



13th 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 **13th Annual Master Kim's Moohan Open Championships Saturday May 10th, 2025**. 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 event.



Sincerely,

Master Yong Jun Kim

Tournament Director



13th 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

Sanctioned by Master Kim's Moohan Open Championships



13th Annual Master Kim's MOOHAN OPEN Championships

Moohan Open Championships – Key Information

Date: Saturday, May 10th, 2025

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

Eligibility & Divisions

- **Who:** All Taekwondo practitioners are welcome to participate.
- **Divisions:** Organized by age, belt, weight, and gender.

Registration

- **Deadline:** Wednesday, April 30th, 2025.
- **How to Register:**
 - Submit forms and fees to your instructor or via mail (postmarked by May 1st).
 - Online: www.register4tkd.com
- **Note:** No late or on-site registration allowed.

Competitor Information

- **ID Cards:**
 - Pick up on May 10th (8:00 AM – 3:20 PM) at the venue.
 - ID cards include division details and must not be lost.

Awards

- 1st (Gold), 2nd (Silver), and two 3rd places (Bronze) per event.
- Awards distributed throughout the day.
- All participants receive a medal or trophy.

Additional Details

- **Coaching:** 1 free coaching pass per school; \$20 for extras. (Please contact Tournament Director)
- **Spectators:**
 - \$10 admission fee (cash only); free for children under 5.
 - No spectators on the competition floor.
- **Food:** No food in competition area; concessions available outside.
- **Videos & Photos:** Allowed only from seating and awards areas.

For details or more information:

[Tel: 770-888-4244](tel:770-888-4244)
www.gomoohan.com

email: mymoohan@hotmail.com
Facebook: facebook.com/moohanchampionships



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Event Schedule - May 10th, 2025

8:00am – 3:20pm **ID Badge Pickup:** West Forsyth High School (4155 Drew Rd, Cumming, GA 30040)

8:20am. **Referee, Judges, and Volunteer Meeting (Mandatory)**

8:40am **Rising Stars Exhibition Demo Team and Coach Meeting**

Competition Schedule

9:00am **Demo Team Competitions (Rising Stars Exhibition Division)**

9:30am – Wave I

- Power Breaking (Ages 4-9)
- Power Breaking (Ages 15 & older)
- Forms and Board Breaking (Ages 15 & older)
- Sparring (Ages 15 & older)
- **Until completion**

12:30pm. **Opening Ceremony and Demo Team Advanced Exhibition, followed by Lunch Break**

1:30pm – Wave II

- Power Breaking (Ages 10-14)
- Sparring (Ages 10-14, Black Belts only)
- Forms and Board Breaking (Ages 4-9)
- Sparring (Ages 4-9)
- **Until completion**

4:00pm – Wave III

- Forms and Board Breaking (Ages 10-14)
- Sparring (Ages 10-14, Non-Black Belts only)
- **Until completion**

Important Notes:

- **Black Belt Sparring and Power Breaking** will follow a separate schedule based on age.
- **Arrive 40 minutes before your events** begins.

ALL TIMES ARE APPROXIMATE!!!
THERE ARE NO GUARANTEES!!!



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

❖ Breaking rules will be as follows:

1. Props, mechanical holders, jumping over people, and head breaks are not allowed.
2. Competitors must provide their own board holders.
3. Boards: ¼ inch (Demo board or Thin) for all ages; 4 boards for black belts, 3 for color belts.
4. Boards must be held with two hands; no speed or power breaks.
5. Setup and breaking must be completed within 1 minute.
6. Placement:
 - a. 1st place: All boards broken on the first attempt.
 - b. 2nd place: All boards broken on the second attempt.
 - c. 3rd place: Three or more attempts or failure to perform required techniques.



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POWER BREAKING

- **Ages 5 & under:** Heel stomp
 - **Ages 6 & up:** Choose from hammer, palm, or knife hand downward (No punch).
1. For safety, competitors may place a small towel on their boards or wear Taekwondo sparring gloves.
 2. The maximum number and size of boards depend on age.
 3. The competitor who breaks the most boards wins their division.
 4. In case of a tie, competitors with the same number of breaks will share the same rank.

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

The number of boards varies by age, but breaking the maximum is not required to compete.

Age & gender divisions only (No belt or weight division)	Maximum amount (the most boards you can break)	Size of Board	Technique
Ages 5 & under	5	¼ inch (Small)	Heel Stomp
Ages 6~9	10	¼ inch (Small)	Hammer Fist, Palm Strike or Knife Hand ONLY (No Punch)
Ages 10~14	10	¾ inch (Medium)	
Ages 15 & up	10	1 inch (Large)	

Board Breaking and Power Breaking Competitors

All participants must **purchase boards provided at the competition venue** for the Power Breaking event. This ensures that all competitors are breaking the same type of board, maintaining fairness for everyone.

Bringing your own boards is strictly prohibited.

SPARRING

The sparring divisions will follow the World Taekwondo (WT) rules with modifications. Competitors must bring their own safety gear: chest protector, headgear, shin/instep guards, forearm guards, protective cup (for males), and mouthpiece.

Belts	# of Rounds	Time	Rest Period
All Color Belts – All Ages	2	1 min.	30 sec.
Black Belts – 9 and under	2	1 min.	30 sec.
Black Belts – 10 and up	Best 2 out of 3 rounds	1 min 30 sec	1 min



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❖ Duration of Matches

❖ Warnings and Deductions:

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

- 8 warnings=disqualification.

❖ VALID POINTS WILL BE AS FOLLOWS:

1. **1 Point:** Valid punch to the chest protector.
2. **2 Points:** Valid kick to the chest protector.
3. **4 Points:** Valid turning kick to the chest protector.
4. **3 Points:** Valid kick to the head (*light contact only*).
5. **5 Points:** Valid turning kick to the head (*light contact only*).
6. **1 Point:** For each *Gam-jeom* penalty given to the opponent.

❖ 10 and Up 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)
- Ages 10 and up Black belts will compete with Gen 2 chest pad with electronic headgear
- Ages 10 and up Black belts must have gloves and their own Daedo socks (Gen 2 is recommended)

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.

HEAD CONTACT RULES

- **No Head Contact:** All color belts and black belts age 9 & under.
 - **Light Head Contact:** Black belts age 10 & up only.
1. Competitors may kick to the face, but it must be light and controlled, with no injury or excessive force. Penalties apply for improper contact.
 2. A successful technique (light contact, no injury) earns points.
 3. A kick causing a minor injury (abrasion or bleeding) results in a one-point deduction (*Gam-Jeom*). The referee, possibly with a physician's consultation, will assess if it's a minor injury and non-excessive contact.
 4. A kick causing an injury that prevents the opponent from continuing results in disqualification. The referee will determine if the contact was excessive and if the injury is major, possibly with a physician's consultation.



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❖ 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. The team must consist of 12 or more members.
2. Teams are allowed 1 minute for setup.
3. The performance must not exceed 6 minutes. A 1-minute warning flag will be raised at 5 minutes. If the performance exceeds 6 minutes, a 0.5-point deduction will be applied for every 10 seconds over.
4. Performances over 7 minutes will result in disqualification.
5. Teams will be judged on time, presentation, teamwork, rhythm, manners, and entertainment.
6. Masters and Intern Instructors cannot be part of the demonstration team.
7. Music and sound effects may be used.
8. Use of **Foam Breaking Boards** is **not allowed**. Only standard wooden boards are permitted.

RISING STAR DEMO TEAM

(To join the Rising Star Demo Team, you must meet one of the following two requirements.)

1. At least 70% of the members must be colored belt holders.
2. At least 70% of the members must be 11 years old or younger.

❖ The Rising Star Demo Team can receive assistance from instructors or parents, such as holding boards or calling commands, but the Advanced Demo Team is not allowed to have any assistance.

❖ The Rising Star Demo Team can compete with the Advanced Demo Team if they wish, but the Advanced Demo Team cannot compete with the Rising Star Demo Team.

❖ It is not necessary for Demo Team Members to compete in 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 10th 2025.**



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COMPETITION FLOOR

Taekwondo is a martial art that teaches respect. To uphold the dignity of the sport and maintain a clean and professional environment, we kindly request that coaches, instructors, and event staff refrain from wearing slippers or hats on the competition floor.

Attire Reminder: All personnel on the competition floor are expected to dress appropriately, reflecting the professionalism and respect inherent in Taekwondo.

Only the following personnel are allowed on the competition floor during Moohan-sanctioned championships:

- Referees, Judges, Recorders, Technical Assistants, and Review Jurors
- Members of the Tournament Staff
- Members of the Competition Supervisory Board
- Medical team members
- Security officers, if necessary
- Athletes and qualified coaches when the athlete's name is called to compete
- Other essential personnel with approval from 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 (Tiny Tiger) 6-7 Years (Dragon) 8-9 Years (Tiger) 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**



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

MEDICAL QUESTIONNAIRE FORM

(This form is mandatory for all competitors.)

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• 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)



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Registration Deadline: Wednesday April 30th, 2025

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 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 1st 2025
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 =\$100 2 events = \$120 3 events = \$140 4 events = \$160 5 events = \$180

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 events start.
- 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 April 30th 2025.



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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: April 30th, 2025

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)



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OFFICIAL REFEREE REGISTRATION FORM

Please send this form

Deadline: April 19th, 2025

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: _____

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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.

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Releaser: _____ Date: _____

Guardian: _____ Relation: _____

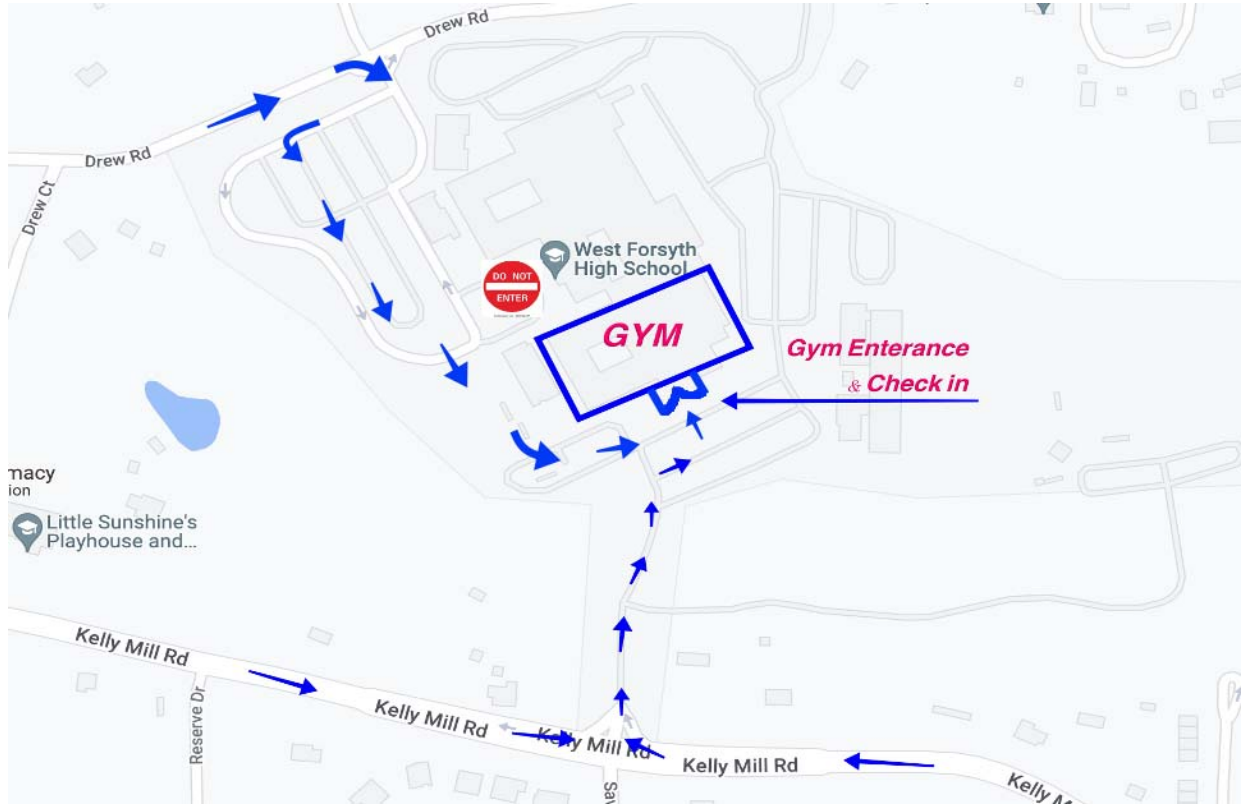
(If under 18



13th 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

\$139/Night for 2 Queens (good for 5/9/25~5/11/25)

(Free Breakfast & Wifi)

Must reserve by April 18 2025

Refer to Group Name: Master Kim's Moohan
Championships for discounted rates.

Block Code: MKM

Please call hotel for Book

Hampton Inn by Hilton

915 Ronald Reagan Blvd. Cumming GA 30041

T: 770-889-0877

\$155/Night for 2 Queens (good for 5/9/25~5/11/25)

(Free Breakfast & Wifi)

Must reserve by April 8 2025

Refer to Group Name: Master Kim's Moohan
Championships for discounted rates.

Block Code: MMA

Please call hotel for Book



13th Annual Master Kim's MOOHAN OPEN Championships

MOST STUDENTS CONTEST

Moohan Martial Arts extends our thanks and appreciation to all schools that have entered their outstanding competitors in the 2025 Moohan Open Championships. Each participating school will receive a special recognition trophy based on the number of competitors:

- 20-29 students
- 30 or more students
- The highest number of students

The school with the most competitors will receive the **Top School** trophy. We encourage all schools to register as many participants as possible to qualify for this unique award.

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



Good Luck To All Competitors!