



11th Annual Master Kim's MOOHAN OPEN Championships

Dear Grand Masters, Masters and Instructors, and Taekwondo Families

Moohan Martial Arts of Cumming is honored to host the **11th Annual Master Kim's Moohan Open Championships Saturday May 13th, 2023**. We are working extremely hard to make the Moohan Open Championships a very exciting and memorable experience for both competitors and spectators alike. The goal of this tournament is to provide a platform for martial artists to display their dedication & skill through friendly, honorable & safe competition. This competition will encompass a variety of events including sparring, poomsae, breaking, team demo & power breaking events which will display the tremendous diversity & grace of Taekwondo. The Moohan open championships will ensure that the highest quality referees & judges are diligent, professional & ensure the fairest and most honorable experience for our competitors. Competitors not only experience the thrill and honor of winning this esteemed tournament, but they will also develop lasting friendships with their fellow martial artists.

We will be awarding Trophies for all Poomsae competitors.

We have opened up competition to all Taekwondo schools. No invitation required to participate but you must pre-register for the events.

We welcome you to attend this exciting Taekwondo extravaganza where all will witness some of the most thrilling displays of martial arts ever assembled. At the Moohan Open Championships there are no losers. All competitors will either win or learn!

Thank you for your support in helping to make this tournament a great events.



Sincerely,

Master Yong Jun Kim

Tournament Director



11th Annual Master Kim's MOOHAN OPEN Championships

Tournament Director

Moohan Martial Arts

Master Yong Jun Kim

Hosts:

Moohan Martial Arts of Cumming

1680 Buford Hwy.

Cumming, GA 30041

Tel: 770-888-4244

Email: mymoohan@hotmail.com

Referee Chairman:

Grand Master Byung Sam Choi

Sanctioned by Master Kim's Moohan Open Championships



11th Annual Master Kim's MOOHAN OPEN Championships

Important Information about the Moohan Open Championships

Saturday, May 13th, 2023

THERE WILL BE NO REGISTRATION ALLOWED AT THE DOOR. NO EXCEPTIONS!

Who: Students that have been invited from US South East Schools to participate in our tournament.

Eligibility: Students must be white belt and above to compete in forms & board breaking, Yellow belt and above to compete in sparring. Competitors of any age are welcome.

Divisions: Divisions may be separated by age, belt, weight and gender, as the tournament committee deems necessary for fair competition.

Registration: Registration forms are available at the school and are included in this packet. ***The registration deadline is Wednesday May 3rd 2023***, but early registration is strongly encouraged. No applications will be accepted after May 3rd 2023. Completed applications with registration fees attached may be turned in to your instructors. Registration forms may be mailed in. To avoid late registration, please have all mailed applications postmarked by May 4th 2023.

Online registration: www.register4tkd.com There will be ***no "at-the-door" registration allowed.***

Where: The competition will be held at **West Forsyth High School** 4155 Drew Rd, Cumming, GA 30040

For more information call 770-888-4244 or www.gomoohan.com <https://www.facebook.com/moohaninvitational>

Awards: Every traditional event's division will have no more than 4 competitors. There will be a 1st place (Gold), 2nd place (Silver) and two 3rd places (Bronze) awarded. For form and sparring, the winners of the first two matches will compete for 1st and 2nd places. The remaining two competitors of the first matches will both receive third place. Awards will be presented throughout the day as divisions are completed. All competitors will receive Master Kim's Moohan Open Championships medals or trophies.

Competitor ID Cards: Competitors are required to pick up their IDs at West Forsyth High School, on Saturday morning from 8:00am ~ 2:20pm. Your ID cards will have all of your division information. **It is important that you do not lose your card.**

Coaching: The goal of this tournament is to provide students with competition experience in a friendly environment. Many of the instructors will be responsible for officiating and directing the competition. As a result, their master, instructors, teammates and senior belts may coach competitors. Please note that coaches are not necessary during forms competition. The instructors will be administering these events directly and will provide assistance and instruction as needed. Each school will receive one Coaching Pass Free. ***Each additional Coaching Pass will require a \$20 fee.***

Spectators & Tickets: There will be a \$10 fee for admission (Cash only). Children 5 years and under are Free. ***Please note that spectators are not allowed on the competition floor.***

Food: No food is permitted in the competition area. The concession stand outside of the gym will be open.

Videos and Cameras: Video and picture taking are allowed; however, they must be taken from the seating area and awards stands area only.



11th Annual Master Kim's MOOHAN OPEN Championships

SCHEDULE OF EVENTS

Saturday, May 13th, 2023

8:00am – 2:20pm **Competitors pick up ID badges at West Forsyth High School
4155 Drew Rd, Cumming, GA 30040**

8:30am **Referee, Judges and Volunteer Meeting (MANDATORY)**

8:45am **Coach Meeting**

*** Attention Power Breaker: All ages Power Breaking will have its own separate schedule. Please check below for the details.**

9:00am **Wave I (Ages 15years & older) Junior, Adults, Ultra**

- Forms (until completion)
- Board Breaking (until completion)
- Sparring (until completion)
- Power Breaking Ages 15 Years & older (until completion)
(All Competitors should be there no later than 8:20am)

11:00am **Opening Ceremony, Demo Team Competitions and Followed by Lunch**
(All Demo Team should be there no later than 10:20am)

12:30pm **Wave II (Ages 4 years through 9years old) Tiger, Dragon, Ninja
(Ages 10 – 14 Years Old: Power Breaking Only)**

- Power Breaking Ages 10-14 Years old(until completion)
- Forms (until completion)
- Board Breaking (until completion)
- Sparring (until completion)
(All Competitors should be there no later than 11:50am)

3:00pm **Wave III (Ages 10 through 14years old) Youth, Cadet
(Ages 4-9 Years Old: Power Breaking Only)**

- Power Breaking Ages 4-9 Years old(until completion)
- Forms (until completion)
- Board Breaking (until completion)
- Sparring (until completion)
(All Competitors should be there no later than 2:20pm)

ALL TIMES ARE APPROXIMATE!!!

THERE ARE NO GUARANTEES!!!



11th Annual Master Kim's MOOHAN OPEN Championships

COMPETITION RULES

POOMSE(FORM) COMPETITON

Forms competition will be open form style. Competitors can perform any form they like. Competitors will be judged based on balance, speed, power, fluidity of technique and presentation.

SPIRIT COMPETITION

This event is for Kid Tigers (Ages 4-5 Year Old) or White Belts that do not have full knowledge of their White Belt Form.

Spirit Competition Will Be Based On The Following:

- A. Bending (Horse riding) stance with basic punches
- B. Kicking stance
- C. Front snap kick (5 each leg)
- D. Kihap (Yelling)

BOARD BREAKING

Belts	Required Techniques
White -Orange Belts	Three any techniques
Green -Purple Belts	One Side kick and any two techniques
Blue -Brown Belts	One Back kick and any two techniques
Red -High Red Belts	One Back spinning hook kick and any two techniques
All Black Belts	One Any Jumping Spinning Kicks and any three techniques (ex: Jumping Spinning Hook Kick, Tornado Round Kick)

❖ Breaking rules will be as follows:

1. No props or mechanical holders will not be allowed
2. Competitors must supply their own board holders
3. Size of Board for technical breaking: ¼ inch (Demo board or Thin) for all ages
4. Required Number of Board: 4 boards (Black belts), 3 boards (Color belts)
5. ALL Boards will be held with two hands. (No speed breaks or power breaks will be allowed)
6. Jumping over people and breaking with the head will not be allowed
7. No more than 1 minute to set up and break
8. One attempt to break all boards will result in 1st place
9. Two attempt to break all boards will result in 2nd place
10. Three and more attempt to break all boards will result in 3rd place
11. No required techniques perform will result in 3rd place



11th Annual Master Kim's MOOHAN OPEN Championships

POWER BREAKING

Ages 5 & under: Heel stomp

Ages 6 & ups: You may choose from hammer, palm and Knife hand downward (No Punch)

1. The students partaking in our Power breaking competition must bring a small wash cloth to place on their set of boards. Competitors are allowed to wear a Taekwondo Sparring Glove for safety reasons if desired. The maximum amount of boards you can break, as well as the size of the boards depends on your age. Whoever breaks through the most boards wins their division. If two or more students in the same division break the same number of boards, the **Whoever weights less competitors will become a winner. (No Punch allowed)**

Power Breaking (*Make sure right size for your age*)

For every different age group you have a different amount of boards you CAN break but that does NOT mean you need to break your maximum to compete in your age division.

Age & gender divisions only (No belt or weight division)	Maximum amount (the most boards you can break)	Size of Board	Technique
Tiger Ages 5 & under	5	¼ inch (Small)	Heel Stomp
Dragon Ages 6~7	10	¼ inch (Small)	Hammer Fist Or Palm Strike or Knife Hand ONLY (No Punch)
Ninja Ages 8~9	10	¼ inch (Small)	
Youth Ages 10~11	10	¾ inch (Medium)	
Cadet Ages 12~14	10	¾ inch (Medium)	
Junior Ages 15~17	15	1 inch (Large)	
Adults Ages 18 & Up	15	1 inch (Large)	

Board Breaking and Power Breaking Competitors

**ALL BOARDS MUST BE PURCHASED AT COMPETITION AREA FOR POWER BREAKING EVENT.
THIS WAY ALL COMPETITORS ARE BREAKING THE SAME BOARD AND IT IS FAIR.**

Under no circumstance will competitors bring their own boards.



11th Annual Master Kim's MOOHAN OPEN Championships

SPARRING

Regulations and modified rules of the World Taekwondo (WT) will govern this tournament for the sparring divisions. All competitors must bring their own safety gear including chest protector, headgear, shin/instep guards, forearm guards, protective cup (male) and mouthpiece.

❖ Duration of Matches

Belts	# of Rounds	Time	Rest Period
All Color Belts – All Ages	2	1 min.	30 sec.
All Black Belts – All Ages	3	1 min.	30 sec.

❖ Warnings and Deductions:

The referee declares Kal-yeo (Break) when prohibited acts are committed

- 8 warnings=disqualification.

❖ COMPUTER SCORING WILL BE USED AT THIS COMPETITION.

❖ VALID POINTS WILL BE AS FOLLOWS:

1. One (1) point for valid Punching on chest protector
2. Two (2) points for valid kicking on chest protector
3. Four (4) points for a valid turning kick to the chest protector
4. Three (3) points for a valid kick to the head (see requirements below) – light contact ONLY
5. Five (5) points for a valid turning kick to the head (see requirements below) – light contact ONLY
6. One (1) point awarded for every Gam-jeom given to the opposing contestant

❖ 10 to 32 Black Belt Sparring will follow the new WT rules with a few modifications:

- All matches will be decided by the best 2 out of 3 rounds (each round will have a winner)
- 10 to 32 Black belts will compete with Gen 2 chest pad with electronic headgear
- 10 to 32 Black belts must have gloves and their own Daedo socks (Gen 2 is recommended)
- 33 and up Black belts will traditional chest guard (No required Daedo socks)

Daedo socks may be pre-purchased at www.daedosouth.com (and picked up at the tournament to save shipping) or purchased on site.

No glasses or sport goggles will be allowed during sparring competition.

NO HEAD CONTACT – ALL Color Belts and Black Belts 9 & under

LIGHT HEAD CONTACT – Black Belts 10 & up only



11th Annual Master Kim's MOOHAN OPEN Championships

RULES REGARDING HEAD CONTACT

1. The competitor is allowed to kick to the facial area; however, the kick must be light contact with absolute control without causing any injury or excessive contact, or the appropriate penalty shall be invoked.
2. The competitor who executes a successful technique (light contact without causing any injury) shall be awarded points.
3. The competitor who executes a kick to the face which results in a minor injury shall receive a one-point deduction (Gam-Jeom). A minor injury is defined as abrasion or bleeding caused by non-excessive contact. The referee, with or without consultation with the tournament physician, shall determine if the abrasion or bleeding is a minor injury, and if the attack is a non-excessive one.
4. The competitor who executes a kick to the face which results in the inability of the opponent to continue sparring because of injury shall be disqualified. The referee, with or without consultation with the tournament physician, shall determine if the attack is an excessive contact, and if the injury is a major one.

❖ NOTE: Inability to continue because of fright, crying, or loss of will does not constitute grounds for disqualification of the attacker.

TEAM DEMO COMPETITION RULES

1. Team must consist of 12 or more people.
2. Team will be allowed a 1 minute setup time.
3. Performance cannot last longer than 6 minutes. (At 5 minutes there will be a 1 minute warning flag raised. If Demo exceeds 6 minute there will be a 0.5 point deduction every 10 Sec from your overall score.)
4. Over 7 minutes will be disqualified.
5. Teams will be judged on time, presentation, teamwork, rhythm, good manners, and entertainment.
6. Masters and Intern Instructors are not allowed to be a demonstration team member.
7. Music and sound effects can be used.

❖ It is not necessary for Demo Team Members to compete other events, however the Demo competition does count as a single event and all competitors will receive individual awards for the Demo performance. Demo Team Members can compete in as many events as they like.

- ❖ **School Master or Demo Team Director should notify Moohan Martial Arts of intention to participate in Demo Competition no later than April 14th 2023.**



11th Annual Master Kim's MOOHAN OPEN Championships

COMPETITION FLOOR

• Throughout any Moohan-sanctioned championships, only the following personnel may enter the competition floor:

- Referees, Judges, Recorders and Technical Assistants, Review Jurors
- Members of the Tournament Staff
- Members of the Competition Supervisory Board
- Members of the medical team
- Security officers when necessary
- Athletes and qualified coaches when the athlete's name is called to compete
- Other essential personnel with the approval of the Moohan Events Director

Competitors, coaches or supporters who display poor sportsmanship will be asked to leave.

All Age Divisions (Form, Breaking and Sparring)

4-5 Years (Tiger) 6-7 Years (Dragon) 8-9 Years (Ninja) 10-11 Years (Youth)

12-14 Years (Cadet) 15-17 Years (Junior) 18-32 Years (Adults) 33 Years & Up (Ultra)

Contact Rule Notice

- ❖ **9 & under Black Belts: No Head Contact**
- ❖ **All the color Belts: No Head Contact**
- ❖ **10~17 Black Belts: Light Head Contact**
- ❖ **18 & older Black Belts: Head Contact**

All rules and regulations are subject to change, as deemed necessary, by the Tournament Director or Tournament Committee.



11th Annual Master Kim's MOOHAN OPEN Championships

MEDICAL QUESTIONNAIRE FORM

(This form is mandatory for all competitors.)

11th Annual Master Kim's MOOHAN OPEN Championships Cumming, GA May 13th, 2023

• **Competitor's Name:**

• **Please circle the (Y) for yes or (N) for no.**

1. Do you have any allergies to any medications? Y / N
If you answered yes, please indicate which medications.
2. Do you take any medications regularly? Y / N
3. Do you wear contact lenses? Y / N
4. Do you have a history of any of the following conditions?
 - a. Epilepsy (seizures) Y / N
 - b. Lung disease Y / N
 - c. Heart disease Y / N
 - d. Diabetes Y / N
 - e. High blood pressure Y / N

If you answered YES to any part of question four, please complete question five.

5. I hereby state that I am under the care of a physician for the treatment of _____ and that I have been medically cleared by that physician to participate in this tournament.

❖ Please read carefully: I hereby certify that the above information is true and accurate to the best of my knowledge.

Signature: _____ **Date:** _____

(Parent/Guardian must sign if competitor is under 18 years of age)



11th Annual Master Kim's MOOHAN OPEN Championships

Registration Deadline: Wednesday May 3rd, 2023

THERE WILL BE NO REGISTRATION ALLOWED AT THE DOOR. NO EXCEPTIONS!

Mail to *Moohan Martial Arts of Cumming (1680 Buford Hwy. Cumming GA 30041)*

How to Register:

1. At your individual school (turn in your forms and payment cash or check to an instructor)
2. Each individual School makes a *TKD School Business check, certified check or money order* payable to *Moohan Martial Arts of Cumming (No Personal checks)*
3. All mailed forms must be postmarked by May 4th 2023
4. **Online registration: www.register4tkd.com**

(ENTRY FEES ARE NON-REFUNDABLE)

❖ **Please Print All Information**

Name: _____ Age: _____ Weight: _____ Height: _____

Phone Number: _____ Belt: _____ Gender: [] M [] F

Tae Kwon Do School Name & Location: _____

Events [] Forms or [] Spirit [] Sparring
 [] Breaking [] Power Breaking [] Team Demo

Breaking and Power Breaking - Boards must be purchased separately at Competition Area

1 event = \$90 2 events = \$100 3 events = \$110 4 events = \$120 5 events = \$130

Total amount enclosed: \$ _____

RELEASE AND COVENANT NOT TO SUE

In consideration of your acceptance of entry, I hereby release and forever discharge MOOHAN OPEN CHAMPIONSHIPS, MOOHAN MARTIAL ARTS TAEKWONDO SCHOOL, its agents, units, school, officials, and employees (former or current and in their official and individual capacities) from all claims, claims for attorney's fees, actions, causes of action, charges, or suit of whatever kind of nature which might have been asserted against them, by or on behalf of myself or my children, parents, heirs, representatives, dependents, or otherwise, arising from my use of any property of Moohan Martial Arts of Cumming, LLC.

I, the undersigned, am at least 18 eighteen years of age. I have carefully read the above stated RELEASE AND COVENANT NOT TO SUE. I understand the content thereof and agree that my execution of the RELEASE AND COVENANT NOT TO SUE is my own free, voluntary act and deed.

Releaser: _____ Date: _____

Guardian: _____ Relation: _____
(If under 18)

Please make sure you have done the following:

- Make sure you know what time your event starts.
- Make sure you registered for all the events you want to compete in.
- Make sure you made checks out to your school.
- Make sure you signed the Medical form for Moohan Martial Arts of Cumming on the back.
- Make sure you turned in your registration form by Wednesday May 3rd 2023.



11th Annual Master Kim's MOOHAN OPEN Championships

COACHING REGISTRATION FORM

Complete this form and send it with the appropriate fee for coach's pass. *(Non-Refundable)*

FEE FOR EACH PASS IS **\$ 20** Make **certified check** or **money order** payable to

Moohan Martial Arts of Cumming

ELIGIBILITY: *Must be 16 years or older
Must be a current TaeKwonDo student or Instructor*

Deadline: May 3rd, 2023

Mail to

**Moohan Martial Arts of Cumming
1680 Buford Hwy. Cumming GA 30041**

Last Name _____ First Name _____

Address _____ City _____

State _____ Zip _____ Current Rank: _____ (Must be a current TKD Student or Instructor)

Home Phone # _____ Age _____ (Must be 16 years or older)

E-mail: _____ TKD School Phone # _____

Name of TKD School _____ Website: _____

RELEASE AND COVENANT NOT TO SUE

In consideration of your acceptance of entry, I hereby release and forever discharge MOOHAN INVITATIONAL, MOOHAN MARTIAL ARTS TAEKWONDO SCHOOL, its agents, units, school, officials, and employees (former or current and in their official and individual capacities) from all claims, claims for attorney's fees, actions, causes of action, charges, or suit of whatever kind of nature which might have been asserted against them, by or on behalf of myself or my children, parents, heirs, representatives, dependents, or otherwise, arising from my use of any property of Moohan Martial Arts of Cumming, LLC.

I, the undersigned, am at least 18 eighteen years of age. I have carefully read the above stated RELEASE AND COVENANT NOT TO SUE. I understand the content thereof and agree that my execution of the RELEASE AND COVENANT NOT TO SUE is my own free, voluntary act and deed.

❖❖ Please note that all coaches must leave the competition floor immediately after the completion of his/her competitor's match. Coaches are not permitted on the competition floor during forms competition. The organizing committee reserves the right to suspend the coaches' pass for failure to abide by the rules.

Releaser: _____ Date: _____

Guardian: _____ Relation: _____

(If under 18)



11th Annual Master Kim's MOOHAN OPEN Championships

OFFICIAL REFEREE REGISTRATION FORM

Please send this form

Deadline: April 29th, 2023

Mail to: Moohan Martial Arts of Cumming 1680 Buford Hwy. Cumming GA 30041

All USAT-Certified referees that officiates for the entire tournament will receive a stipend at the end of the tournament. Lunch will be provided.

Last Name _____ First Name _____

Address _____ City _____

State _____ Zip _____ Cell Phone # _____

Black Belt Dan Rank: _____ Dan#: _____ T- Shirt Size: _____

Age _____ (Must be 16 years or older) D.O.B: _____ / _____ / _____ Gender: [] M [] F

E-mail: _____ TKD School Phone # _____

Name of TKD School _____ Website: _____

Referee Certification

Check all that applies: USAT World Taekwondo Level of certification: _____

RELEASE AND COVENANT NOT TO SUE

In consideration of your acceptance of entry, I hereby release and forever discharge MOOHAN OPEN CHAMPIONSHIPS, MOOHAN MARTIAL ARTS TAEKWONDO SCHOOL, its agents, units, school, officials, and employees (former or current and in their official and individual capacities) from all claims, claims for attorney's fees, actions, causes of action, charges, or suit of whatever kind of nature which might have been asserted against them, by or on behalf of myself or my children, parents, heirs, representatives, dependents, or otherwise, arising from my use of any property of Moohan Martial Arts of Cumming, LLC.

I, the undersigned, am at least 18 eighteen years of age. I have carefully read the above stated RELEASE AND COVENANT NOT TO SUE. I understand the content thereof and agree that my execution of the RELEASE AND COVENANT NOT TO SUE is my own free, voluntary act and deed.

❖❖ Please note that all coaches must leave the competition floor immediately after the completion of his/her competitor's match. Coaches are not permitted on the competition floor during forms competition. The organizing committee reserves the right to suspend the coaches' pass for failure to abide by the rules.

Releaser: _____ Date: _____

Guardian: _____ Relation: _____

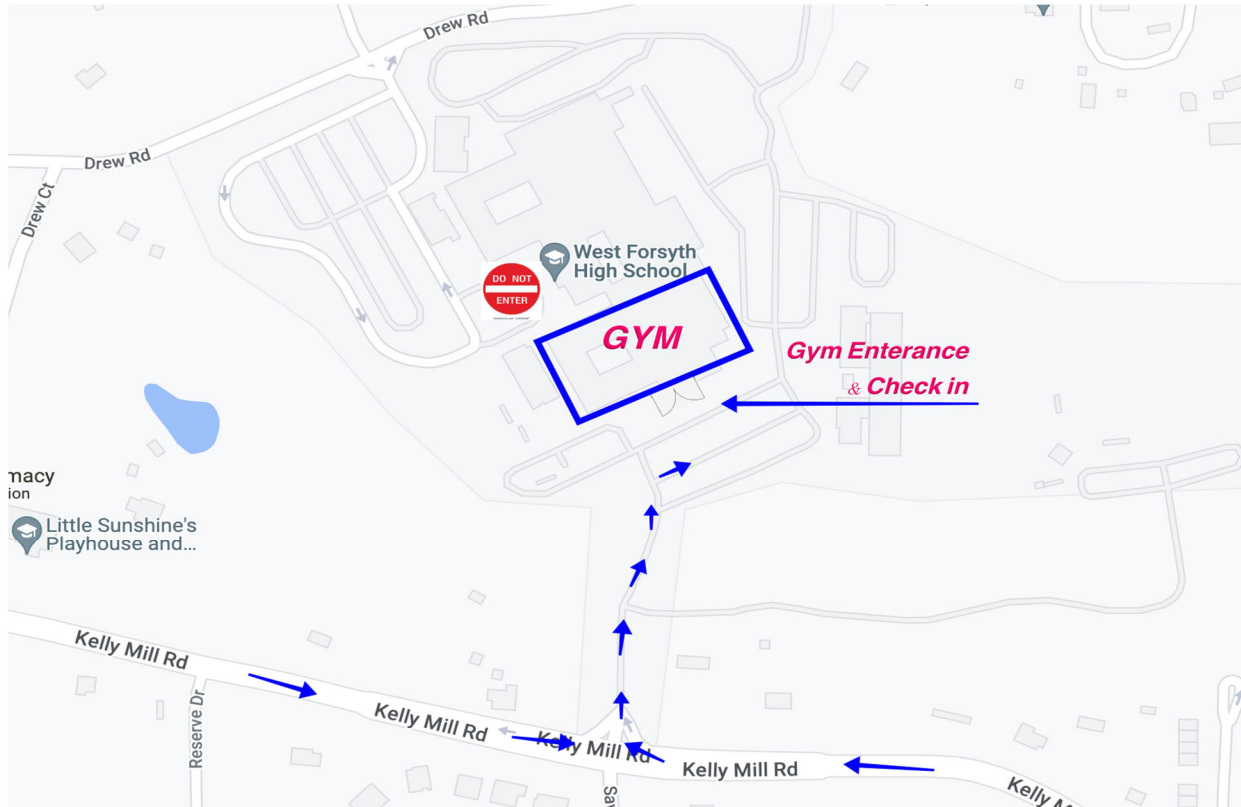
(If under 18



11th Annual Master Kim's MOOHAN OPEN Championships

Tournament Venue

West Forsyth High School GYM 4155 Drew Rd. Cumming, GA 30040



Local Hotel Information

(Master Kim's Moohan Championships Rates)
(Taxes and fees not included)

This hotel is about 15 minutes from West Forsyth High School

Holiday Inn Express & Suites

870 Buford Hwy. Cumming, GA 30041

T: 678-845-7100

\$129/Night for 2 Queens (good for 5/12/23~5/14/23)

(Free Breakfast & Wifi)

Must reserve by April 21 2023

Refer to Group Name: Master Kims Moohan Martial Arts for discounted rates.

Code: MKM

Please call hotel for Book

Hampton Inn by Hilton

915 Ronald Reagan Blvd. Cumming GA 30041

T: 770-889-0877

\$129/Night for 2 Queens (good for 5/12/23~5/14/23)

(Free Breakfast & Wifi)

Must reserve by April 21 2023

Refer to Group Name: Moohan Martial Arts for discounted rates.

Please call hotel for Book



11th Annual Master Kim's MOOHAN OPEN Championships

MOST STUDENT CONTEST

Moohan Martial Arts would like to offer our thanks and appreciation to all schools that have entered your extraordinary competitors in the 2023 Moohan Open Championships. We would also like to present to each school who brings over 20 competitors with a special recognition trophy! Among these schools, whichever one brings the absolute most competitors will receive the Top School trophy. We encourage all schools to register as many participants as possible in order to qualify for the unique award.

(Most students contest is only valid for pre-registered competitors)



Good Luck All Competitors!