



## 2023 WHITE TIGER MARTIAL ARTS OPEN CHAMPIONSHIP

Greetings Grandmasters and Masters,

It is my pleasure as tournament director of the 2023 White Tiger Martial Arts Open Championship to introduce to you this distinguished event for your students to experience on March 18st, 2023 at Christian Liberty Academy in Arlington Heights, IL.



Despite the COVID situation, I would like to give students an opportunity to compete and showcase their talent and sportsmanship in a safe manner. We will still be following the Illinois COVID rules and regulations and highly emphasizing having masks on when inside and competing during this event, regardless of vaccination status. This is to ensure everyone's safety and prevent any conflicts that may arise. I will be updating the COVID guidelines closer to the tournament.

Let's work together to provide the best experience possible for our schools, students, and athletes this year!

Best Regards,

*Shik Lee*

Grand Master Shik Lee  
Tournament Director  
White Tiger Martial Arts Center  
847-279-2780  
[www.wtmac.com](http://www.wtmac.com)





## **2023 White Tiger Martial Arts Open Tae Kwon Do Championship**

**Date:**

**Saturday, March 18<sup>th</sup>, 2023**

**Location:**

**CHRISTIAN LIBERTY ACADEMY  
502 West Euclid Ave  
Arlington Heights, IL 60004**

**Event of Contest:**

- **Form (Individual, Grand Champion, Pair & Group Form)**
- **Board Breaking**
- **Sparring (Individual, Team Sparring)**
- **Demonstration**

**Fee:**

**1 Event: \$90 / 2 Events: \$100 / 3 Events: \$110 / 4 Events: \$120/5 Events: \$130**

**\*Team Sparring (Additional \$100 Per Team)**

**\*Board breaking competitors must pay an additional \$10 fee for their boards along with their registration fee. Boards will NOT be sold on competition day.**

**Admission:**

**General Admission: \$10 / Children (5-12yrs old): \$5 / Children (under 4): Free  
Buy ticket at the door cash only**

**Registration:**

**Due by March 15<sup>th</sup>, 2023 (Wednesday)—Late Fee After March 15<sup>th</sup> is \$10 per competitor  
Please Send Application Form with Cash or Money order payable to White Tiger  
Martial Arts Center (Wheeling, IL)**

**All competitors must purchase breaking boards at the table on the day of the competition and Ring Tables will hold all the boards for your child to ensure that there will be no miss-breaks before the competition.**

**COVID Guidelines:**

**All competitors are REQUIRED to wear masks during competition. If the competitor tests positive for COVID 7 days or less before competition, you are NOT allowed to compete. As of now,**

**\*We will be updating the COVID guidelines closer to the event to follow the most up-to-date Illinois Guidelines**

**For more Info:**

**Master Shik Lee/ 847-567-8285 or email: [slee@wtmac.com](mailto:slee@wtmac.com)**

**Office Manager / 847-279-2780 or email: [wtmac286@gmail.com](mailto:wtmac286@gmail.com)**

**White Tiger Martial Arts Center (286 E Palatine Rd, Wheeling, IL 60090)**



## 2023 White Tiger Open Taekwondo Championship

**Christian Liberty Academy: 502 West Euclid Ave, Arlington Heights, IL 60004**

**All applications due by March 13th, 2023**

**Tournament Date: Saturday, March 18th, 2023 Time: 08:00am-6:00pm**

**Online Registration at [www.wtmac.com](http://www.wtmac.com)**

- 8:30 AM -9:10AM **REGISTRATION (All AGES) & REFEREE / JUDGE MEETING**  
Register and receive Competition Tags, purchase boards, and prepare for Form and Breaking Competitions
- 9:10AM-9:20AM **OPENING CEREMONY**
- 9:30 AM- 11:00AM **FORM COMPETITION (B: Traditional Class)**  
**(5 - 9 years Ages) BREAKING COMPETITION**  
5 – 6 yr olds  
7 – 9 yr olds
- 11:00 AM - 11:10 AM **GRAND CHAMPIONSHIP (FORM 5-6years. 7-9years color & Black)**  
11:10 AM - 11:30 AM **Pair & Group Form**
- 11:30 AM - 12:30 PM **SPARRING COMPETITION**  
**(5-9 years Ages)** 3 – 6 yr olds  
7 – 9 yr olds
- 12:30PM - 1:00PM **TEAM SPARRING (9ys old & Under)**
- 12:30PM - 1:00PM **LUNCH**
- 1:00PM - 3:30PM **FORM COMPETITION (B: Traditional Class)**  
**(10yrs & Up Ages) BREAKING COMPETITION**  
10–11 yr olds  
12–14 yr olds  
15-17 yr olds  
18 yr olds & up
- 3:00 PM - 3:30 PM **GRAND CHAMPIONSHIP (FORM 10years & up All Color Belt)**  
**(10years & up All Black Belt)**
- 3:30PM-6:00PM **SPARRING COMPETITION**  
**(10yrs & Up Ages)** 10–11 yr olds  
12–14 yr olds  
15–17yr olds(Level B&A)  
18 yr olds &up(Level B&A)
- 5:00PM- 6:00PM **TEAM SPARRING (10 -11years old)**
- 6:00 PM **CLOSING EVENT**



## FORM DIVISIONS

BELT AGE	WHITE – YELLOW	ORANGE – PURPLE	BLUE– BROWN	RED – DEPUTY	BLACK BELT
3-6	BASIC TAEGEUK I	TAEGEUK 2,3,4	TAEGEUK 5,6,7	TAEGEUK 7,8	Black Belt Forms
7-9					
10-11					
12-14					
15-17					
18& UP					

### Individual Poomsae Divisions

- \*6 yrs olds and younger will perform 10 steps of their form. This will not affect their score.  
7 yrs olds & up will perform all steps.
- \* All Color Belts: Single elimination tournament format.
- \* All Black Belts: Cut-off tournament format or Single elimination tournament format.
- \* All Poomsae Division winners qualify to compete to be Grand Champion.
- \* Grand Champion Divisions: 6 yrs olds and under/ 7–9 yrs olds All Color Belts/ 10yrs olds & Up All Black Belts/9yrs olds &under. 10yrs olds &up All Black Belts.
- \* Sports Poomsae Division (only Black Belts): 7-9 yrs old/ 10-11 yrs old/ 12-14 yrs old/ 15 -17 yrs old, 18 yrs old & up
- \* Sports Poomsae Division winners qualify to compete in the Sports Poomsae Grand Championship for a chance to win a 4 ft Trophy and \$200 Scholarship.

### Pair & Group Form Divisions

- \* Pair Form must include one male & one female and can be any age and any belt.  
\*Divisions: All Color Belt / All Black belt
- \* Group Form must include three members, Can be any age, any gender, and any belt.  
\*Division All Color Belt / All Black belt
- \*Awards given: one gold, one silver, and one bronze for each division.
- \*Competition Format: Single Elimination



## BREAKING DIVISIONS

BELT AGE	WHITE – YELLOW	ORANGE– PURPLE	BLUE– BROWN	RED – DEPUTY	BLACK BELT
3-4	<b>2 Boards</b> 1. Hammer fist 2. Front snap kick		<b>4 Boards</b>  1. Punch 2. Round house kick 3. Back kick 4. Jump front Snap kick	<b>4 Boards</b>  1. Knife hand 2. Tornado kick 3. Spinning hook kick 4. Jump sidekick	<b>5 Boards &amp; Up</b>  Free style
5-6	1. Hammer fist 2. Front snap kick <b>3 Boards</b> 3. Hammer kick				
7-9	<b>3 Boards</b>  1. Punch 2. Front snap kick 3. Round house kick				
10-11					
12-14					
15-17					
18& UP					
Breaking Order					

## Board Breaking General Rules

- \*1 minute to set up and 1 minute to complete the routine.
- \*Two chances will be allowed for each breaking technique.
- \*Medals are awarded by the number of attempts taken to break the boards:  

No mistakes- Gold / 1-2 mistakes- Silver / 3 mistakes or more- Bronze
- \*Props are prohibited for ALL BELTS. No Bricks allowed (Only boards).
- \*9 yr olds and under will use children's boards.  

10 – 14 yr olds will use medium boards.

15 yr olds& up will use adult boards only.
- \*Please do not bring your own boards with you. Board fees are paid along with the registration fee.



## Sparring General Rules

- \* Modified USAT and WTF Sparring rules will apply.
- \* Mandatory Equipment is required for this event.

### All Color Belts Divisions

- \* 2 rounds, 1 minute per round.
- \* All Color Belts- **No head contact.**
  - One point** for punches, **Two points** for body kicks and **Four points** for spinning body kicks.
- \* When the match is tied, a single sudden death round will apply.

### All Black Belt Divisions

- \* 2 rounds, 1 minute per round.
- LIGHT head contact will be allowed or head contact is optional too. If allowed, head contact is **three points** and spinning kicks to the head are **five points**. Also, in all Black Belt Divisions, the **Daedo** system will be used to monitor all body shots. For 9 yr olds and under, we will provide **Daedo e-socks**. However, for 10 yr olds and up you will need your **OWN**. This is mandatory.
  - All Age Level A Sparring Competitors must bring your **OWN Daedo e-socks gen 2**.

### Team Sparring (Black Belts Only)

**\*Divisions: 7-9 yrs old: Only on Group / 10-11 yrs old: Boys Group and Girls Group**

**Note: 7-9 yrs old will be a Co-ed Team and for 10-11 yrs old boys and girls will be separated.**

Divisions will also be divided by weight:

	1	2	3
7-9 yrs old	Under 48 lbs	48.1-65 lbs	Over 65 lbs
10-11 yrs old	Under 68 lbs	68.1-86 lbs	Over 86 lbs

- \* Teams must consist of 3 members.
- \* There will be 3 rounds: One round (one min) per competitor
- \* There will be light head contact for all divisions.
- \* Winning team in each division will earn a \$100 scholarship



## **POOMSAE WORLD CLASS COMPETITION SCHEDULE**

9:40 AM- 10:20AM **FORM COMPETITION (A: World Class)**  
**(7 to 11years Ages) Color Belt and Black Belt**  
7 – 11yr olds Color Belt  
7 – 11yr olds Black Belt

10:10 AM - 11:00AM **FORM COMPETITION (A: World Class)**  
**(12-17yers Old)** 12 - 17yr olds Color Belt  
12 - 17yr olds Black Belt

11:00 AM - 11:50AM **FORM COMPETITION (A: World Class)**  
**(18yers & Up)** 18yr & Up Color Belt  
18yr & Up Black Belt

12:00 PM - 12:30 PM **FORM Grand Championship (A: World Class)**  
**(18yers Old & Up)** All Color Belt Division  
All Black Belt Division

## **SPARRING WORLD CLASS COMPETITION SCHEDULE**

1:00 PM- 2:00PM **SPARRING COMPETITION (A: World Class)**  
**(7 to 9years Ages)** 7 – 9yr olds Color Belt  
7 – 9yr olds Black Belt

2:10 PM - 3:00 PM **SPARRING COMPETITION (A: World Class)**  
**(10-11yers Old)** 10 - 11yr olds Color Belt  
10 - 11yr olds Black Belt

3:10 PM - 4:00 PM **SPARRING COMPETITION (A: World Class)**  
**(12-14yers Old)** 12 - 14yr olds color Belt  
12 - 14yr olds Black Belt

4:00 PM – 5:00 PM **SPARRING COMPETITION (A: World Class)**  
**(15-17yers Old)** 15 - 17yr olds Color Belt  
15 –17yr olds Black Belt

4:00 PM - 5:00 PM **SPARRING COMPETITION (A: World Class )**  
**(18yers Old & Up)** 18yr & Up Color Belt  
18yr & Up Black Belt



**POOMSAE WORLD CLASS  
DESIGNATED POOMSAE**

Belt Age	YELLOW	GREEN	BLUE	RED	BLACK BELT
7 & Under PRELIMINARIES	TAEGEUK 2	TAEGEUK 1	TAEGEUK3	TAEGEUK7	TAEGEUK 1
FINALS	TAEGEUK 1	TAEGEUK 3	TAEGEUK 5	TAEGEUK 8	KORYO
8-9 PRELIMINARIES	TAEGEUK 1	TAEGEUK 2	TAEGEUK 4	TAEGEUK 6	TAEGEUK 6
FINALS	TAEGEUK 2	TAEGEUK 3	TAEGEUK 5	TAEGEUK 8	KORYO
10-11 PRELIMINARIES	TAEGEUK 2	TAEGEUK 2	TAEGEUK 5	TAEGEUK 7	TAEGEUK 8
FINALS	TAEGEUK 1	TAEGEUK 3	TAEGEUK 4	TAEGEUK 8	KORYO
12-14 PRELIMINARIES	TAEGEUK 1	TAEGEUK 2	TAEGEUK 3	TAEGEUK 7	TAEGEUK 5
FINALS	TAEGEUK 2	TAEGEUK 3	TAEGEUK 5	TAEGEUK 8	KORYO
15-17 PRELIMINARIES	TAEGEUK 1	TAEGEUK 2	TAEGEUK 3	TAEGEUK 7	KORYO
FINALS	TAEGEUK 2	TAEGEUK 3	TAEGEUK 5	TAEGEUK 8	KEUMGANG
18 & UP PRELIMINARIES	TAEGEUK 2	TAEGEUK 2	TAEGEUK 3	TAEGEUK 7	KEUMGANG
FINALS	TAEGEUK 1	TAEGEUK 3	TAEGEUK 5	TAEGEUK 8	TAEBAEK

1. There are ONLY 5 Divisions: Y,G,B,R and Black belts
2. If there is not enough participants for a specific belt division, we will combine different belt groups together
3. Preliminaries Round: More than 8 compete, Finals Round: top 8 compete
4. All compete all step for your division
5. You must wear the belt color of your division (The color of your belt MUST match the division in which you are competing in)
6. You can wear regular uniform or poomsae uniform. Both are accepted.
7. Competition format will be the same USA Taekwondo competitions (There will be a cut-off)





## SPARRING WORLD CLASS GENERA RULES

BELT AGE	YELLOW		Green	BLUE	RED	BLACK BELT
7-9	fin	-40lbs	-40lbs	-40lbs	-40lbs	-40lbs
	Middle	41-60lbs	41-60lbs	41-60lbs	41-60lbs	41-60lbs
	Heavy	+61lbs	+61lbs	+61lbs	+61lbs	+61lbs
10-11	fin	-66lbs	-66lbs	-66lbs	-66lbs	-66lbs
	Middle	66lbs-88lbs	66lbs-88lbs	66lbs-88lbs	66lbs-88lbs	66lbs-88lbs
	Heavy	+88lbs	+88lbs	+88lbs	+88lbs	+88lbs
12-14	fin	-88lbs	-88lbs	-88lbs	-88lbs	-88lbs
	Middle	88.1-125lbs	88.1-125lbs	88.1-125lbs	88.1-125lbs	88.1-125lbs
	Heavy	+125lbs	+125lbs	+125lbs	+125lbs	+125lbs
15-17	fin	-105lbs	-105lbs	-105lbs	-105lbs	-105lbs
	Middle	105.1-138lbs	105.1-138lbs	105.1-138lbs	105.1-138lbs	105.1-138lbs
	Heavy	+138lbs	+138lbs	+138lbs	+138lbs	+138lbs
18& UP	fin	-127lbs	-127lbs	-127lbs	-127lbs	-127lbs
	Middle	127-154lbs	127-154lbs	127-154lbs	127-154lbs	127-154lbs
	Heavy	+154.1lbs	+154.1lbs	+154.1lbs	+154.1lbs	+154.1lbs

1. There are only 5 Divisions: Y,G,B,R and Black belts
2. If there is not enough participants for a specific belt division, we will combine different belt groups together
3. Modified USAT and WTF Sparring rules will apply
4. Mandatory Equipment is required for this event (Please bring your Daedo socks. We will not be providing socks for competitors)

### All Color Belts Divisions

\* 2 rounds, 1 minute per round.

\*All Color Belts- **Light head contact**

**One point** for punches, **Two points** for body kicks and **Four points** for spinning body kicks.

**Five point** for spinning head kicks

When the match is tied, a single sudden death round will apply.

The **Daedo** system will be used to monitor all body shots. For 9 yr olds and under, we will provide **Daedo e-socks**. However, for 10 yr olds and up you will need your **OWN**. This is mandatory.

### All Black Belt Divisions

\* 3 rounds, 1 minute per round.

LIGHT head contact will be allowed or head contact is optional too. If allowed, head contact is **three points** and spinning kicks to the head are **five points**. Also, in all Black Belt Divisions, the **Daedo** system will be used to monitor all body shots. For 9 yr olds and under, we will provide **Daedo e-socks**. However, for 10 yr olds and up you will need your **OWN**. This is mandatory.

- All Age Level A Sparring Competitors must bring your **OWN Daedo e-socks gen 2**.