

2026 Arizona Taekwondo Festival

August 22nd, 2026



**Poomsae
Sparring**

**Board Breaking
Obstacle Course**

**Demo Team
Zemita**

DAEDO PSS will be used for All Belt Sparring Divisions

Arizona Grand Resort & Spa

8000 Arizona Grand Pkwy. Phoenix, AZ 85044

Tournament Director: Grand Master Young Choi, Grand Master Rubben Lolly

Contact: (623) 875-2882 or (480) 632-1894 Email: phxgpopenkd@gmail.com

Sanctioned by: **Arizona State Taekwondo Association**

ADMISSION: \$20 per Person





2026 ARIZONA TAEKWONDO FESTIVAL

GENERAL INFO

DATE: *AUGUST 22nd, 2026*

FEES: *One Event \$95,
and \$25 for Each Additional Event*

SPECTATOR ADMISSION: *\$20.00 5 yrs old & under FREE*

TIMES: *Check in 8:00 am, competition begins 9:00 am*

WHERE: *ARIZONA GRAND RESORT & SPA
8000 Arizona Grand Pkwy. Phoenix, AZ 85044*

AWARDS: *Medals will be awarded to places 1st through 3rd place.*



SCAN ME

SCHEDULE OF EVENT

8:00 AM - 8:30 AM: Referee Meeting

8:00 AM - 9:00 AM: Registration and Pick Up Competitor Card (Coach Only)

9:00 AM - 11:00 AM: Poomsae, All Divisions / Black Belt Sparring (Cadet & Up)

11:00 AM - 12:00 PM: Breaking, All Divisions

12:00 PM - 2:00 PM: **Opening Ceremony & Obstacle Course & Zemita / Team Sparring**

2:00 PM – 5:00 PM: Sparring, All Divisions

**** Tournament Director has the right to refuse any competitor, coach or master
to participate in Arizona Taekwondo Festival. ****

2026 Arizona Taekwondo Festival

Saturday, August 22nd 2026

Registration Forms

Competitors Name (PRINT): _____

Belt Color: _____ Dan Age _____ F / M Weight _____ Lbs

TKD School Name: _____

Events: Poomsae Sparring Board Breaking Demo Team (Please circle the events)

Team Poomsae Team Sparring Obstacle Course Zemita (Speed & Reaction)

Events Fee: **One Event - \$95 (ADD \$25 Additional EVENT)**

Total Amount Enclosed: \$ _____ **NO REFUNDS**

Payable to: **CTTA**

Payment **MUST** be **MONEY ORDER OR CASHIER'S CHECK**

Registration Deadline: August 12th 2026 (NO REGISTRATION AT THE DOOR)

Mail to: Choi's Traditional TKD Academy

9001 W. Union Hills Dr. Suite 1 Peoria, AZ 85382

E-Mail: phxgpoptkd@gmail.com

Liability Waiver

I do hereby voluntarily submit my application for attendance participation in 2026 Arizona Taekwondo Festival, Sponsored by WTHA, First TKD and I hereby assume full responsibility for injuries, damaged or losses, even death that I may sustain or incur during the participation.

I agree to waive all claims against any person connected with the tournament, individually or others. I hereby give my consent to receive first aid treatment from the volunteers only.

Contestant Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Poomsae Rules

WT Poomsae ONLY (TAE GEUK POOMSAE)

White/ Yellow	Orange	Green	Purple	Blue	Brown	Red	Black Belt
Basic/ TaeGeuk 1 or 2	TaeGeuk 2 or 3	TaeGeuk 3 or 4	TaeGeuk 4 or 5	Taegeuk 5 or 6	TaeGeuk 6 or 7	TaeGeuk 7 or 8	Koryo - Hansu

- **Black Belt will use a POOMSAE SCORING SYSTEM.**

Sparring Rules

- **Color Belt - Ages 11 & Under: NO HEAD KICK.**
 - Age 12 to 14: HEAD KICK, Light Contact (Touch).**
 - Ages 15 to 17: HEAD KICK, Light Contact (Touch).**
 - Age 18 & Up: HEAD KICK, Light Contact (Touch).**
- **Back Belt – USATKD Junior Rules & USATKD Rules (Light Contact)**
- **Color Belt: All Ages, 1 minute 3 rounds, 30 sec rest**
- **Black Belt: All Ages, 1 minute 30 sec 3 rounds, 30 sec rest**
 - Final Round: 1 min 30 sec 3 rounds, 30 sec rest**
- **Face Shield or Sports Goggle is Allowed. (ALL AGES AND ALL BELTS)**

Board Breaking Rules (Breaking Board - \$5 per Board)

- **White to Orange Belt (4 Boards) – ONE PUSH KICK** and any Three Techniques.
- **Green to Purple Belt (4 Boards) – ONE SIDE KICK** and any Three Techniques.
- **Blue to Brown Belt (4 Boards) – ONE BACK KICK** and any Three Techniques.
- **Red to High Red Belt (4 Boards) – ONE BACK SPIN HOOK KICK**
and any Three Techniques.
- **Black Belt (4 Boards) – ONE ANY JUMP SPIN HOOK KICK** and any Three Techniques.
(Ex: Jump Spin Hook Kick, Tornado Kick)

- Competitors must supply their own board holders.
- Required Number of Board: **4 Boards for All Belts.**
- Required Techniques: **ONE MENDATORY TECHNIQUE + Three Techniques.**
- All Boards will be held with **TWO HANDS (NO** speed breaks or power breaks).
- **NO Jumping over people and NO Head Strikes.**
- **ONE ATTEMPT** to break all boards will result in **1st Place.**
- **TWO ATTEMPT** to break all boards will result in **2nd Place.**
- **THREE and More ATTEMPT** to break all boards will result in **3rd Place.**
- Competitors and helpers will have **TWO MINUTE** to set up, perform the breaking routine and clean up all boards, broken boards and wooden fragments.
- Competitors may not use props such as chairs, trampolines, tables, etc.
- **Boards MUST be purchased from a Designated Vendor at the competition venue.**
- **Medals will be awarded to places 1st through 3rd place.**

USATKD Demo Team Rules (7 Minutes)

- **Yellow - Brown Belt - All Ages**
- **Red - Back Belt – All Ages**
- **Perform Time is SEVEN MINUTES with judges**

- **Scoring Guidelines: 10.0 (Technical Skill + Presentation)**
 - I. Technical Skill(6.0)**
 - a. Five Evaluation Areas (5.0)**
 - 1) Team Form:** MUST ALL Team
 - 2) Acrobatic Breaking:** A breaking technique executed by jumping into the air with the rotating axis to strike the target with a foot.
 - 3) Single Jump Break:** Breaking 3 or more fixed targets with one or more various techniques using the hands and feet through single jump.
 - 4) Power Breaking:** 2 to 4 contestants break targets set on the breaking board holders with various hand techniques.
 - 5) Self-Defense:** Simulated fighting of 2 or more attackers with bare hand and foot.
 - b. Basic Movements & Practicability of Movements (1.0)**
 - II. Presentation (4.0)**
 - a. Creativity and Complexity (1.0):** Points may be awarded based on the creativity and complexity of the actions and components of the demonstration.
 - b. Synchronization and Harmony (1.0):** Points may be awarded based on the harmony and balance between different components of the demonstration.
 - c. Taekwondo Spirit (1.0):** Points may be awarded for accurate expression of energy in the demonstration. Also audience's involvement and fun generated from the team will be awarded in this category.
 - d. Music and Choreography (1.0):** Point may be awarded based on how the music and the choreography contribute to the performance of the demonstration.

- **Weapons are Allowed to perform.**

USATKD Demo Team Rules (7 Minutes) - Continued

- **Deduction of Points**
 1. **0.3 points** shall be deducted from the final score if the performance is finished later than the set contest time (7 minutes).
 2. **0.1 point per board missed** shall be deducted from the final score.
 - a. The Competition Coordinator will record the number of boards missed, and inform the recorder at the end of the demonstration.
 - b. A Missed Board shall defined as:
 - Unbroken after attempt
 - Broken before the attempt
 - Broken with assistance from the holder;
Example: bending the board or pushing in to assist with the break
 - c. **0.1 point** shall be deducted from the final score each time a contestant crosses the boundary line during performance

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Team Poomsae Registration Forms

Name of TKD School: _____

Division: Under 14 Mixed Over 14 Mixed (Please circle the Division)

	<u>Competitors Name (PRINT)</u>	<u>Rank</u>	<u>Age</u>	<u>F / M</u>
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____

Team Poomsae Competition FEE: \$20 per person (MUST compete a REGULAR EVENT)

Payment must be MONEY ORDER OR CASHIER'S CHECK

Payable to CTTA

Registration Deadline: August 12th 2026 (NO REGISTRATION AT THE DOOR)

Mail to: Choi's Traditional TKD Academy

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E-mail: phxgoopentkd@gmail.com

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Contestant Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

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Team Sparring Registration Forms

Name of TKD School: _____

Division: Youth(10-11) Cadet(12-14) Junior(15-17) Senior(18-32) (Please circle the Division)

1.Competitor Name (PRINT): _____

Rank: _____ Age _____ F / M Weight _____ Lbs

2.Competitor Name (PRINT): _____

Rank: _____ Age _____ F / M Weight _____ Lbs

3.Competitor Name (PRINT): _____

Rank: _____ Age _____ F / M Weight _____ Lbs

Team Sparring Competition FEE: \$30 per person (MUST compete a REGULAR EVENT)

Payment must be MONEY ORDER OR CASHIER'S CHECK

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