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ONG'S TAEKWONDO

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# 2025

# FLORIDA OPEN

# TAEKWONDO

## CHAMPIONSHIPS | INTERNATIONAL

MAY 10, 2025

TRINITY HIGH SCHOOL GYMNASIUM  
2600 SW 42ND ST. OCALA 34471

TRADITIONAL | OPEN POOMSAE | PARA  
SPORT POOMSAE | BREAKING | SPARRING



FOR INQUIRIES PLEASE CONTACT: 352-804-4120

FACEBOOK: ONG'S TAEKWONDO OCALA  
EMAIL: INFO.ONGSTAEKWONDO@GMAIL.COM



**REGISTRATION INFORMATION**

**Registration Website:** [inhetms.com](http://inhetms.com)

**Organizer Information:** **Ongs Taekwondo LLC**  
Head Quarters: 2201 SW 19th Ave, Suite 100 Ocala FL. 34471  
Mobile: 352.804.4120  
Email: [ongstk@gmail.com](mailto:ongstk@gmail.com) Website: [ongstaekwondo.com](http://ongstaekwondo.com)

**Tournament Venue:** **Trinity Catholic HighSchool**  
Basketball Gymnasium  
2600 SW 42nd St, Ocala, FL 34471.

**Time:**  
**Door open : 08:30 am**  
**Competition Start : 10:30 am**  
**Lunch Break : 12:30 nn**  
**Competition End : 06:00 pm**

**Registration Period and Tournament Fee:**

- May 8, 2025 -11:59 pm (EST): Registration Deadline
- One - Event \$ 95 / athlete
- \$20 for Additional Event
- Wood Boards \$3 each board.
- Late Registration from May 6 to May 10, 2025. will have additional \$10 per event.

**Enrollment Deadline:** All registrations must be received on or before May 5, **2025**.  
Registration at the door will be charged extra **\$10** late fee.  
Foreign competitors must register a month before tournament date.

**Additional Fee:** Adult and Children = \$15.00      5 yrs under = Free

**Coaching:** **Local Coach Fee: \$25**  
**Foreign Coach Fee is \$100.**

## TOURNAMENT INFORMATION

- **Traditional Poomsae Class:** For all belts and ages who do world Taekwondo poomsae
- **Sports Poomsae Class:** For more experienced competitors aged twelve years old and up  
Black belts who do world Taekwondo poomsae.
- **Para Poomsae Class:** For athletes with special needs of all belts and ages  
To build tournament experience and gain confidence  
Available only for individual event.
- **Open Poomsae Class:** For athletes of all belts and ages who do old Taekwondo forms/ ITF forms. Available only for individual event.
- **Sparring Class:** For athletes of all belts and all ages
- **Board Breaking Class:** For athletes of all ages with exceptional skills of strength and flexibility.

**Competition Rules:** Modified WT competition rules, modified USAT Junior Safety Rule for all Black Belts and Junior Black Belts only. For players aged 11 years old, the rules may vary upon the discretion of the tournament committee.

**Competitor Awards:** **POOMSAE, BREAKING & SPARRING** players will be awarded a medal for 1st, 2nd & two 3rd place winners.

**School Awards:** “Best Player Award”- Player who showcased extraordinary ability and with the highest approval rate from judges and referees.

**Mandatory Equipment:** WT approved Taekwondo Uniforms Black V-neck for Black Belts only and white V-neck for non-Black Belts. All sparring competitors must wear WT Approved headgear, red and blue reversible chest protector, forearm guard, fist gloves, shin and instep guard, groin cup and mouthpiece. Each competitor must provide his or her own equipment.

**Participants failing to wear their full protective gear will incur a deduction of -1 point for each violation throughout the entire match.**

## SCHEDULE OF EVENTS

- 8:30am** - **Door Opens**  
 Pick-up of ID / Credentials  
 Pick-up of Boards  
 Weigh-In of Athletes
- 9:30 am** - **Opening Ceremony**
- USA National Anthem by Josiah Santiago of Extreme Taekwondo Ocala
  - Invocation by Ong's Taekwondo Florida
  - Welcome and Inspirational Remarks by Master Angelito Ong
  - Roll Call of Participating Teams
  - Oath of Referee
  - Oath of Sportsmanship of Ong's Taekwondo Ocala
  - Official Declaration of the Tournament by Master Tony Ong of OTA-USA
  - Master of Ceremony by Master Rebecca Ong.
- 10:30 am** - **Competition Begins**
- All Belts:** Poomsae Individual, Pair, Team, and Breaking
- 12:30 pm** - Lunch Break
- 12:30 pm** - **Demonstration by Ong's Taekwondo Ocala & Sebring Team.**
- 1:00 pm** - **Level A - Olympic Sparring (with Head Kick) for All Black Belts:**  
**Cadet** 12 -14 yrs; **Junior** 15 - 17 yrs; **Senior** 18 - 32 yrs; **Ultra** 33 yrs & up.
- 2:00 pm** - **Level B - Regular Sparring (No Head Kick) for All Belts:**  
**Toddler** 4 - 6 yrs; **Kids TKD** 7-9 yrs; **Youth** 10 -11 yrs; **Cadet** 12 - 14 yrs; **Junior** 15 -12 yrs.
- 6:00 pm** - **Closing Ceremony**

## POOMSAE EVENTS

Traditional Poomsae Event		
Individual	Pairs	Team
Single Athlete	Two Athletes	Three Athletes

- Open to all ages and belt level: Individual, Pairs and Team
- No gender restrictions in forming pairs or teams
- No age restrictions in forming of the pairs and teams
- All belt combinations are allowed in forming of the pairs and teams
- Pairs consists of only 2 members
- Teams can consist of 3 members
- Individual: must perform designated poomsae for your belt level
- Pairs/Team: Must perform designated poomsae based on level (Novice, Advanced, Black belt)

### Scoring:

Traditional Class: Scoring will be in the following order of importance:

- Individual: Presentation, Accuracy, TKD spirit
- Pair: Presentation, Accuracy, TKD Spirit, Synchronization, Teamwork
- Team: Presentation, Accuracy, TKD Spirit, Synchronization, Teamwork

Sport Poomsae Event		
Individual	Pairs	Team
Single Athlete	Two Athletes	Three Athletes

- Only for Black Belt players aged 12 years old and up can register for Individual, Pairs and Team event
- Pair has to be a female and male athlete of the same age group
- Team will compose of only 3 members of the same gender, age group
- Must perform designated poomsae per round ( Semi-Final, Final)

### Scoring:

Sports Poomsae Class: Will follow WT standards and rules

### General Information:

- Each competitor may register up to a **maximum of 5 events**
- Individual Division will be separated into male and female competitors.
- If there are not enough registrants within one grouping (age, level, etc.), that group will be combined with another appropriate group closest to the level/age group.
- Correct AGE is calculated as follows: the year of the tournament (2023) minus your birth year no matter which month you were born in, i.e.  $2023 - 1971 = 52$
- Depending on the number of entries, they may be classified and grouped into a maximum of 4 players per group.

### **ALL PARTICIPANTS IN THE TRADITIONAL POOMSAE, OPEN AND PARA POOMSAE EVENTS WILL BE AWARDED WITH MEDALS!**

- Due to various belt systems used worldwide, coaches / athletes are expected to register in accordance to the respective poomsae prepared.
- If deemed necessary, the organizer reserves the right to change or modify tournament provisions not stated in the guidelines.

<b>TRADITIONAL CLASS POOMSAE INFORMATION</b>			
<b>AGE DIVISIONS</b>			
<b>Under 5</b>	<b>Dragon 6 – 7</b>	<b>Tiger 8 – 9</b>	<b>Youth 10 – 11</b>
<b>Cadet 12 – 14</b>	<b>Junior 15 – 17</b>	<b>Senior 18 – 32</b>	<b>Under 40</b>
<b>Under 50</b>	<b>Under 60</b>	<b>Under 61 – 65</b>	<b>Over 66</b>
<b>INDIVIDUAL EVENTS</b>			
<b>BELT</b>		<b>POOMSAE</b>	
White (9 <sup>th</sup> Geup)		H-Form, Basic One, Special Forms	
Yellow - Orange (7 <sup>th</sup> and 8 <sup>th</sup> Geup) All Ages		Taeguek 1 or 2 Jang	
Green - Purple Belt (5 <sup>th</sup> and 6 <sup>th</sup> Geup) All Ages		Taeguek 3 or 4 Jang	
Blue - Dark Blue Belt (3 <sup>rd</sup> and 4 <sup>th</sup> Geup) All Ages		Taeguek 5 or 6 Jang	
Brown - Red Belt (1 <sup>st</sup> and 2 <sup>nd</sup> Geup) All Ages		Taeguek 7 or 8 Jang	
1 <sup>st</sup> Degree Black		Koryo	
2 <sup>nd</sup> Degree Black		Keumgang	
3 <sup>rd</sup> Degree Black		Taebaek	
4 <sup>th</sup> Degree Black and Up		Pyungwon/ Shipjin/ Jitae/ Chunkwon	

<b>PAIRS / TEAM EVENT:</b>	
<b>All levels will have no age and gender restriction.</b>	
<b>Matches will be according to level and poomsae performed.</b>	
<b>Choose one form from any of the designated poomsae based on your level.</b>	
<b>LEVEL</b>	<b>DESIGNATED POOMSAE</b>
Novice	Taeguek 1, 2, 3, <b>OR</b> 4 Jang (may wear any colored belt)
Advanced	Taeguek 5, 6, 7, <b>OR</b> 8 Jang (may wear any colored belt)
Black Belt	Koryo, Keumgang, Taebaek, Pyungwon, Shipjin, Jitae, <b>OR</b> Chunkwon

<b>SPORT INDIVIDUAL POOMSAE EVENT: BLACK BELT</b>		
<b>LEVEL</b>		<b>DESIGNATED POOMSAE</b>
<b>Age</b>	<b>Semi-Final</b>	<b>Final</b> (with 30 second interval between the 2 Poomsae)
Cadet: 12 – 14 years old	Keumgang	Taegeuk 7 AND Koryo
Junior: 15 – 17 years old	Taegeuk 8	Keumgang AND Koryo
Senior: 18 – 32 years old	Koryo	Taebaek AND Taegeuk 7
Under 40 years old	Taegeuk 6	Keumgang AND Taebaek
Under 50 years old	Keumgang	Taegeuk 8 AND Pyungwon
Under 60 years old	Koryo	Kuemgang AND Shipjin
Under 65 years old	Keumgang	Chunkwon AND Hansoo
Over 65 years old	Chunkwon	Shipjin AND Hansoo

<b>PAIR EVENT: BLACK BELT</b>		
<b>LEVEL</b>		<b>DESIGNATED POOMSAE</b>
<b>Age</b>	<b>Semi-Final</b>	<b>Final</b> (with 30 second interval between the 2 Poomsae)
12 – 14 Cadet	Taegeuk 7	Taegeuk 8 AND Koryo
15 – 17 Junior	Taegeuk 7	Koryo AND Taegeuk 5
18 – 30 Senior	Koryo	Shipjin AND Koryo
31 Yrs Old and Up	Pyungwon	Jitae AND Shipjin

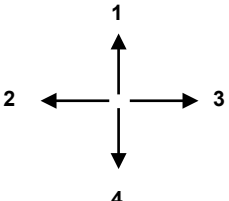
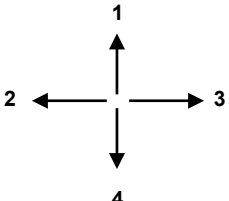
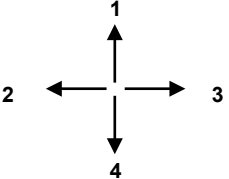
<b>TEAM EVENT: BLACK BELT</b>		
<b>LEVEL</b>		<b>DESIGNATED POOMSAE</b>
<b>Age</b>	<b>Semi-Final</b>	<b>Final</b> (with 30 second interval between the 2 Poomsae)
12 – 14 Cadet	Taegeuk 5 Jang	Koryo AND Taegeuk 8 Jang
15 – 17 Junior	Taegeuk 8	Taebaek AND Koryo
18 – 30 Senior	Taegeuk 8	Taebaek AND Koryo
31 Yrs Old and Up	Shipjin	Pyungwon AND keumgang

<b>OPEN AND PARA EVENTS</b>		
<b>BELT</b>	<b>PARA TRAD</b>	<b>OPEN</b>
White (9 <sup>th</sup> Geup)	Special Forms	
Yellow - Orange (7 <sup>th</sup> and 8 <sup>th</sup> Geup) All Ages	Taegeuk 1 or 2	Palgwe 1 or 2 or Any Form
Green - Purple Belt (5 <sup>th</sup> and 6 <sup>th</sup> Geup) All Ages	Taegeuk 3 or 4	Palgwe 3 or 2 or Any Form
Blue - Dark Blue Belt (3 <sup>rd</sup> and 4 <sup>th</sup> Geup) All Ages	Taegeuk 5 or 6	Palgwe 1 or 2 or Any Form
Brown - Red Belt (1 <sup>st</sup> and 2 <sup>nd</sup> Geup) All Ages	Taegeuk 7 or 8	Palgwe 1 or 2 or Any Form



# BOARD BREAKING EVENT

## BREAKING EVENT PAIRING INFORMATION

AGE GROUP	DIVISION	WHITE - YELLOW - ORANGE - GREEN - PURPLE	LIGHT BLUE - DARK BLUE - BROWN - RED	DEPUTY - BLACK BELTS
4 - 6 MALE & FEMALE	TODDLER TKD	<p style="text-align: center;"><b>B - 1</b></p> <p>1. Hammer Fist 2. Front Kick 3. Round-house Kick 4. Axe Kick</p> <p><b>Board Sequence</b></p> 	<p style="text-align: center;"><b>B - 2</b></p> <p>1. Jump Front Kick 2. Jump Spin Round - House Kick 3. Back Kick 4. Spinning Hook Kick</p> <p><b>Board Sequence</b></p> 	<p style="text-align: center;"><b>B - 3</b> Freestyle <b>Board Sequence</b></p> 
7 - 9 MALE & FEMALE	KIDS TKD			
10 - 12 MALE & FEMALE	YOUTH TKD			
13 - 15 MALE & FEMALE	JUNIOR YOUTH			
16 - 17 MALE & FEMALE	JUNIOR			<p style="text-align: center;"><b>B - 4</b> <b>Board Sequence</b> Speed Breaking 4 Spinning Hook Kicks 4 Jump Spin Round House Kick</p>
18 - 37 MALE & FEMALE	SENIOR			<p style="text-align: center;"><b>Board Sequence</b></p> <p>1 2 3 4</p>
38 - UP MALE & FEMALE	ULTRA			

### KYOKPA / BOARD BREAKING SCORING RULES

- ALL COMPETITORS are grouped based on belt level, age and performance category.

- Boards are \$3 each.

- For safety purposes, the organizing committee will only allow 1/4 inch Demonstration Boards for competitors ages 4 - 12 years old. 1/2 inch will be used for ages 13 & Up

- Scores will depend on the level of performance

- A perfect score is achieved if the boards are broken on the first attempt.

- GOLD: No mistake

- SILVER: 1 mistake

- BRONZE: 2 or more mistakes

## SPARRING EVENT

### OLYMPIC SPARRING PAIRING INFORMATION

AGE GROUP	DIVISION	BEGINNER	BASIC	INTERMEDIATE	ADVANCED	EXPERT
<b>4 - 6 MALE &amp; FEMALE</b>	<b>TODDLER TKD</b>	WHITE - YELLOW	ORANGE - GREEN	PURPLE - LT. BLUE	DARK BLUE - RED	BLACK BELTS
<b>7 - 9 MALE &amp; FEMALE</b>	<b>KIDS TKD</b>	WHITE - YELLOW	ORANGE - GREEN	PURPLE - LT. BLUE	DARK BLUE - RED	BLACK BELTS
<b>10 - 12 MALE &amp; FEMALE</b>	<b>YOUTH TKD</b>	WHITE - YELLOW	ORANGE - GREEN	PURPLE - LT. BLUE	DARK BLUE - RED	BLACK BELTS
<b>12 - 14 MALE &amp; FEMALE</b>	<b>CADET</b>	WHITE - YELLOW	ORANGE - GREEN	PURPLE - LT. BLUE	DARK BLUE - RED	BLACK BELTS
<b>15 - 17 MALE &amp; FEMALE</b>	<b>JUNIOR</b>	WHITE - YELLOW	ORANGE - GREEN	PURPLE - LT. BLUE	DARK BLUE - RED	BLACK BELTS
<b>18 - 32 MALE &amp; FEMALE</b>	<b>SENIOR</b>	WHITE - YELLOW	ORANGE - GREEN	PURPLE - LT. BLUE	DARK BLUE - RED	BLACK BELTS
<b>33 - UP MALE &amp; FEMALE</b>	<b>ULTRA</b>	WHITE - YELLOW	ORANGE - GREEN	PURPLE - LT. BLUE	DARK BLUE - RED	BLACK BELTS

#### SPARRING RULES

- ALL Sparring competitors must wear WT-approved Taekwondo Uniforms, Sparring Protective Equipments (Head Gear, Chest Guard, Arm Guards, Fist Gloves, Shin & In-step guard, Groin cap and Mouthpiece)
- Sparring Match consists of 2 rounds, each will last up to 1 minute. Time may vary in every division.
- Competitors who will not be wearing complete protective gear will be defaulted but will be given 60 seconds grace period to complete the required safety gear.

#### SPARRING CATEGORY

##### **Class A - Full Contact Sparring**

- Black Belt ONLY (12 & Above)
- Junior Safety Rules / USAT Safety Rules
- Light Head Contact ONLY

##### **Class B - Amateur Sparring**

- No head contact
- Body Kicks ONLY
- ALL ages for Color Belts & Black Belts

#### SCORING / WARNING & PENALTY

##### **SCORING:**

1. Punch to the body - 1 point
2. Basic Kick to the body - 2 points
3. Spinning Kick to the body - 4 points
4. Light Kick to the head (for Class A) - 4 points
5. Spinning Light Kick to the head (for Class A) - 5 points

##### **GAMJEUNG: All penalty points will be added to the opponent ( 1 point each deduction )**

1. Holding
2. Falling down
3. Out of bounds
4. Intentionally kicking below the belt
5. Attacking a fallen opponent after the referee has given the command to break or stop
6. Severely injuring the opponent's face or neck with a fist attack
7. Severely injuring the opponent by unauthorized or malicious attack
8. Unsportsmanlike conduct

## COMPETITION UNIFORM

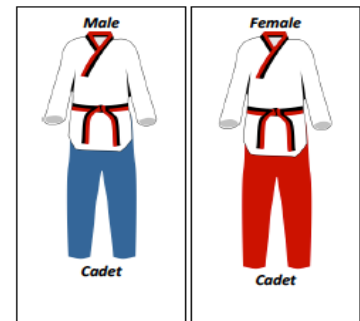
### Traditional Poomsae and Sparring Class

- Standard white dobok.
- Competition dobok approved by the sponsoring school master



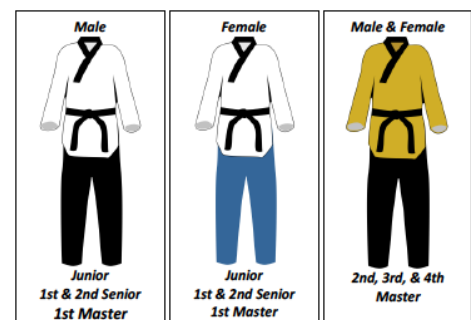
### Sports Poomsae Class Cadet (ages 8 – 14)

- WT approved uniform
- Male Cadet: white top with red and black collar, blue pants
- Female Cadet: white top with red and black collar, red pants



### Sports Poomsae Class (ages 15 & up)

- Age appropriate individual WT approved uniform



### Belt

- Athletes in Colored Belt categories **MUST** wear their appropriate corresponding colored belts for his/ her designated poomsae being performed. For athletes from a country with a different belt system, athletes may wear the belt color nearest their Geup.
- Pair and Team members can each wear their own level belts.



# 2025 FOITC | FLORIDA OPEN International Taekwondo Championships

**Event Date: May 10, 2025 / Time: 8:30 am - 6:00 pm / Registration Period: Feb 1, 2025 - May 10, 2025**  
Tournament Venue: Basketball Gymnasium 2600 SW 42nd St, Ocala, FL 34471  
Head Quarter ( 2201 SW 19th Avenue Rd, Ocala, FL 34471 ) / Tel: 352-804-412  
**Late registration from May 5, to may 10, 2025. will have additional \$10 per event.**

### COMPETITION REGISTRATION FORM

<b>FIRST NAME:</b>		<b>LAST NAME:</b>	
<b>EMAIL:</b>		<b>MOBILE:</b>	
<b>GENDER:</b>	<b>AGE:</b>	<b>BELT RANK:</b>	
<b>ADDRESS (STREET/CITY/STATE/ZIP) :</b>			

### MARTIAL ARTS SCHOOL INFORMATION

<b>SCHOOL NAME:</b>		<b>MASTER / COACH NAME:</b>	
<b>SCHOOL EMAIL:</b>		<b>SCHOOL MOBILE:</b>	
<b>SCHOOL ADDRESS (STREET/CITY/STATE/ZIP) :</b>			

### TOURNAMENT EVENTS

<b>Individual Traditional(Colored Belt Division)</b>		<b>Individual Trad Pair (Color / Black Belt)</b>	
<b>Individual Traditional (Black Belt Division)</b>		<b>Individual Trad Team (Color / Black Belt)</b>	
<b>Sport Poomsae (Black Belt, 12 y/o + Only)</b>		<b>Sport Poomsae Pair (Black Belt Only)</b>	
<b>Individual Board Breaking B1 / B2 / B3 / B4</b>		<b>Sport Poomsae Team (Black Belt Only)</b>	
<b>Sparring Black Belt: Sparring A or B</b>		<b>Sparring Colored: Sparring A or B</b>	
<b>Para Poomsae Taeguk / ITF / Palgwe Form</b>		<b>Open Poomsae ITF or Palgwe Form</b>	

### TOURNAMENT FEES

**1 EVENT \$95 | ADDIOTNAL EVENT \$20 | WOOD BOARDS**

***ALL PAYMENTS ARE FINAL AND NON-REFUNDABLE. SCHOOL ADMINISTRATORS ARE RESPONSIBLE TO ISSUE ONLY ONE CHECK FOR ALL PARTICIPANTS & MADE PAYABLE TO ONG'S TKD LLC.***

### LIABILITY WAIVER AND CONSENT FOR MEDICAL TREATMENT

I hereby submit this registration and liability form to participate in the **18TH FLORIDA OPEN TAEKWONDO CHAMPIONSHIPS**. I certify that the above information is true and correct and hereby release discharge and waive any and all responsibility of the Trinity High School, Tournament Committee, Referees, Instructors, and other competitors from liability for any injury, including death, and for damage to or loss of property which may be suffered by myself arising out of, or in any way resulting from or attributable in whole or in part to my traveling to, training for, being coached in, using any sports equipment in, or participating in the **18TH FLORIDA OPEN TAEKWONDO CHAMPIONSHIPS**. As a competitor or parent/legal guardian of the competitor, I give consent to any x-ray exam, medical, chiropractic, dental or other treatment(s) deemed necessary for the safety and welfare of the contestant. I understand this authorization is given prior to any diagnosis, treatments or hospital care being required but is given to provide the medical/chiropractic/dental staff authority to render care as deemed advisable. In the case of minors, it is understood that efforts shall be made to contact the undersigned prior to rendering treatment, but treatment will not be withheld if the undersigned cannot be reached. **I understand that in case of injury, only basic first aid will be made available on site, and that I am fully responsible for any and all resulting medical or other expenses.**

**Competitor  
Signature: \_\_\_\_\_**

**Parent/Guardian  
Signature: \_\_\_\_\_**