

2026 2nd KUKKIWON INTERNATIONAL CUP

GENERAL INFORMATION

Please read this tournament handbook and become very familiar with the rules.

DATE & TIME: Saturday, November 14, 2026 | Doors open at 8am & Competition begins at 9am.

LOCATION: Wiregrass Ranch Sports Campus: 3021 Sports Coast Wy, Wesley Chapel, FL 33543

REGISTRATION: Online registration will be for all attending personnel. www.kukkiwonfl.org/tnt
ONLY spectator passes can be purchased onsite.

All registration must be completed online PRIOR to the event. There will be NO onsite registrations.

REGISTRATION DEADLINE & COMPETITION FEES: Registration deadline is November 10th, 2026.

Early Registration	November 1, 2026	• \$85 for Registration fee • \$20 for each additional event excluding: ○ Pair Poomsae - \$35 per person ○ Team Poomsae - \$35 per person ○ Demonstration Team-Elite Only- \$35 per person ○ WT Sports Poomsae- Black Belt \$35 ○ WT Freestyle Poomsae-Black Belt \$40 ○ WT Sparring – Red Belt & Black Belt (KPNP-K1) \$35
Regular Registration	November 2-10, 2026	• \$95 for Registration fee • \$30 for each additional event excluding: ○ Pair Poomsae - \$40 per person ○ Team Poomsae - \$40 per person ○ Demonstration Team-Elite Only- \$40 per person ○ WT Sports Poomsae- Black Belt \$40 ○ WT Freestyle Poomsae-Black Belt \$40 ○ WT Sparring – Red Belt & Black Belt (KPNP-K1) \$40

TYPE OF COMPETITION:

Events	Age	Belts
1. Mini Ninja Course	11-Year-Old and under	All Belts
2. WT Sports Poomsae – Red Belt and Black Belt	All age	Red belt and Black belt
3. WT Freestyle Poomsae – Black Belt	All age	Black Belt Only
4. WT Poomsae - Color Belt	All age	Color belt
5. Open Form	All age	All belts
6. Pair Form- 2 athletes only	All age	All belts
7. Team/ Family Form- 3 or more athletes	All age	All belts
8. High Kick	All age	All belts
9. Set Style Breaking	All age	All belts
10. Power Hand Breaking	All age	All belts
11. Weapons	All age	All belts
12. Demonstration Team	All age	All belts
13. Speed Kick	All age	All belts
14. Sparring	All age	All belts

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COMPETITOR AWARDS

- Medals will be awarded to Individual Poomsae, Breaking, Sparring, Mini Ninja, and Weapons competitors.
 - Trophies will be awarded to Pair Poomsae, Team Poomsae, and Recreational Demonstration Team competitors.
 - **Grand Champion Banners and Cash Prize** will be awarded to the First-place competitor/competitors ONLY in the following events. These events will henceforth be italicized and reside inside as asterisks **.
- * High Kick, Speed Kick, Power Hand Break, and Elite Demo Division*.*

UNIFORM & MANDATORY SAFETY EQUIPMENT: All competitors must wear a clean and wrinkle-free; ironed uniform.

Mandatory Safety Equipment is required for all Sparring contestants:

1. Head Gear
2. Chest Gear
3. Forearm Guards
4. Instep and Shin Guards
5. Mouthpiece
6. Protective cup (male only)
7. ***KPNP-K1 socks (Red Belt and Black Belts)***

BREAKING COMPETITION / BOARD FEES:

- Breaking boards must be purchased onsite. Judges reserve the right to inspect all materials at the time of competition.
- \$4 per board.

SPECTATOR FEES: Can be purchased online or onsite.

- \$15 per person
- Children 5 and under- FREE

COACH PASSES:

- \$60 per two coach passes
- Passes include Lunch

FOOD: Concessions will be available for purchase onsite

TOURNAMENT DIRECTOR: Master Kang 813-525-8321

CUSTOMER SERVICE CONTACT: Jessica Jung 813-728-4409



SCHEDULE OF EVENTS

8:00 AM	CREDENTIAL PICK UP Receive Competition Tag, purchase boards, and prepare for competition.
	REFEREES MEETING
8:30 AM	COACHS MEETING
9:00 AM	OPENING CEREMONY / NATIONAL ATHEM / KUKKIWON FL DEMONSTRATION
	COMPETITION BEGINS – Competitors to Rings
	1. <u>MINI NINJA OBSTACLE COURSE COMPETITION</u>
	<u>POOMSAE COMPETITION</u>
	2. <i>WT Sport Poomsae -Red Belt & Black Belt</i>
	3. <i>WT Freestyle Poomsae – Black Belt</i>
	4. WT Poomsae – All Color Belt
	5. Open Poomsae – All Belt
	6. Pair Poomsae – All Belt
	7. Team / Family Poomsae – All Belt
	<u>BOARD BREAKING & WEAPONS COMPETITION</u>
	8. <i>*High Kick*</i> Medal & Grand Champion Banner, Cash Prize \$200
	9. Set Style Board Breaking
	10. <i>*Power Hand Breaking*</i> Medal & Grand Champion Banner, Cash Prize \$200
	11. WEAPON COMPETITION- All Belt
	<u>DEMONSTRATION COMPETITION- All Color Belt and Black Belt</u>
	12. <i>*ELITE*</i> - Grand Champion Banner, Cash Prize 1 st - \$1000, 2 nd - \$700, 3 rd - \$500
	13. RECRETIONAL- Trophy
12:00PM	LUNCH - The competition will continue throughout the day. Snacks will be available at the venue. Competitors chose their own lunch time and must prepare for the upcoming event. Rings and judges will have designated lunch time.
	14. <u>SPARRING COMPETITION</u> - All Color Belt and Black Belt <i>**KPNP-K1 socks (Red Belt and Black Belts only)</i>
	15. <i>*Speed Kick*</i> - Medal & Kukkiwon Grand Champion Banner, Cash Prize-\$200



COMPETITION DIVISIONS & RULES:

COMPETITION DIVISIONS & RULES: MINI NINJA OBSTACLE COURSE

1. MINI NINJA OBSTACLE COURSE

Open to all competitors aged 11 and younger and split into by age and height. Participants will be assessed on how fast they can complete the obstacle course. Aside from form techniques the judges will assess the following criteria: Power, Balance, Focus, Respect, and Cleanliness/Neatness. The winner will be declared after one round of competition.

COMPETITION DIVISIONS & RULES: POOMSAE

2. WT SPORT POOMSAE –RED BELT AND BLACK BELT - WT style Taekwondo only – Medal

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Sport Poomsae: In the semifinal round, competitors will perform one (1) randomly selected poomsae from the designated poomsae list. Athletes who advance to the final round will perform two (2) randomly selected poomsae from the designated poomsae list. Finalists will compete for 1st and 2nd Place, while all remaining semifinalists will be awarded 3rd Place (Bronze Medal).

Belt level	Form	Age
Red Belt	Taeguck 6, 7, 8 Jang	All Ages
Black Belt	Taeguck 6,7,8, Koryo	Under 14 years old
Black Belt	Taeguck 6,7,8, Koryo, Keumgang	15-17 years old
Black Belt	Koryo, Keumgang , Taebaek, Pyeonwon	18- 30 years old
Black Belt	Keumgang, Taebak, Pyeonwon ,Shipjin	31- 50 years old
Black Belt	Keumgang, Taebak, Pyeonwon ,Shipjin , Jitae, Cheunkwun	51 and Up

3. WT FREESTYLE POOMSAE – BLACK BELT

https://drive.google.com/file/d/1a_HNwSRES02yVWTmXkmy18c7uL2D16Ev/view

Freestyle Poomsae is a performance event that combines Taekwondo techniques with music and choreography. Contestants may freely create their own movements, formations, and performance style while demonstrating the spirit and techniques of Taekwondo. The performance time for Individual, Pair, and Mixed Team divisions shall be 90 to 100 seconds.

All techniques must be recognizable as Taekwondo techniques. Music may be freely selected; however, lyrics and spoken words are not permitted. Mixed Team performances must include the following mandatory skills:

- Spin Kick Technique
- Consecutive Kyorugi-Style Kicks
- Acrobatic Kicking Technique

Performances will be evaluated based on technical skill, creativity, presentation, synchronization, and overall performance quality.

Any unsafe action, unsportsmanlike conduct, or failure to follow competition rules may result in deductions or disqualification at the discretion of the Referee Committee.



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4. **WT POOMSAE – COLOR BELT – WT style Taekwondo only**

Open to all color belts and split into age groups and by belt levels. Participants will choose and be assessed on one of the designated forms according to their belt color. The winner of that bracket will be declared after two rounds of competition.

Belt Rank	Form
White-Yellow Belt	Taegeuk 1 to 4
Orange-Green Belt	Taegeuk 1 to 4
Purple-Blue Belt	Taegeuk 5 to 8
Brown-Red Belt	Taegeuk 5 to 8

5. **OPEN POOMSAE-** All styles of Taekwondo or similar Korean martial arts

Open to all belt and age division, split by age and belt rank. Each competitor needs to demonstrate a recognized form. The winner will be declared after two rounds of competition.

Color belt- 7 years old and under	Black belt- 9 and under
Color belt- 8–9-year	Black belt- 10-11 years
Color belt- 10-11 year	Black belt- 12-14 years
Color belt- 12–14-year	Over 15years old
Color belt- 15–17-year	
Color belt- 18–32-year	
Color belt- 33 years old and older	

6. **PAIR POOMSAE-** All styles of Taekwondo or similar Korean martial arts.

Open to all belt and age division, split by age. It will have only two competitors as a pair. Each pair needs to demonstrate any recognized Taekwondo / martial arts style form. The winner will be the pair with the highest score.

Age	Poomsae
12 and younger	Open Choice
Over 12 years old	Open Choice

7. **TEAM POOMSAE-** All styles of Taekwondo or similar Korean martial arts.

Open to all belt and age division, split by age. It will have a minimum of three competitors and a maximum of five competitors as a team. Each team needs to demonstrate any recognized Taekwondo/martial art style form. The winner will be the team with the highest score.

Age	Poomsae
12 and younger	Open Choice
Over 12 years old	Open Choice

8. **FAMILY TEAM POOMSAE-** Family Poomsae is open to all styles of Taekwondo and Korean martial arts, and competitors of all belt ranks and ages may participate. As this is a Family Poomsae event, there will be no age divisions. Teams shall consist of a minimum of three (3) and a maximum of five (5) competitors, and each team must perform a recognized Taekwondo or martial arts form (Poomsae). The team receiving the highest score will be declared the winner.

Age	Poomsae
Mix Ages	Open Choice

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COMPETITION DIVISIONS & RULES: BREAKING

****HIGH KICK, SPEED KICK, POWER HAND & BOARD BREAKING DIVISION****

Open to all belts and ages, split into groups of gender and age. Groups of up to four participants in a division will compete to earn a gold, silver, or bronze medal.

One Kukkiwon Grand Champion Banner, Award will be awarded to the best performance in each category (High Kick, Speed Kick and Power Hand Kick) regardless of age, gender and belt.

Male	Female
7 years old and under	7 years old and under
8-9 years old	8-9 years old
10-11 years old	10-11 years old
12-14 years old	12-14 years old
15-17 years old	15-17 years old
18-32 years old	18-32 years old
33 years old and older	33 years old and older

**Division placement may vary based on judge's discretion. **

9. ***HIGH KICK* (TR PAD) - Medal & Kukkiwon Grand Champion Banner, Cash Prize \$200**

- Thirty second execution time.
- Must perform running jumping front kick.
- Each participant has only one attempt to sufficiently contact the target.
- Once the participant passes the halfway mark, an attempt is counted.
- Participants must wear only their uniform and belt.
 - a. No socks, sparring gear, tape, etc.
 - b. The referee must approve of any injuries that may need to be covered.
- The shortest participant will attempt to break first.
- After each round, the target height/distance will be raised incrementally at the referee's discretion.
- The last remaining participant in each division will be declared the winner.
- One Cash Prize of \$200 will be awarded to the participant with the highest kick among all division.



10. ***POWER HAND BREAKING* Medal & Grand Champion Banner, Cash Prize \$200**

The participant who breaks the most boards in each division will be declared the winner.

One Cash Prize of \$200 will be awarded to the participant who breaks the most board among all division.

Wood - The tournament uses 8mm thick Demo wood boards. Boards will be stacked on top of a holding apparatus. There will be no space between breaking boards. To keep power breaking as fair as possible, competitors must use boards purchased from Tournament. Power breaking competitors can use any of the techniques for breaking: Hammer Fist, Palm Strike, or Knife Hand.

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11. ***SPEED KICK (TR PAD)* Medal & Grand Champion Banner, Cash Prize \$200**

- Fifty second execution time.
- Must perform front kick at belt height.
- The kicking leg must contact the floor before the other foot can leave the floor to do its kick. Failure to do this procedure will result in disqualification.
- Participants must be wearing only their uniform and belt.
- No socks, sparring gear, tape, etc.
- Referee must approve any injuries that may need to be covered.
- The participant in each division with the highest number of kicks will be declared the winner.
- One Cash Prize of \$200 will be awarded to the participant with the highest number of kicks among all division.



12. **SET STYLE BOARD BREAKING**

Competitors will break boards assigned technique by color belt rank. Open to all belts, split into male and female group, as well as age and by belt.

Breaking boards must be purchased at the competition venue upon check-in. The Tournament Director must approve all breaking boards. All breaking competitors must supply their own holders.

JUDGING CRITERIA:

Gold - One failed attempt is allowed; must succeed after that.

Silver - Up to two failed attempts are allowed; must succeed afterward.

Bronze - Awarded if breaking is successful after more than two failed attempts.

• White Belt:

- | | | |
|----------------|-------------|---------------|
| a. Hammer Fist | b. Axe Kick | c. Front Kick |
|----------------|-------------|---------------|

• Yellow/ Orange/ Brown Belt:

- | | | |
|---------------|--------------|-----------------------|
| a. Knife hand | b. Side Kick | c. Jumping Front Kick |
|---------------|--------------|-----------------------|

• Blue/ Purple/Red/ Brown Belt:

- | | | | |
|----------|-----------------------|-----------------|---------------------|
| a. Punch | b. Jumping Front Kick | c. Turning Kick | d. Flying Side Kick |
|----------|-----------------------|-----------------|---------------------|

• Deputy Belt/ Black Belt:

- | | | | |
|-------------------|-------------|----------------|---------------|
| a. Any Hand Break | b. Any Spin | c. Any Jumping | d. Free Style |
|-------------------|-------------|----------------|---------------|

SETSTYLE BOARD BREAKING RULES

- Our referee holding breaking board. No props will be allowed.
- All boards are 9mm pine boards purchased at the competition.
- Participants must wear only their uniform and belt.
 - a. No gloves, sparring gear, tape, covering, etc.
 - b. Only martial arts shoes are allowed on the mats.
- Participants may attempt to break each technique a maximum of three times.
- Broken boards may not be replaced on the second or third attempt.



COMPETITION DIVISIONS & RULES: WEAPON

13. Weapon: Open to all belt and ages split into age and belt. Divisions will not be based on weapon choice. Participants can use different weapons that include the following:

- Sword (Kum)
- Long staff (Jang bong)
- Nunchucks (E-Dan bong) Wood, Bamboo, Plastic, and light metal materials are allowed.
- Sticks
- Fans and more.

Any weapons that will be used must first be approved by the judge. No sharp weapons allowed. Judges have the right to inspect and disqualify any weapon.

- Sixty second setup and execution time.
- Divisions of one to four participants will be judged after one round of competition.
- Winner will be declared after all participants receive their score.

JUDGING CRITERIA:

- **Execution:** The act or process of performing (executing) the techniques of the weapon routine. The execution stage of judging is the most critical and should weigh the most in the judge's final score.

Elements of Execution: balance, power, speed, stability, proper technique formation, coordination, flexibility, stamina, timing, technique skill, etc.

- **Presentation:** the image or impression of the competitor as reflected in his/her performance of the weapon routine. The presentation stage is the second most important or critical and should be weighted accordingly in the judge's final score.
- **Difficulty:** the complexity and intricacy of the form or weapon routine. The difficulty category is the least critical of the three judging categories, but could become the deciding factor of winning or losing if a judge feels that two competitors are equally as good in the execution and presentation categories. Value should never be awarded for difficulty techniques or forms performed poorly. Difficulty alone, without proper execution, should always be downgraded.

Elements of Difficulty: Complexity of techniques, flexibility, balance, versatility of techniques, stamina, length, ambidexterity, etc.

Important elements of weapon judging, in addition to execution, presentation and difficulty, are:

The competitor's control of the weapon. The weapon should be seen as an extension of the competitor's arms and hands. The absolute control of the weapon at all times within the routine is essential. The transition and combination of regular martial arts techniques with the weapon (i.e., kicking, blocking, etc.).

The percentage of weaponry movements to non-weaponry movements: The majority of any weapon form should consist of the use of the weapon.

Safety: No reckless or careless use of the weapon that would harm the competitor, another competitor, the judges or spectators



COMPETITION DIVISIONS & RULES: DEMONSTRATION

Demonstration competition is a performance highlighting the many aspects of Taekwondo art, such as poomsae, breaking, acrobatic kicks, and self-defense techniques, power breaking, with the addition of music and choreography.

GENERAL DEMONSTRATION RULES: APPLIES TO ELITE AND RECREATIONAL DEMONSTRATION TEAMS

- a. Participants must compete in at least one other event.
- b. Performance time limits:
 - Set-up maximum 1 minute.
 - Performance maximum 6 minutes.
 - Clean-up maximum 1 minute.
- c. Performance area:
 - 12m x 12m contest area.
 - Any performance outside of the boundary will not be considered.
- d. Team uniforms - All contestants must wear appropriate sport attire, a proper Taekwondo uniform, or team track suit. A Taekwondo belt is required to be worn.
- e. Performance music:
 - The deadline is on or before November 10, 2026. Submit music to Kukkiwonfl@gmail.com.
 - Music mixed with political and religious elements, abusive language, or obscene language is not allowed.
 - Competitors must provide their own speaker to play music at the mat area.
- f. Props for the purpose of holding may be used. No other props will be allowed.
 - No props elevating a person are allowed. (No chairs, tables, stairs, etc.)
- g. Any striking or kicking technique may be used, except for head strikes, which are a 0.3 deduction each.
- h. Breaking Boards
 - All breaking boards must be purchased from the designated vendor at the competition venue.
 - Teams must retain and present their purchase receipt upon request.
 - Only boards purchased from the designated vendor will be permitted for use during competition.
 - **Demo Breaking Boards (9mm) are \$4.00 per board.**
 - **Power Breaking Boards (1 inch) are \$6.00 per board.**
 - This requirement ensures that all teams use boards of the same specifications and quality, providing a fair and consistent standard for judging and competition rules.



14. ELITE DEMONSTRATION

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Competition Overview

Demonstration Team Competition showcases various aspects of Taekwondo, including Poomsae, Breaking, Acrobatics, Kicking Techniques, Self-Defense, Music, and Choreography.

Competition Area

- A 0.1 procedural deduction will be applied each time a competitor steps outside the boundary line with both feet.
- Any technique performed outside the boundary line will not be scored.

Equipment & Props

Permitted

- Team-provided props
- Approved pole systems for high-jump breaking demonstrations

Prohibited

- Chairs and tables
- Tumbling boards or similar devices
- Cinder blocks or bricks
- Weapons (swords, staffs, fans, etc.)
- Fireworks, pyrotechnics, flames, or flame breaking demonstrations

Breaking Boards

- Boards must be purchased from the designated event vendor.
- Minimum requirements:
 - Fifty (50) 9mm × 10" × 12" boards
 - Twelve (12) 1" in × 10" × 12" boards
- No maximum limit on board usage.

Techniques

- All Taekwondo kicking and striking techniques are permitted.
- Head strikes are strictly prohibited.

Head Strike Penalty

- 0.3 procedural deduction per attempt per board.
- Athlete must be examined by medical staff after the performance (or immediately if injury is apparent).

Safety

- Teams are responsible for ensuring that flying boards and equipment do not endanger officials, spectators, or competitors.

Team Size

- No maximum number of team members.
- Each team may register one (1) alternate athlete to replace an injured competitor.
- Board & ID Check: Boards and IDs will be inspected.
- Awards: Kukkiwon Best Demo team Banner & Kukkiwon Banner- Cash Award
 - 🥇 1st Place: \$1,000
 - 🥈 2nd Place: \$700
 - 🥉 3rd Place: \$500



15. **RECREATIONAL DEMONSTRATION**

RULES

The Recreational Demonstration Division is designed to encourage creativity, teamwork, and the expression of martial arts skills. Unlike traditional demonstration team competitions, teams are not required to follow a specific format or structure.

Participants may create and perform routines using their preferred style and presentation, incorporating various martial arts disciplines, techniques, and performance elements. Demonstrations may include, but are not limited to, Taekwondo, Karate, Kung Fu, Hapkido, Judo, Jiu-Jitsu, weapons demonstrations (where permitted by tournament rules), self-defense, acrobatics, choreography, music, and creative performances.

Teams are encouraged to showcase their unique identity, creativity, technical skills, and entertainment value while maintaining a safe and respectful environment for all participants and spectators.

- **Purpose:** For teams who want a fun, inclusive performance opportunity in a less competitive environment.
- **Age Limit:** No age restriction
- **Performance Time:** 6 minutes (1 minute set up, 1 minute clean up)
- **Team Size:** Minimum 10 athletes (No maximum)
- **Required Elements:**
 - Creativity, Teamwork, Technique
- **Judging Criteria:**
 - Creativity, Teamwork, Technical Skill, Inclusion
- **Awards:**
 - 🏆 Trophy for top-performing teams



COMPETITION DIVISIONS & RULES: SPARRING

16. Sparring

Open to ALL students in ALL levels and split by gender, belt rank, age and weight. For sparring competition, it will be conducted in accordance with modified 2026 World Taekwondo Federation and USA Taekwondo rules for competition. ***There is head contact during competition and all participants are required to wear WT-Mandatory Safety Equipment.*** The winner will be declared after up to 3 rounds of competition with 30 second breaks.

MANDATORY SAFETY EQUIPMENT

- Head gear
- Chest gear (Blue or Red),
- Forearm protectors
- Instep and shin protectors
- Mouthpiece (clear only)
- Groin protector (male only)
- ***KPNP socks (Red Belt and Black Belts only) K1***

HEAD CONTACT

- Head contact is allowed for all ages including color and black belts.
- Color belt - all ages - must wear face shield and follow Junior Safety Rules.
- Black belt - 14 and younger - Junior Safety Rules.
- ***All Red Belt and Black Belt participants- KPNP Electronic scoring.*** All Black Belt Divisions will use the KPNP Electronic chest protectors. KPNP electronic chest protector will be provided at tournament.

POINT SYSTEM

For divisions allowing full head contact, the WT/USAT scoring criteria will be used:

- 3 points for head contact; additional 3 points for spinning technique to the head.
- 4 points for turning/spinning kick to the body.
- 2 points for kicking to the body
- and 1 point for all other legal scoring actions.
- Twelve-point gap and five penalty rules enforced.

**The Tournament Director reserves the right to add, combine, or modify any divisions.*

