

**Save the date!**

**Saturday, 9/13/2025**

**THE HANA**  
**Taekwondo Championship**

Sponsored by  
Modu Martial Arts  
Partners Taekwondo

**Location: East Wake High School,  
5101 Rolesville Road, Wendell, NC 27591**  
Poomsae, Sparring, Breaking & Weapon poomsae



# THE HANA TAEKWONDO CHAMPIONSHIP SATURDAY, 9/13/2025

**CHALLENGE YOURSELF!**  
EVERY CHAMPION STARTS BY SAYING "YES!"

POOMSAE / SPARRING / BREAKING / WEAPON POOMSAE



REGISTRATION  
& ADMISSION



INFORMATION  
PACKET

**EAST WAKE HIGH SCHOOL**  
5101 ROLESVILLE RD, WENDELL, NC 27591

**REGISTER:**  
**TKDCONNECT.COM**

**ADMISSION :**  
**\$10/PERSON**

-TKDCONNECT.COM OR AT DOOR (ONLY CASH)  
AGE 3 & UNDER FREE



**Modu Martial Arts**  
**&**  
**Partners Taekwondo**  
**Presents**  
**The 1<sup>st</sup> Hana Taekwondo Championship**

**General Information**

<b>Event Date:</b>	<b>Saturday, 9/13/2025</b>
<b>Credentials (ID Tags):</b>	Registration Table. Check-In at the Registration Table will open at 7:30 AM.
<b>Event Location:</b>	East Wake High School 5101 Rolesville Rd, Wendell, NC 27591
<b>Spectator Admissions:</b>	\$10 per person, TKDCONNECT.COM in advance or <b>CASH ONLY AT THE DOOR</b> Children 5 & Under – Free
<b>Host:</b>	Modu Martial Arts & Partners Taekwondo
<b>Contact:</b>	<b>PARTNERS TKD: Master Tommy</b> (919)623-6952 E-mail: <a href="mailto:partnerstkd@gmail.com">partnerstkd@gmail.com</a> <b>Master TJ</b> (919)623-8048 <b>MODU: Master J</b> (919)544-2222 E-mail: <a href="mailto:durhamtkd@gmail.com">durhamtkd@gmail.com</a> <b>Master Oh</b> (919)710-5267
<b>Registration:</b>	All registration materials must be received no later than Saturday, September 6, 2025. No registration will be available the day of the event. School Owners, please remit all registration to: <b>TKDCONNECT.COM</b>
<b>Payment:</b>	All registration funds will be collected at <b>TKDCONNECT.COM</b>
<b>Concessions:</b>	No food or drink will be permitted into the facility. Concessions will be available through the East Wake High School Booster Club. All proceeds will go directly to the school. <b>No smoking or e-cigarettes are allowed in or around the facility.</b>
<b>Parking:</b>	No fees for parking. First come, first serve basis.

**Event Notes**

- Age 3~6 Little Bears/Little Dragons/Young Tigers will participate in Breaking division
- All competitors can choose from four categories: 1) Breaking and/or 2) Poomsae and/or Weapons and/or 3) Sparring
- Divisions will be formed based on gender, age, belt, and weight, or as the tournament committee deems necessary for fair competition.
- Six mats for competition.
- Sparring competitors must provide their own safety/sparring equipment: head gear, chest protector, forearm guards, groin protector, shin and instep protector, mouthguard and/or face shield protector.

# Fee Information

## Registration

### Application form & Payment

#### All to [TKDCONNECT.COM](https://TKDCONNECT.COM)

Search 'The HANA Taekwondo Championship'

\$100 One event

\$20 each additional event

Late registration (8/24-9/6/2025) \$20 extra

*(Explain how to register on the next page)*

## Admission Ticket

\$10 per person

Age 5 & under FREE

Purchase from [TKDCONNECT.COM](https://TKDCONNECT.COM)

(Can be purchased at the door, cash only, NO changes)

## Coach Pass

\$20 per Coach

Parent / Guardian / Instructor can apply

# TKDCONNECT.COM

## EVENT REGISTRATION



Register for Events by creating a TKDConnect Account and Competitor Profiles.

### Creating your Competitor Account and Profiles

**Step 1:** Create your TKDConnect Account on [TKDConnect.com](https://TKDConnect.com).

- Click on Create Account and select **Competitor** as the Account Type. A parent will create the account using the parent's information for any children under the age of 18.

**Step 2:** Receive Activation email and click on the activation button to take you back to the website (check your spam/junk folder if email is not received).

**Step 3:** Login to TKDConnect with your newly created account.

**Step 4:** Create your competitor profile(s), legal guardians must create the profile for minors.

- The nickname of each profile will identify that profile and will be selected later when registering.
- Create a profile for each family member who would compete at a tournament. It is important that the profile information is accurate.
- If your **Taekwondo School** is not in our list, click the "Click here if you cannot find your school." Check box.

### Registering for the competition

**Step 1:** Click the shopping cart at the top right, and click "**Add Registration**".

**Step 2:** Select which profile will be registering, and what Activities they will participate in (Forms, Sparring, Breaking, etc.).

**Step 3:** Add as many registrations as you need, and then click the **Check Out** button on the shopping cart.

If you have technical difficulties, please send us an email to [support@tkdconnect.com](mailto:support@tkdconnect.com).

*(Tournament related questions can be directed to the tournament host, their contact info is on their event page.)*

# THE HANA Taekwondo Championship

## Modu Martial Arts & Partners Taekwondo Presents Event Schedule

\*All times are approximate and subject to change.

### SATURDAY, 8/23

1 PM~3 PM

ALL Judges & Referees to meet up at Modu Martial Arts

### FRIDAY, September 12, 2025

ALL Volunteers, Judges & Referees to Report to East Wake High School by 5:00 PM

5:00 PM

Unload Tournament Materials: Mats, Ring Materials, etc.

6:00 PM

Ring Set-Up and Stations Set-Up: Registration, Awards, etc.

9:00 -10:00 PM

Wrap-Up and Volunteer T-shirt Pick-Up

### SATURDAY, September 13, 2025

7:00 AM

Arrival of ALL Volunteers, Judges & Referees

7:30 AM – 11:00 AM

Credentials Pick-up

7:30 AM

Registration Table Opens for Credentials Pick-up  
Referee & Judges Meeting

8:30 AM

Call to Holding Area, All Belt Poomsae

9:00 AM

**Competition for Poomsae Begins**

11:00 AM

**OPENING CEREMONY by Modu Demo Team**

*(All competitors, judges, referees and families gather to competition gym)*

11:30 AM

Call to Holding Area, ALL Belt Breaking  
Call to Holding Area, Advanced(Red and up) Belt Weapons

12:00 PM

**Competition for Weapon Begins / Breaking (after Weapon is all done)**

1:30 PM

Call to Holding Area, All Belt Regular Sparring

2:00 PM

**Competition for Sparring**

5:00 PM

Competition Wrap-Up & Take Down

\*All times are approximate and may be subject to change. Competition times may be moved up earlier if the preceding Wave of competition wraps up early. Please report at least (1) hour earlier than your scheduled time to assure that you are present for your Wave of competition.

# Competition Rules

Where applicable, the World Taekwondo (WT) rules and regulations will govern this championship.

The Hana Taekwondo Championship organizing committee reserves the right to adopt changes as they seem necessary.

## 1. Poomsae (Forms)

### Yellow belts to Black Belts

- A. Point System: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 3<sup>rd</sup>
- B. Competitors will be judged on ability to perform the form associated with their current rank, balance, rhythm, and manner. Competitors may choose to perform their previous level if they were recently promoted in Belt Ranking.
- C. White & High White Belts will NOT be able to compete in Poomsae.
- D. Groups are chosen by Master Instructors in the holding area. A group will be four competitors, separated and made by age/gender/belt level/size.
- E. All competitors will perform two times: First round, if you win - final round, if you lose - 3rd&4th round
- F. Official Forms

Belt Rank	Yellow	H. Yellow	Green	H. Green	Blue	H. Blue	Red	H. Red	Dep/Bo Dan	1 <sup>st</sup> Dan	2 <sup>nd</sup> Dan	3 <sup>rd</sup> Dan	4th Dan
Official Form	TaeGuk 1 Jang	TaeGuk 2 Jang	TaeGuk 3 Jang	TaeGuk 4 Jang	TaeGuk 5 Jang	TaeGuk 6 Jang	TaeGuk 7 Jang	TaeGuk 8 Jang	TaeGuk 8 Jang	Koryo	Keum Gang	TaeBaek	Pyong Won

### Ring Assignment

- Ring 1: Regular-Beginners (Yellow~High Yellow)
- Ring 2: Regular-Intermediates (Green~High Green)
- Ring 3: Regular-Intermediates (Blue~High Blue)
- Ring 4: Regular-Advanced (Red~Deputy Belt)
- Ring 5: Regular-Black Belts 1st Dan
- Ring 6: Regular-Black Belts 2nd Dan & Up

## 2-1. Weapons Poomsae

### Red belts to Black Belts ONLY

- A. Point System: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 3<sup>rd</sup>
- B. Competitors will be judged on ability to perform the form associated with their current rank, balance, rhythm, and manner. Competitors may choose to perform their previous level if they were recently promoted in Belt Ranking.
- C. All Poomsae MUST be between 35 to 45 seconds
- D. Weapons: limited to four category Jahng Bong (long staff) / Nunchucks / Sword(dulled) / Short staff
- E. Groups are chosen by Master Instructors in the holding area. A group will be four competitors, separated and made by age/gender/belt level (Size no matter)



## **2-2. Board Breaking**

- A. Point System: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 3<sup>rd</sup>
- B. Groups are chosen by Master Instructors in the holding area. A group will be four(4) competitors, separated and made by age/gender/belt level/size.
- C. Competitors can purchase breaking boards from their own school to prepare.
- D. The Tournament Committee will provide breaking boards to purchase at the gym, cost: \$5/board.  
Payment can be made by CASH only.
- E. The maximum set up time to include the maximum performance time is 2 minutes.
- F. The maximum number of tries is 2 times.
- G. The performance must be done within the official Tournament Ring Size.
- H. All boards for breaking will be the standard demonstration board sizing.  
Competitor must bring one holder - parent/guardian/instructor/fellow student, and referees can score 1~10 for all three techniques at once

### **Age 3-6, Little Bears / Little Dragons / Young Tigers**

- A. Each competitor will break three boards, one thin board each technique  
White belt/White belt Yellow stripe : Hammer punch up-down, Front kick, Drop (axe) kick  
White belt Orange stripe/Green stripe/Blue stripe/Red stripe : Hammer punch out-in, Drop (axe) kick, Roundhouse kick  
Yellow/High Yellow belt : Palm strike, Roundhouse kick, Jumping Front kick  
Green/High Green belt : Knife hand up-down, Side kick, Jumping Front kick

### **Age 7 & up, All Color Belts**

- I. Each competitor will break three techniques, maximum two(2) boards each technique  
White belt/ High White belt (Yellow stripe) : Hammer punch up-down, Front kick, Drop (axe) kick  
Yellow belt/High Yellow belt (Green stripe): Palm strike, Roundhouse kick, Jumping Front kick  
Green/High Green belt (Blue stripe) : Knife hand up-down, Turning back kick, Jumping front kick  
Blue/High Blue belt (Red stripe) : Knife hand out-in, Tornado Roundhouse kick, Jumping front kick  
Red/High Red(one black)/Deputy(two black stripe): Single punch, Turning whip kick, Flying side kick

#### **Judging Criteria for Color Belts Board Breaking**

Technique will be judged based on Accuracy, Speed, Power, and Presentation

1. Accuracy: breaking at the first attempt is superior to breaking at the second attempt, and breaking at the center is superior to chipping the board.
2. Speed: suspended holding is superior to fixed holding, and the competitor who executes more techniques with less time is superior to a competitor who executes fewer techniques in a longer time.
3. Power: higher number of boards broken is superior to the lower number of boards broken.
4. Presentation: balance, rhythm, manners, and kihap from entrance to completion.

## **Age 7 & up, All Black Belts**

- A. Competitors can choose the kind of techniques for the allotted amount of boards and purchase from their own school to prepare.
- B. Maximum ten(10) boards, five(5) techniques
- C. Bring maximum two(2) holders on their own - parents/guardians/instructors/fellow students
- D. A chair or person can be used for jump techniques

### **Judging Criteria for Board Breaking**

- A. Difficulty: Difficulty of technique will be based on the following order of superiority (in ascending order)
  - 1. Hand Technique
  - 2. Standing Kick Technique
  - 3. Kicking Technique with Spinning Motion
  - 4. Jump Kick Technique
  - 5. Jump Kick Technique with Spinning Motion
  - 6. Multiple Breaking Technique
  - 7. Multiple Spinning Jump Technique
  - 8. Flying Kick Technique
  - 9. Flying Kick Technique with Spinning Motion
- B. Difficulty of Breaking will be based on the number of boards.
  - 1. Number of boards held at one time.
  - 2. Total number of boards in the performance. (Unlimited within time limit)
- C. Technique will be judged based on Accuracy, Speed, Power, and Presentation
  - 5. Accuracy: breaking at the first attempt is superior to breaking at the second attempt, and breaking at the center is superior to chipping the board.
  - 6. Speed: suspended holding is superior to fixed holding, and the competitor who executes more techniques with less time is superior to a competitor who executes fewer techniques in a longer time.
  - 7. Power: higher number of boards broken is superior to the lower number of boards broken.
  - 8. Presentation: balance, rhythm, manners, and kihap from entrance to completion.

## **Ring Assignment 3-1**

Ring 1: Jahng Bong

Ring 2: Nunchucks

Ring 3: Sword

Ring 4: Short staff

Ring 5: Breaking Age 3-6

Ring 6: Breaking Beginners (White & High White)

## **Ring Assignment 3-2**

Ring 1: Beginners (Yellow ~ High Yellow)

Ring 2: Intermediate (Green~High Green)

Ring 3: Intermediates (Blue~High Blue)

Ring 4: Advanced (Red~Deputy)

Ring 5: Black Belts (age 7~11)

Ring 6: Black Belts (age 12 and up)

## **3. Sparring**

### A. Format

1. Random Seeding
2. Single Elimination
3. Controlled / Light head contact for all divisions
4. Grooming Needs  
Fingernails and Toes Nails must be trimmed short
5. No Glasses to be worn  
Sports Glasses allowed only with Face Shield Protector

### B. Safety Gear Requirements

Sparring competitors must provide their own safety/sparring equipment: head gear, chest protector, forearm guards, groin protector, shin and instep protector, mouthguard and/or face shield protector.

### C. Groups are chosen by Master Instructors in the holding area. A group will be four competitors, separated and made by age/gender/belt level/size.

### D. Rounds & Duration

	# of Rounds	Round Duration	Rest Time
ALL Regular Division	2	1 min	30 sec.

## **Color Belt-Yellow belt to Deputy belt**

## **Option #1 Both body and head attacks**

### A. Points

1. 1 Point-Valid punch on chest protector
2. 2 Points-Valid kick on chest protector
3. 3 Points-Kick to the head
4. 4 Points spinning kick to the body
5. 5 Points spinning kick to the head  
(Controlled/Light head contact safety rule enforced]

## **Option #2 Body attacks only**

### **Color Belt-Yellow belt to Deputy belt**

#### A. Points

1. 1 point Valid punch or kick on chest protractor
2. 2 Points-Valid turning kick on chest protector

#### B Application of Head Contact Safety Rules

No Head contact All color belts of any age

Contact to head accidentally, deduct half point Contact to the head, intentionally deduct 1 Point

## **Black Belt**

#### A. Points to Body

1. 1 Point-Valid punch on chest protector
2. 2 Point-Valid kick on chest protector
3. 4 Points-Valid turning kick on chest protector
4. 1 Point awarded for every one Gam-jeom given to the opponent contestant
5. At the end of the second round, the 12 point difference rule will be in effect for Black Belts only.

#### B. Points to Head

1. 3 Points-Valid kick to the head
2. 5 Points-Valid turning kick to the head
3. 1 Point awarded for every one Gam-jeom given to the opponent contestant
4. At the end of the second round, the 12 point difference rule will be in effect for Black Belts only.

## **Ring Assignment**

Ring 1: Beginners (Yellow~High Yellow)

Ring 2: Intermediates (Blue~High Blue)

Ring 3: Advanced (Red~Deputy Belt)

Ring 4: Black Belts

Ring 5: Black Belts

Ring 6: Intermediates (Green~High Green)