

THE GRAND PHOENIX OPEN TAEKWONDO CHAMPIONSHIPS

10.0



DAEDO FOR ALL SPARRING EVENTS

for 2v2 and Quick Draw Poomsae

AUGUST 22 & 23 2026



ARIZONA GRAND RESORT & SPA

8000 Arizona Grand Pkwy, Phoenix, AZ 85044

USA TAEKWONDO 10.0

SATURDAY, AUGUST 22nd: SPORT POOMSAE, QUICK DRAW POOMSAE*

SUNDAY, AUGUST 23rd: OLYMPIC SPARRING* 2 V 2 SPARRING

DAEDO GEN 3 ALL BELTS.

REGISTER AT USATAEKWONDO.SPORT80.COM

ALL POOMSAE COMPETITORS MUST CHECK IN FRIDAY, AUGUST 21st

ALL SPARRING COMPETITORS MUST WEIGH IN ON SATURDAY AUGUST 22nd. *2V2

COMPETITORS REGISTER FRIDAY, 8/21 OR SATURDAY, 8/22. CASH ONLY

EARLY REGISTRATION ENDS 8/2. REGISTRATION CLOSES 8/12

*SPORT POOMSAE 1ST AND 2ND PLACE ATHLETES IN YOUTH, CADET, JUNIOR AND UNDER 30 BLACK BELT DIVISIONS ONLY ADVANCE TO QUICKDRAW CASH EVENT
PLEASE SEE RULES FOR MORE INFO ON CASH PRIZE EVENTS.

FESTIVAL / NON USA TKD SANCTIONED EVENT

SATURDAY, AUGUST 22nd

REGISTER AT GPOPENTKD.COM

SPARRING, TRADITIONAL POOMSAE, BOARD BREAKING

DAEDO GEN 2 ALL BELTS.

COMPETITORS MAY CHECK IN FRIDAY 8/21,

OR BEFORE DOORS OPEN 8/22

EARLY REGISTRATION ENDS 8/2. REGISTRATION CLOSES 8/12



For more info email us at PHXGPOPENTKD@gmail.com |

PHXGPOPENTKD.COM



Dear Master,

It is with great pleasure that we invite you to the 2026 Grand Phoenix Open Taekwondo Championships. This year, the GP Open promises to be even better than before! With our event being held over 2 days, 8/22 & 8/23, all USAT level 10.0-ranked poomsae will be held on 8/22 and sparring on 8/23, and all non-USAT Festival events on 8/22, the competition should be at an even higher level. The GP Open will be held at the beautiful and family-friendly Arizona Grand Resort & Spa with special rates just for our event.

Here is the link to book your memorable stay: [Grand Phoenix Open Tournament 2026 Booking Link](#)

Our mission and goal is to offer our taekwondo community a chance to further develop their skills and championship attitude in a festive and competitive environment. We desire to bring a high-quality tournament in a fair and safe atmosphere that grows our sport. Our vision would not be possible without the determination and dedication of the athletes, masters, referees, volunteers, and parents who work tirelessly to make our event possible, and to them we are truly grateful!

Please consider this letter our formal invitation for you and your team to join us here in Arizona for our tournament. We look forward to seeing you in Phoenix!

Kindest Regards,

Grand Master Rubben Lolly

Grand Master Young Jin Choi and
Tournament Directors



08/21-23/2026



THE GRAND PHOENIX OPEN CHAMPIONSHIPS



ARIZONA
PRIDE
TAEKWONDO

presents the



Hosted by



General Schedule of Events

AUGUST 21 | FRIDAY

Arizona Grand Resort & Spa

12:00 PM - 8:00 PM Main Lobby

USAT Poomsae & All Festival Competitors Check In/Weigh Ins

8:00 PM (Saguaro Ball Room) Referee Meeting – As needed

AUGUST 22 | SATURDAY

USAT 10.0 Poomsae/Board Breaking and all Festival events
Arizona Grand Resort & Spa Grand Ballroom

8:00 AM Doors Open

8:30 AM Opening Ceremonies

9:00 AM Competition Begins

10 AM -12 PM Main Lobby: Weigh in for USAT Sparring

6:30 PM GP Cook Out Party at the Oasis Water Park

AUGUST 23 | SUNDAY

USAT 10.0 Sparring and 2v2
Arizona Grand Resort & Spa Grand Ballroom

8:00 AM Doors Open

8:30 AM Sparring Competition Begins

THE GRAND PHOENIX OPEN www.phxgpopenkd.com phxgpopenkd@gmail.com

Presented by Arizona Pride Taekwondo



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THE GRAND PHOENIX OPEN CHAMPIONSHIPS

Competition Format & Rules

The Daedo Point Scoring System will be used for all sparring events

USAT OLYMPIC SPARRING

Bracketing and Seeding

Current USAT Adopted WT Rules and weight classes will apply as modified here for all divisions and belts. Seeding will be done for all sparring and poomsae divisions based on the most recently posted [U.S. National Rankings](#). Single elimination format will be applied to all sparring divisions.

- [Sparring Weight Categories](#)
- [USATKD Kyorugi Head Contact Rules](#)

COLOR BELTS

Best of 3 rounds X 1 min | 30 sec break

(Ages: 5 and under, 6-7yr, 8-9yr, 10-11yr, cadet 12-14yr, junior 15-17yr, senior 18-32, ultra A 33-45, ultra B 46+) (Rank: white-Yellow | orange-green | purple-blue | brown-red)

BLACK BELTS

Youth weight classes (11 & under)

Best 2 of 3 Rounds: 1 min | 30 sec break

Cadet weight classes (12-14)

Best 2 of 3 Rounds: 1 min 30 Seconds | 1 min break

Junior weight classes (15-17)

Best 2 of 3 Rounds: 1 min 30 seconds | 1 min break

Senior Olympic weight classes (18-32)

Best 2 of 3 Rounds: 2 minutes | 1 min break

Ultra weight classes (33+)

Best 2 of 3 Rounds: 1 min | 30 sec break

FESTIVAL SPARRING

Festival sparring will follow the same guidelines as USAT sparring

Find the information packet for the festival at www.phxgpopentkd.com



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THE GRAND PHOENIX OPEN CHAMPIONSHIPS

Competition Format & Rules

POOMSAE

USAT SPORT POOMSAE (All Belts)

All Divisions will use the Current USAT Format.

All divisions will be seeded for the first round according to the USATKD National Rankings.

Poomsae will be announced 1 week before the tournament for applicable divisions.

Poomsae Grand Final

Black Belt Division winners will automatically be entered into the Grand Final.

- Random bracketed format.
- Poomsae will be randomly drawn at the ring side for each match.
- Poomsae will be announced before "Charyeot".
- \$\$\$ Cash Prize/Scholarship for Grand Champion.

(ages: 10-11yr, cadet 12-14yr, junior 15-17yr, senior 18-32, ultra-A 33-45, ultra-B 46+)

FESTIVAL (All Belts)

All Festival Poomsae Divisions will use a bracketed format—double Elimination.

Color Belts to perform poomsae according to rank.

Festival Black Belts will perform poomsae according to rank.

(ages: 5 and under, 6-7yr, 8-9yr, 10-11yr, cadet 12-14yr, junior 15-17yr, senior 18-32, ultra-A 33-45, ultra B 46+)

(rank: white-Yellow | orange-green | purple-blue | brown-red)

BOARD BREAKING

Participants may only use purchased boards from the venue. Boards will be sold onsite at the event.

Athletes 9 years old and younger will use ¼ inch boards, athletes ages 10-14 years old will use ½ inch boards, and athletes 15 years old and older will use 1-inch boards.

[Board Breaking Rules and Divisions](#)

Board Breaking Holders

Athletes are responsible for providing their own board holders. Any board holder who is **18 +** must complete the SafeSport Core Training Course through Sport80 before receiving their board holder credential. **Athletes and/or their board holders can obtain a board holding credential at the Registration Desk on the day of competition for that division. This credential will only be valid for the day of the competition and must be returned to the Registration Desk after the division has been completed.**



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THE GRAND PHOENIX OPEN CHAMPIONSHIPS

Competition Format & Rules

2v2 TAG TEAM SPARRING

BLACK BELT ONLY

Modified School Rules. Daedo will be used; there will be no penalties for falling.
\$\$\$ Cash Prize/Scholarship.

15 & Under

2 rounds X 3 min | 30 sec breaks

16 & Over

2 rounds X 3 min | 30 sec breaks

WEIGHT DIVISIONS

15 & Under

Male: 136kg combined

Female: 118kg combined

16 & Over

Male: 160kg combined

Female: 124kg combined



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THE GRAND PHOENIX OPEN CHAMPIONSHIPS

The Venue

ARIZONA GRAND RESORT & SPA



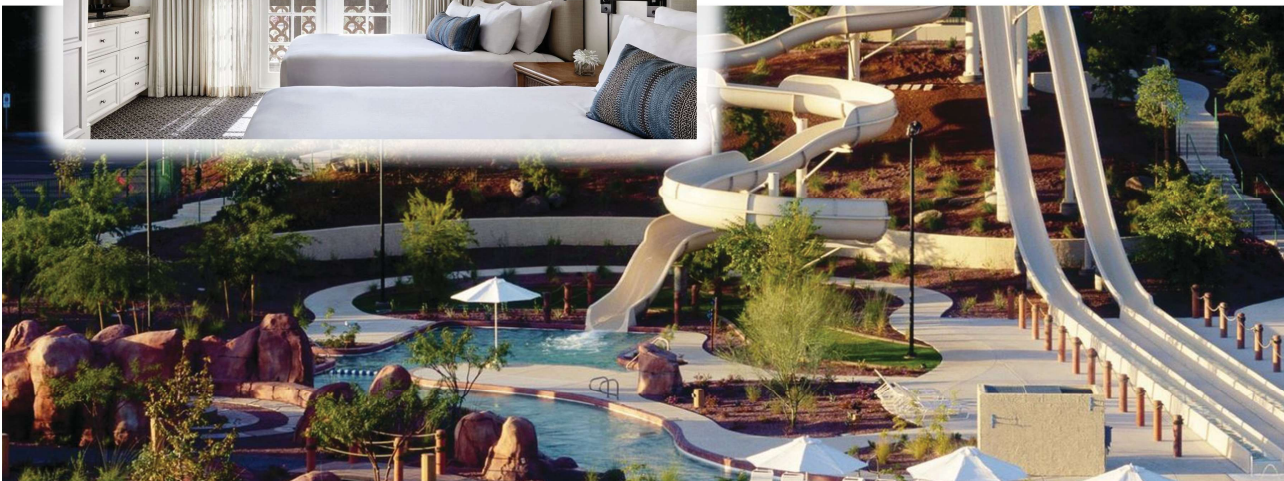
ARIZONA GRAND
RESORT & SPA®

The Arizona Grand Resort & Spa is Arizona's most family-friendly resort, boasting beautiful, newly renovated suites, great dining, a Championship Golf course, Oasis Water Park, and a fitness club that could rival some big-name gyms! With the Grand Phoenix Open held on-site, you may never want to leave the property! Larger Suites are also available at a special GP rate. The Arizona Grand Resort & Spa is the perfect venue for the Grand Phoenix Open, a vacation, or staycation!

\$125 per night

NO RESORT FEES

Reserve your rooms at [the Grand Phoenix Open Tournament 2026 Booking Link](#) by August 2nd





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THE GRAND PHOENIX OPEN CHAMPIONSHIPS

Registration

All registration for the USAT **10.0** event for coaches and athletes will be done through [USATKD Sport80](https://www.usatkd.com/sport80). All registrations must be completed by the registration deadline. **There will be no on-site registration for athletes and coaches.**

Athletes
<p>\$130</p> <p>For Entry Fee + \$25 each Per Division</p>
<p>Sparring, Sports Poomsae Board Breaking</p>
Special Eluents
<p>\$200 (per team)</p> <p>2V2 Tag Team Sparring</p>
Coach Pass
<p>\$60</p> <p>Coaches Pass</p>

World-class and USAT **10.0** Color Belt (Non-festival) athletes must register through USA Taekwondo's Sport80.com site. World Class athletes who wish to compete in **2v2 TAG TEAM** in addition to World Class events, please register first for your World Class division on Sport80.com, then register for 2v2 TAG TEAM separately on www.phxgpopentkd.com



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THE GRAND PHOENIX OPEN CHAMPIONSHIPS

Registration

DEADLINES

Registration deadline: 8/12/2026, 12:00 PM, MST

There will be no late registration. There is an absolutely no-refund policy. For this tournament

All athletes must register and pay in full by the registration deadline. No exceptions will be made for not completing registration before the deadline. If you are having trouble registering, please email support@usatkd.zendesk.com for assistance.

How-To-Register as an Athlete

Once on the USATKD Sport80 page:

1. Click on "Events", located on the left-hand side of the Home Page.
2. Search for State Championship.
3. Click on the "Enter Now" button for the State Championship registration.
4. Click the +Enter button next to the athlete's name.
5. Follow the registration instructions on the site.

Tips For Successful Event Registration

Athletes must have their belt information in the belt section for their Sport80 profile. Missing belt information will prevent you from being able to select a division and register for any events.

Black Belt Athletes

In addition to having a black belt listed in your profile, a photocopy of your black belt certificate must be uploaded into your Sport80 profile.

US Citizenship is NOT required to compete in the World Class Black Belt division at this event.

Athletes aged 18 and older

Must complete the U.S. Center for SafeSport course each year.

1. Log in to your USA Taekwondo Athlete profile on Sport80
2. Click "View Profile."
3. In the left navigation, click "Center for SafeSport Training".
4. In the top right, select the +Access Training button and follow the prompts to select and complete the SafeSport – Core Training Course.
5. After completion, within 24 hours, it will automatically validate that you completed the training on your Sport80 profile.

Athlete Event Credentials

Sparring athletes are checked in when they weigh in during their scheduled weigh-in period. Any athlete who does not weigh in will be marked as "Disqualified".



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Registration

COACHING REQUIREMENTS AND REGISTRATION

Profile Requirements to Register as a Coach for an Event

- Upload a profile picture on your Sport80 profile.
- Have a current U.S.A. Taekwondo Membership on Sport80
- Have a current and valid Background Screen (valid through the final day of competition) (Ages 18+)
- Have a current and valid SafeSport Core Training (Valid through the final day of competition) (Ages 18+)
- Have either an Associate Coach or Level 1 Coach Course completion in the discipline you want to coach, and have it uploaded and validated on your Sport80 profile.
 - To complete the course, [CLICK HERE](#)
- Please follow all steps on the following website to make sure your profile is complete; you will not be able to register until your profile is completed: [How to Register as a Coach](#)

Coaches must be an Associate Coach or Level 1 or higher to coach in the World Class Sparring & World Class Poomsae divisions at the National Championships, Final Championships, U.S. American Open, State Championships, and all USATKD-sanctioned events. Your coaching certification must be in the discipline you are coaching, i.e. Kyorugi, Poomsae, or both.

SafeSport – Background Checks (Coaches 18 and over)

Coaches (Ages 18+) are required to complete and pass a background check (every two years) and complete the U.S. Center for SafeSport Training (Annually). The background check is conducted by a third-party system and can take anywhere from one week to one month to complete. Please initiate your background screening as soon as possible to ensure it is complete before the registration closes.

The SafeSport certification must be completed in your Sport80 Profile.

1. Log in to your USA Taekwondo Coaches profile via Sport80
2. Click “View Profile.”
3. In the left navigation, click “Center for SafeSport Training.”
4. In the top right, select the “+Access Training” button and follow the prompts to select and complete the SafeSport – Core Training Course

Coaches Event Credential

All coaches must have both credentials and a specific wristband to coach.

Coach credentials are non-transferable.



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Qualification

Athletes must have a USATKD membership to participate in the 10.0 GP tournament.

Age Qualification

USATKD uses the date December 31 of the given year to determine the competition age for all athletes. EX. A 14-year-old athlete who turns 15 years on September 27th will compete as a 15-year-old athlete at all events during the calendar year.

Belt Qualification Rules

All athletes will be eligible to compete at the current belt in which they hold.

Weight Class Qualification Rules

All athletes may compete in any belt color or weight category. Athletes may change weight classes before the registration deadline of August 12, 2026, at 12:00 PM MST. Any changes after the registration deadline must be made onsite and may be charged a \$50 weight-change fee.

All participants must provide a valid ID to weigh in. There is no exception to this policy. Valid ID can be any of the following: Government-issued ID, School ID, GAL, Military ID, or Passport. If the athlete is a minor and does not have a Valid ID, then they can provide a copy of the athlete's birth certificate.

Weigh in, weight changes, & belt changes

Weigh In Rules

A competitor's weight shall be measured the day before their competition day. All competitors must weigh in during the designated times on the schedule.

1. A competitor's weight may be measured twice. If a contestant does not qualify the first time, one more official weigh-in attempt is granted within the scheduled time period. A scale calibrated to match the official scale will be provided in the weigh-in area as a test scale so that athletes can check it before stepping on the Official Scale.
2. Before stepping on the Official Scale, athletes are required to show their valid ID and their virtual athlete credential.
3. Any irregular action by the athlete or their coach during the weigh-in process may result in disqualification from the event.
4. Weigh-in for adult athletes 18 years old and older, for both male and female, shall be taken in the official V-neck uniform, or, if a contestant wishes, weigh-in may be done in underpants for adult male athletes and underpants and bra for adult female athletes. **Under no circumstances may an athlete weigh in in the nude in the United States.**
5. Minor athletes who are 17 years old or younger must weigh in wearing clothing or **Dobok ONLY**. Minor athletes will be given a 0.2kg allowance for clothing. One parent or guardian of the same sex will be allowed in the weigh-in room with their child.
6. Phones are **NOT ALLOWED** in the weigh-in area unless being used to show virtual credentials. Pictures and/or videos are absolutely not allowed to be taken in the weigh-in area.

Weight, Belt, and Division Changes

All Weight or Belt Changes Must Be Made Before Stepping on The Official Scale. No exceptions.

Athletes can change weight classes through the final registration deadline at no additional fee. If an athlete would like to change their weight class before the final registration deadline, they must email support@usatkd.zendesk.com. After the final registration deadline, all weight changes must be made onsite at the Registration Desk. Any weight or belt changes at the tournament may incur a fee.



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USAT Registration and Requirements Website Links

- <https://www.usatkd.org/usatkd-athlete-membership>
- [How-To-Register as an Athlete](#)
- [How-To-Register as a Coach](#)
- [Method of Competition & Competition Rules](#)
- [Team Trials Pathways and Procedures](#)
- [Dobok & Equipment Standards](#)
- [Sparring Weight Categories](#)
- [USATKD Kyorugi Head Contact Rules](#)
- [Poomsae Divisions](#)
- [Compulsory Poomsae](#)
- [Designated Poomsae](#)
- [Board Breaking Divisions](#)
- [Demo Team Division](#)

Register for the Festival at www.phxgpoptkd.com



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THE GRAND PHOENIX OPEN CHAMPIONSHIPS

General Information

Tournament Directors

Grand Master Young Jin Choi and Grand Master Rubben Lolly

Event Coordinators

Dr. Master Mara Baier and Master Aaron Lolly

Contact Information

Email: phxgpopentkd@gmail.com, 480-632-1894

Event Spectator Tickets

\$20.00 (cash only), Children under 5 years old are FREE

Medical

Med Staff will be available to provide injury and illness care for all participants. Please remember that when taping ankles or instep pads, competitors must comply with the rules set forth by the WT and USATKD.

Awards

Sparring

Medals will be awarded to the top 4 athletes in the respective divisions and weight categories.

Poomsae

Medals will be awarded to the top 4 individuals, pairs (co-ed), and teams in the respective divisions. For those World Class Poomsae Team divisions, if an alternate has registered, the athlete will receive a medal if they have participated in the event. USATKD defines participation as check-in, stepping on the mat, and competing in front of judges

Board Breaking

Medals will be given out to the top 4 athletes for board breaking

AWARDS

1 ST PLACE	GOLD MEDAL
2 ND PLACE	SILVER MEDAL
3 RD PLACE	BRONZE MEDAL
3 RD PLACE	BRONZE MEDAL



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Referee Information

Attention all USAT Certified Referees and prospective Referees:

The Arizona State Taekwondo Association is promoting the growth of all aspects of Sport Taekwondo competition and invites you to participate in the upcoming 2025 Arizona State Taekwondo Championships.

Certified Referees who attend the State Championship will receive the following benefits:

- I/R Level: \$150 Stipend per day, 2-night hotel stay, and up to \$300 reimbursement for travel
- USAT Level A, B: \$100 stipend per day and 2-night hotel stay, and up to \$100 reimbursement for travel
- USAT C or D Level: \$75 Stipend, 2-night hotel stay as needed, and up to \$100 reimbursement for travel

Hotel stay and travel reimbursement are provided for out-of-state referees only.

Hotel stay will be double occupancy. Referees who prefer to stay alone will pay for half the cost of their room.

All Referees will be provided with food and drinks on the days of the competition.

Proof of expenses will be verified for travel reimbursements

We will be following all current USAT Rules and Guidelines, using Daedo True Score Scoring Systems and approved Poomsae software. The ring staffing format will include and be subject to change as needed:

- 1 - Technical Assistant
- 3 - Certified Referees/ Judges
- 1 - Computer Operator

We truly look forward to your participation. We realize that the best way to improve the value of our events is to run them on time with highly capable and experienced referees. We will do our absolute best to minimize downtime, keep the competitors flowing to the rings, and ensure that the day starts and ends on time.

If you are available to be an official for our event, [please register online through Sport 80 by July 20, 2026.](#)

Our sincere thanks for your consideration in participating in advance!

Sincerely,

Grand Master Rubben Lolly and Grand Master Yong Jin Cho



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THE GRAND PHOENIX OPEN CHAMPIONSHIPS

Key Partners



A division of Morrissey & Associates





ARIZONA GRAND

RESORT & SPA®



Sedona D - 4th Floor
Sedona C - 3rd Floor
Sedona B - 1st Floor

Las Palmas

↑
Baseline Rd.

Aunt
Chilada's

Grand
Event Center
April 1 - Sept 30

↑
NORTH

Pointe Pkwy West

Sedona

Sierra
Ballroom

Conference
Center

Sonoran Sky
Ballroom

Paseo

Camelback

Camelback A - 1st Floor
Camelback B - 1st Floor
Camelback C - 3rd Floor
Camelback D - 4th Floor
Camelback F - 6th Floor

Oasis
Water
Park

Grand
Event Center
Oct 1 - March 31

Oasis
Slide Tower

Resort
Lobby
Golf
Pro Shop

Mountain Side

Villas

Golf Island
Green

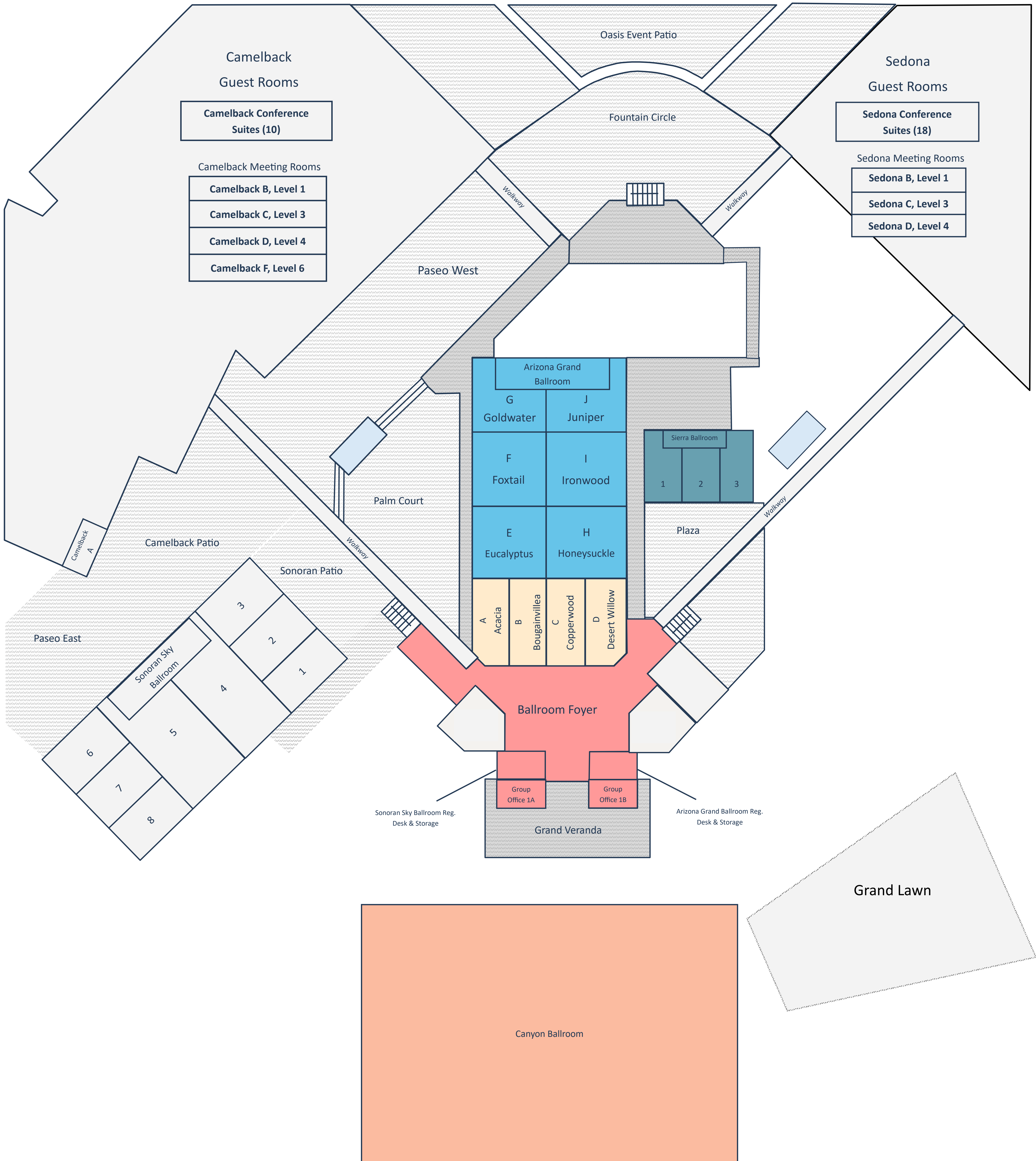
Lake

Golf Course

Lap Pool

Athletic Club
& Spa
The Vista

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11



Event Name	Proposed Space
Registration	Ballroom Foyer and closets
Main Tournament Room	3/4 Grand Ballroom
Concessions/Friday Weigh In	ABCD
VIP and Referee Room	Sierra Ballroom
Athlete Warm Up Area	Canyon Ballroom