C-6	BLACK BELT
Junior Girls 8-9		Junior Boys 10-11		Junior Girls 10-11	
D-1	ORANGE/WHITE	E-1	ORANGE/WHITE	F-1	ORANGE/WHITE
D-2	YELLOW BELT	E-2	YELLOW BELT	F-2	YELLOW BELT
D-3	GREEN BELT	E-3	GREEN BELT	F-3	GREEN BELT
D-4	BLUE BELT	E-4	BLUE BELT	F-4	BLUE BELT
D-5	RED BELT	E-5	RED BELT	F-5	RED BELT
D-6	BLACK BELT	E-6	BLACK BELT	F-6	BLACK BELT
Junior Boys 12-13		Junior Girls 12-13		Junior Boys 14-15	
G-1	ORANGE/WHITE	H-1	ORANGE/WHITE	I-1	ORANGE/WHITE
G-2	YELLOW BELT	H-2	YELLOW BELT	I-2	YELLOW BELT
G-3	GREEN BELT	H-3	GREEN BELT	I-3	GREEN BELT
G-4	BLUE BELT	H-4	BLUE BELT	I-4	BLUE BELT
G-5	RED BELT	H-5	RED BELT	I-5	RED BELT
Junior Girls 14-15		Junior Boys 16-17		Junior Girls 16-17	
J-1	ORANGE/WHITE	K-1	ORANGE/WHITE	L-1	ORANGE/WHITE
J-2	YELLOW BELT	K-2	YELLOW BELT	L-2	YELLOW BELT
J-3	GREEN BELT	K-3	GREEN BELT	L-3	GREEN BELT
J-4	BLUE BELT	K-4	BLUE BELT	L-4	BLUE BELT
J-5	RED BELT	K-5	RED BELT	L-5	RED BELT

ADULT DIVISIONS

CODE	DIVISION	CODE	DIVISION	CODE	DIVISION
Men 18-32		Senior Men 33-39		Exec. Senior Men 40 & Up	
M-1	ORANGE/WHITE	O-1	ORANGE/WHITE	Q-1	ORANGE/WHITE
M-2	YELLOW BELT	O-2	YELLOW BELT	Q-2	YELLOW BELT
M-3	GREEN BELT	O-3	GREEN BELT	Q-4	GREEN BELT
M-4	BLUE BELT	O-4	BLUE BELT	Q-5	BLUE BELT
M-5	RED BELT	O-5	RED BELT	Q-6	RED BELT
Junior 5 & Under		Junior Boys & Girls 6-7		Junior Boys 8-9	
N-1	ORANGE/WHITE	P-1	ORANGE/WHITE	R-1	ORANGE/WHITE
N-2	YELLOW BELT	P-2	YELLOW BELT	R-2	YELLOW BELT
N-3	GREEN BELT	P-3	GREEN BELT	R-3	GREEN BELT
N-4	BLUE BELT	P-4	BLUE BELT	R-4	BLUE BELT
N-5	RED BELT	P-5	RED BELT	R-5	RED BELT

Cadet Black Belts - Ages 12-14 years old

POOMSE (FORMS)

DIVISIONS	BOYS WEIGHT	GIRLS WEIGHT
Light	Not Exceeding 85 lbs. (39kg)	Not Exceeding 85 lbs. (39kg)
Light Middle	85.1-105 lbs. (43-52 kg.)	85.1-105 lbs. (43-52 kg.)
Middle	105.1-125 lbs. (52-57 kg.)	105.1-125 lbs. (52-57 kg.)
Heavy	Over 125 lbs. (Over 61kg.)	Over 125 lbs. (Over 61kg.)

The Official Poomse for the competition will be those recognized by the World Taekwondo

Federation (listed below)

1ST DAN KORYO

2ND DAN KEUMGANG

3RD DAN TAEBAEK

GYROOGI (SPARRING)

DIVISIONS	BOYS WEIGHT	GIRLS WEIGHT
Fin	Not Exceeding 75 lbs. (34kg)	Not Exceeding 75 lbs. (34kg)
Fly	75.1-85 lbs. (34-39 kg.)	75.1-85 lbs. (34-39 kg.)
Bantam	85.1-95 lbs. (39-43 kg.)	85.1-95 lbs. (39-43 kg.)
Feather	95.1-105 lbs. (43-48 kg.)	95.1-105 lbs. (43-48 kg.)
Light	105.1-115 lbs. (48-52 kg.)	105.1-115 lbs. (48-52 kg.)
Welter	115.1-125 lbs. (52-57 kg.)	115.1-125 lbs. (52-57 kg.)
Middle	125.1-135lbs (57-61kg.)	125.1-135lbs (57-61kg.)
Heavy	Over 135 lbs. (Over 61kg.)	Over 135 lbs. (Over 61kg.)

Rounds and Duration - Each match will be single elimination

	# of Rounds	Time Limit Rest Period
ELIMINATION	2	1 minute 30 seconds
SEMI-FINALS	2	1 ½ minutes 30 seconds

Junior Black Belts - Ages 15-17 years old

POOMSE (FORMS)

DAN	DIVISIONS	MEN'S WEIGHT	WOMEN'S WEIGHT
1st Dan	Light	Not Exceeding 105.8 lbs. Not Exceeding 97.0 lbs.	
-	Light Middle	105.8-121.2 lbs.	97.1-108.0 lbs.
6th Dan	Middle	121.3-138.9 lbs.	108.1-121.2 lbs.
	Light Heavy	139.0-160.9	121.3-138.9 lbs.
	Heavy	Over 160.9 lbs.	Over 138.9 lbs.

The Official Poomse for the competition will be those recognized by the World Taekwondo Federation (listed below)

1st Dan Koryo 2nd Dan Keumgang 3rd Dan Taebaek 4th Dan

Pyongwon GYROOGI (SPARRING)

Divisions	Men's Weight	Women's Weight
Fin	Not Exceeding 99.2 lbs. (45kg)	Not Exceeding 92.5 lbs. (42kg)
Fly	99.3-105.8 lbs. (45-48 kg.)	92.5-97.0 lbs. (42-44 kg.)
Bantam	105.9-112.4 lbs. (48-51 kg.)	97.1-101.4 lbs. (44-46 kg.)
Feather	112.5-121.3 lbs. (51-55 kg.)	101.5-108.0 lbs. (46-49 kg.)
Light	121.4-130.0 lbs. (55-59 kg.)	108.1-114.6 lbs. (49-52 kg.)
Welter	130.1-138.9 lbs. (59-63 kg.)	114.7-121.3 lbs. (52-55 kg.)
Light Middle	139.0-149.9 lbs. (63-68 kg.)	121.4-130.0 lbs. (55-59 kg.)
Middle	150.0-160.9 lbs. (68-73kg.)	130.1-138.9lbs (59-63kg.)
Light Heavy	161.0-172.0 lbs. (73-78 kg.)	139.0-149.9 lbs. (63-68 kg.)
Heavy	Over 172 lbs. (Over 78kg.)	Over 150.0 lbs. (Over 68kg.)

Rounds and Duration - Each match will be single elimination

	# of Rounds	Time Limit	Rest Period
ELIMINATION	2	1 ½ minutes	30 seconds
SEMI-FINALS	2	2 minutes	30 seconds

Fist Gloves (15-17 and 18-32 years old Black Belts are required to wear WTF/USAT approved Taekwondo gloves. Gloves may be red, blue or white. If red or blue color, must correspond with the chest protector. Gloves are optional for all other divisions).

Adult Black Belts - Ages 18-32 years old

POOMSE (FORMS)

DAN	DIVISIONS	MEN'S WEIGHT	WOMEN'S WEIGHT
1st Dan	Light	Not Exceeding 127 lbs.	Not Exceeding 103.3 lbs.
-	Light Middle	127.6-147.4 lbs.	103.3-121.0 lbs.
6th Dan	Middle	147.5-171.6 lbs.	121.1-143.0 lbs.
	Heavy	Over 171.6 lbs.	Over 143.0 lbs.

The Official Poomse for the competition will be those recognized by the World Taekwondo

Federation (listed below)

1st Dan Koryo 2nd Dan Keumgang 3rd Dan Taebaek 4th Dan Pyongwon

GYROOGI (SPARRING)

Divisions	Men's Weight	Women's Weight
Fin	Not Exceeding 119.0 lbs. (54kg)	Not Exceeding 101.4 lbs. (46kg)
Fly	119.1-127.9 lbs. (54-58 kg.)	101.5-108.0 lbs. (46-49 kg.)
Bantam	128.0-138.9 lbs. (58-63 kg.)	108.1-116.9 lbs. (49-53 kg.)
Feather	139.0-149.9 lbs. (63-68 kg.)	117.0-125.7 lbs. (53-57 kg.)
Light	150.0-163.1 lbs. (68-74 kg.)	125.8-136.7 lbs. (57-62 kg.)
Welter	163.2-176.4 lbs. (74-80 kg.)	136.8-147.7 lbs. (62-67 kg.)
Middle	176.5-191.8 lbs. (80-87 kg.)	147.8-160.9 lbs. (67-73 kg.)
Heavy	Over 191.8 lbs. (Over 87 kg.)	Over 150.0 lbs. (Over 73 kg.)

Rounds and Duration - Each match will be single elimination

	# of Rounds	Time Limit	Rest Period
ELIMINATION	2	1 ½ minutes	30 seconds
SEMI-FINALS	2	2 minutes	30 seconds

Fist Gloves (15-17 and 18-32 years old Black Belts are required to wear WTF/USAT approved Taekwondo gloves. Gloves may be red, blue or white. If red or blue color, must correspond with the chest protector. Gloves are optional for all other divisions).

Senior Adult Black Belts - Ages 33 years old & up
--

POOMSE (FORMS)

DAN	DIVISIONS	MEN'S WEIGHT	WOMEN'S WEIGHT
	Light	Not Exceeding 149.6 lbs.	Not Exceeding 125.4 lbs.
	Heavy	Over 149.6 lbs.	Over 125.4 lbs.

The Official Poomse for the competition will be those recognized by the World Taekwondo Federation (listed below)

1st Dan Koryo 2nd Dan Keumgang 3rd Dan Taebaek 4th Dan Pyongwon

GYROOGI (SPARRING)

Divisions	Men's Weight	Women's Weight
Light	Not Exceeding 127.6 lbs.	Not Exceeding 107.8 lbs.
Light Middle	127.7-149.6 lbs. (74-80 kg.)	107.9-125.4 lbs. (62-67 kg.)
Middle	149.7-176.0 lbs. (80-87 kg.)	125.5-147.4 lbs. (67-73 kg.)
Heavy	Over 176.1 lbs. (Over 87 kg.)	Over 147.5 lbs. (Over 73 kg.)

Rounds and Duration - Each match will be single elimination

	# of Rounds	Time Limit	Rest Period
ELIMINATION	2	1 ½ minutes	30 seconds
SEMI-FINALS	2	2 minutes	30 seconds

Rules for Breaking Events

Based on Official Hanmadang Rule Book

High Jump Kick Event

Jumping Kick Breaking refers to breaking targets positioned as high as possible.

1. Method of contest: The contestant who breaks the target at the greatest height without penalty shall be declared the winner. 2nd and 3rd place awards will be given to those who are runner-up in each division.
2. Contest time: 30 seconds
3. Attire: Approved Dobok
4. Technical regulations:
 - a. Equipment assisting in the jump is not allowed. (Jumping off something or someone)
 - b. Running approach is more or less than seven meters.
 - c. The first height is set by the contest regulations; however, the ascending height increments are decided by the Referee.
 - d. Contestants who do not break the target cannot attempt to break the next target height.
 - e. Disqualification penalties will be given to the following acts:
 - f. The contestant's name is different than what is on the Contestants List.
 - g. The contestant touches the ground with her/his hand or falls over.

Knife Hand Breaking Event

Knife Hand breaking technique should be followed as in the Kukkiwon textbook.

1. Method of contest: Contestant who breaks the greatest number of targets without penalty will be declared the winner. 2nd and 3rd place awards will be given to those who are runner-up. Ranking system
(More targets attempted gets higher rank)
2. Contest time: 30 seconds or less
3. Attire: Approved Dobok
4. Compulsory Provisions
 - a. Targets used in breaking events must be those authorized by the Organizing Committee.
 - b. In principle, the Knife Hand and wrist cannot be covered by bandages or any other materials.
 - c. Use of any materials covering the Knife Hand and wrist due to injury must be approved by the Referee.
 - d. Knife Hand breaking must be done with the part between the side of the first knuckle of the little finger and side of the wrist.
 - e. Fingers must be extended straight out from the hand palm area. The tips of all four fingers may be bent at the most distal knuckle.
 - f. Breaking is conducted only once.
5. Technique will be allowed for the following acts:
 - a. Contestants are permitted to lift one foot off of the ground while applying their technique.
6. Warning penalties are given for the following acts:
 - a. Disturbing another contestant's performance
 - b. Disobeying the Referee's instruction
7. Deduction penalties are given for the following acts:
 - a. Touching the ground with any body part other than the foot after breaking.
 - b. Exceeding the contest time: Deduct one point for each ten seconds.
 - c. Undesirable acts
8. Disqualification penalties are given to the following acts:
 - a. The competitor's name is different than what is on the Contestants List.
 - b. **Pushing down with the body** or breaking twice
 - c. Falling down after breaking
 - d. Use of only the wrist to break
 - e. Breaking in any dishonest way

ALL AGES AND ALL RANKS WEAPONS CREATIVE POOMSAE

DIVISIONS

5 & under	6 & 7	8 & 9	10 & 11	12 & 13	14 & 15	16 & 17
White/Yellow	White/Yellow	White/Yellow	White/Yellow	White/Yellow	White/Yellow	White/Yellow
Green	Green	Green	Green	Green	Green	Green
Blue	Blue	Blue	Blue	Blue	Blue	Blue
Red	Red	Red	Red	Red	Red	Red
		1 st Poom Black	1 st Poom Black	1 st Poom Black	1 st Poom Black	1 st Dan Black
		2 nd Poom	2 nd Poom	2 nd Poom	2 nd Poom	2 nd Dan
				3rd Poom	3 rd Poom	3 rd Dan
18 – 32		33 - 45		46 & up		
White/Yellow	2 nd Dan	White/Yellow	2 nd Dan	White/Yellow		2 nd Dan
Green	3 rd Dan	Green	3 rd Dan	Green		3 rd Dan
Blue	4 th Dan	Blue	4 th Dan	Blue		4 th Dan
Red	5 th Dan	Red	5 th Dan	Red		5 th Dan
1st Dan Black	6 th Dan	1st Dan Black	6 th Dan	1st Dan Black		6 th Dan

All Kyuk Pa (Breaking) – KNIFE HAND POWER BREAK 14 & UP ONLY

5 & under	6 & 7	8 & 9	10 & 11	12 & 13	14 & 15	16 & 17
White/Yellow	White/Yellow	White/Yellow	White/Yellow	White/Yellow	White/Yellow	White/Yellow
Green	Green	Green	Green	Green	Green	Green
Blue	Blue	Blue	Blue	Blue	Blue	Blue
Red	Red	Red	Red	Red	Red	Red
		1 st Poom Black	1 st Poom Black	1 st Poom Black	1 st Poom Black	1 st Dan Black
		2 nd Poom	2 nd Poom	2 nd Poom	2 nd Poom	2 nd Dan
				3rd Poom	3 rd Poom	3 rd Dan
18 – 32		33 - 45		46 & up		
White/Yellow	2 nd Dan	White/Yellow	2 nd Dan	White/Yellow		2 nd Dan
Green	3 rd Dan	Green	3 rd Dan	Green		3 rd Dan
Blue	4 th Dan	Blue	4 th Dan	Blue		4 th Dan
Red	5 th Dan	Red	5 th Dan	Red		5 th Dan
1st Dan Black	6 th Dan	1st Dan Black	6 th Dan	1st Dan Black		6 th Dan

Side Kick and Back turning Kick (Back Kick) Breaking Event

Kicking technique should be followed as in the Kukkiwon textbook.

1. Method of contest: Ranking system (More breaking gets higher rank.)
2. Contest time: 30 seconds or less
3. Attire: Approved Dobok
4. Compulsory Provisions
 - a. Targets used in breaking events must be those authorized by the Organizing Committee.
 - b. In principle, the foot cannot be covered by bandages or any other materials.
 - c. Use of any materials covering the foot due to injury must be approved by the Referee.
 - d. Side Kick breaking must be done with the sole of the foot or outer part of the foot.
 - e. The height of breaking materials must be higher than the contestant's waist.
 - f. Breaking is conducted only once.
5. Technique will be allowed for the following acts:
 - a. Contestants are permitted to lift one foot off of the ground while applying their technique.
 - b. Contestants are permitted to apply their technique using either their front foot or back foot.
6. Warning penalties are given to the following acts:
 - a. Disturbing another contestant's performance
 - b. Disobeying the Referee's instruction
7. Deduction penalties are given to the following acts:
 - a. Touching the ground with any part other than the foot after breaking
 - b. Exceeding the contest time: Deduct one point for each ten seconds.
8. Disqualification penalties are given to the following acts:
 - a. The competitor's name is different than what is on the Contestants List.
 - b. Falling down after breaking
 - c. Breaking in any dishonest way

Individual Creative Breaking

1. Method of contest: Ranking system based on scoring criteria below.
2. Contest time: 60 seconds for preparation and 60 seconds for execution when referee states Shi-jak
3. Attire: Approved Dobok
4. Maximum amount of boards is 10. The minimum is 1.
5. Boards will be provided by tournament committee
6. No alterations are allowed. Such as adding a board fragment.
7. No props may be used
8. Each board may be attempted to break three times.
9. Scoring criteria:
 - a. Every contestant starts with 50 base points
 - b. 10 points for creativity and difficulty
 - c. 10 points for execution
 - d. 10 points for presentation
 - e. 10 points for Taekwondo spirit
10. Deductions
 - a. 1-point penalty for every second exceeding the time limit in either preparation or performance
 - b. 1-point penalty for every attempt after the first
 - c. 1-point penalty for going out of bounds
 - d. 1 point for unsportsmanlike conduct

USE LEGEND WHEN REGISTERING

Individual Events

Legend



Individual Creative Breaking	ICB
Individual Creative Forms With Weapons	ICFWW
Individual Creative Forms Without Weapons	ICFWO
Individual Jumping High Kick	IJHK
Individual Power Breaking Knife Hand (Downward)	IPBKHD
Individual Power Breaking Skipping Side Kick	IPBSSK
Individual Power Breaking Turning Back Kick	IPBTBK
Individual Spinning Hook Kick (30 sec.)	ISHK
Individual Traditional Forms	ITF
Sport Gyeokgum (Sword Sparring)	SGSS
Individual Traditional Sword Forms	ITSF

Team Events

Team Creative Forms With Weapons	TCFWW
Team Creative Forms Without Weapons	TCFWO
Team Demonstration	TD
Team Traditional Forms	TTF
Team Traditional Sword Forms	TTSF





Philosophical Principles of Taekwondo

The philosophy of Taekwondo is very special, but what makes it so special? If we learn philosophy from books, we tend to forget it as soon as we leave them, because it is not related to our actual lives. But since Taekwondo is connected with our lives like every movement of ours is, we can never forget its philosophy.

That is the philosophy is one of actions that can be learned from other actions, and our everyday lives. Taekwondo philosophy represents the principles of the changes and movements in human beings. It also represents the principles of our lives, since life consists of our movements. Therefore, we can say Taekwondo is a philosophy in itself. We can understand the philosophy of Taekwondo by doing Taekwondo, and this understanding should lead to better understanding and enhancement of our life.

The principles of Taekwondo can be explained in several ways but here we will explain it simply with the principle of "Sam Jae" [Three Elements] and that of "Eum" [The Negative or Darkness] and "Yang" [The Positive or Brightness]. "Sam Jae" refers to "Cheon" [the Heaven], "Ji" [the Earth] and "In" [the Man] and the principles concerning them. In oriental countries, it has been recognized as the central principle that explains the changes of everything in the world. "Sam Jae" and the changes of "Eum" and "Yang" constitute the "Eight Trigrams for Divination" in the "Book of Changes." The principle of "Sam Jae" has been emphasized in oriental countries, especially in Korea. If you understand Taekwondo's principle, you could understand all the

skills and spiritual depth of Taekwondo. The principle of "Eum" and "Yang" has also been emphasized in oriental countries as the central principle of life. It maintains that everything has an opposite side. This principle explains various forms of changes, but it comes from

"Taegeuk" [The Great Absolute], which represents the ultimate claim that "Eum" and "Yang" was the one and the same thing. If we understand Taekwondo according to this principle, we will find a solution, and by continuously changing skills, we will never get stuck, in any situation. After we understand these philosophical principles of Taekwondo, we can find proper ways to understand and develop our lives.



Pictures from the 38th Annual Fort Worth International Taekwondo Championships



October 15th, 1992
“GRANDMASTER WON CHIK PARK DAY”

PROCLAMATION
by
City of Fort Worth

박 원 직 의 날 선 포

미국 텍사스주 포트워스시



About Grandmaster Won Chik Park

Grandmaster Won Chik Park began his Taekwondo training at Ji Do Kwan Pusan Do Jang in 1954 under Grandmaster Hyon Jong Park in Pusan, Korea. He has over 50 years' experience teaching Taekwondo and holds the rank of 9th Degree Black Belt (Dec 15, 1993) by Kukkiwon and World Taekwondo Federation in Seoul, Korea. This is one of highest rankings in the World.

Grandmaster Park founded his own Dojang in Seoul, Korea, 1968, moved to the United States in 1972 to establish a school in Detroit, MI. In 1978, he moved to the Dallas-Fort Worth area to open the dojang that he continues to teach at today.



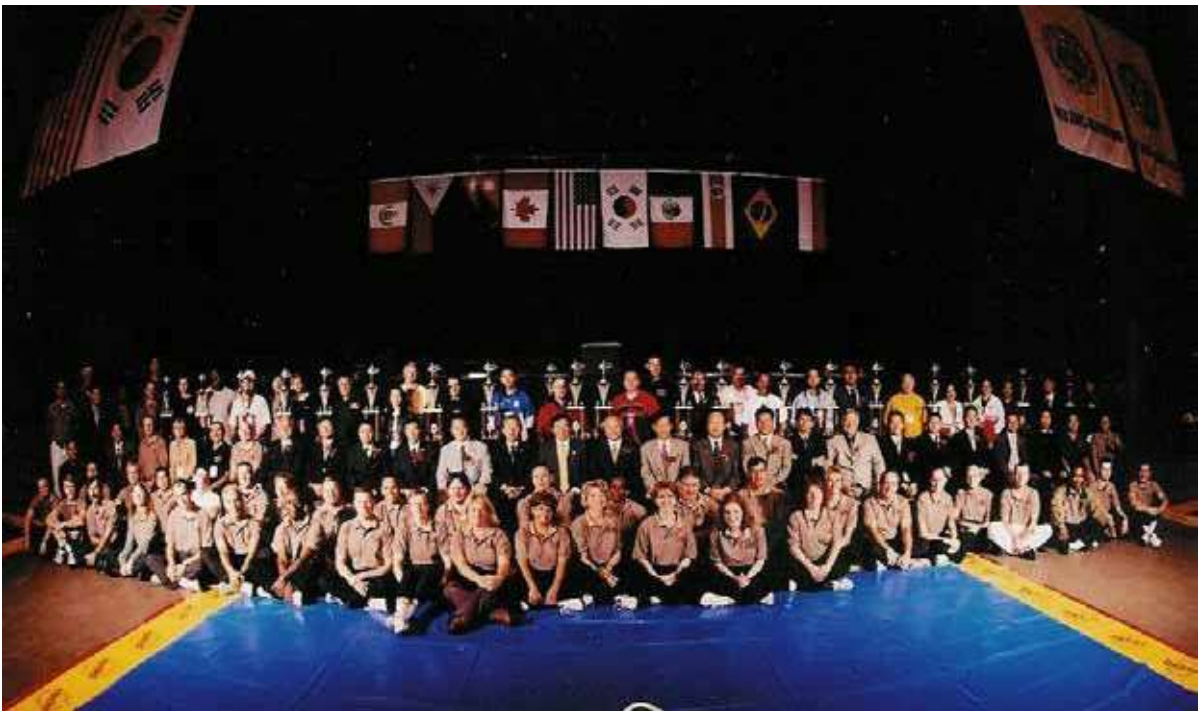
Grandmaster Park is also the founder of the United States Taekwondo Grandmasters Society a non-profit organization working to establish the United States Taekwondo Museum and Hall of Fame, among other missions; a facility which will examine and reveal the history of the ancient martial art of Taekwondo, as well as the Korean culture from which it emerged.

The Dallas-Fort Worth community find us particularly fortunate to have Grandmaster Park, with his vast experience and wisdom, in our midst. He has given his life to Taekwondo and hopes that he leaves a legacy to the art he loves.

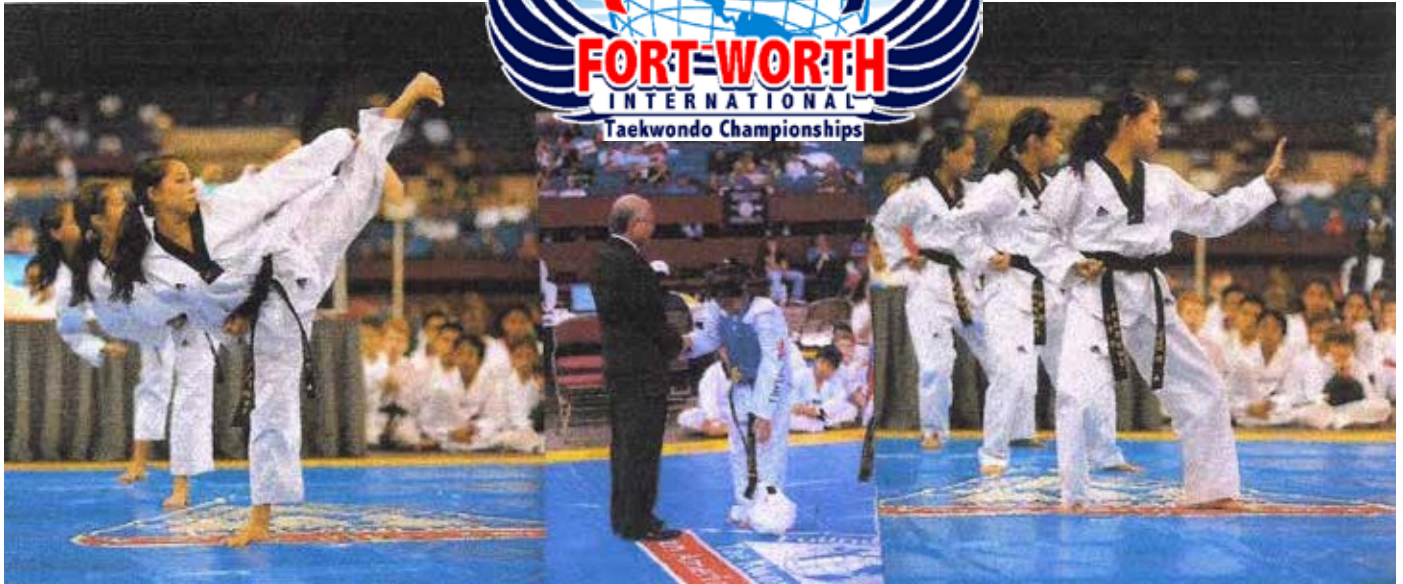




**25th Annual Fort Worth International
Championship Opening Ceremony
2005**



Opening ceremony of Fort Worth International Championship 2003





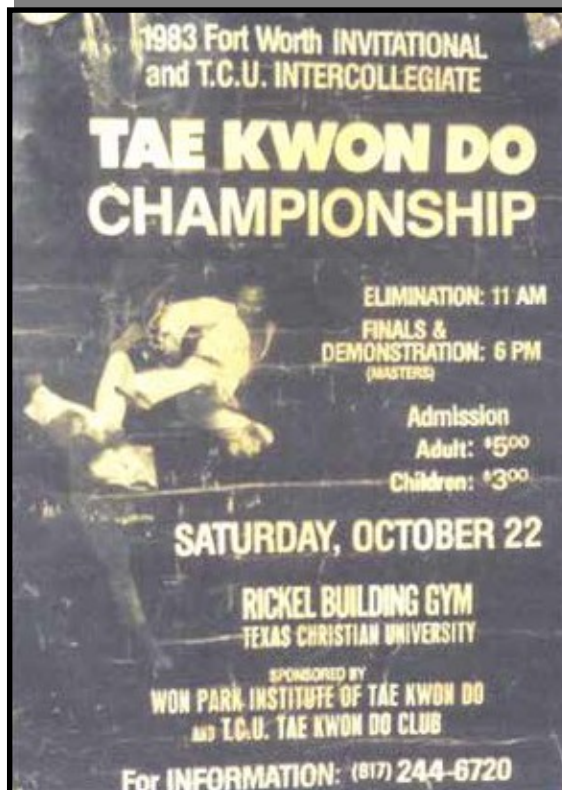
Grandmaster Won Chik Park 9th Dan
Founder and Tournament Director since 1981



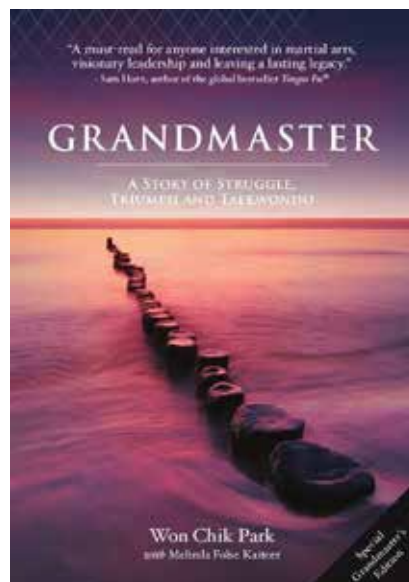
Instructor at High School in Pusan, Korea 1960



**Flying Side Kick to sandbag at
Do Jang in Detroit Michigan -
1973**



**Taekwondo Championship at TCU
1983**



**A STORY OF STRUGGLE,
TRIUMPH AND TAEKWONDO**

禮始禮終

*"Enrich your life by respecting yourself
and having a deep respect for others."*

GRANDMASTER WON CHIK PARK
9th Dan Black Belt
by Kukkiwon