

*The 14th*  
**N.C. OPEN**  
**TAEKWONDO CHAMPIONSHIP**

**DEMO TEAM / FORMS / SPARRING / SPIRIT / BREAKING**  
**SATURDAY, FEBRUARY 21, 2026**



**ADMISSION**  
**FEE \$10**  
Age 3 and under free

**📍 PANTHER CREEK HIGH SCHOOL**  
**6770 MCCRIMMON PARKWAY, CARY NC 27519**

Special Performance By  
**SHINHAN UNIVERSITY**  
**KOREAN DEMONSTRATION TEAM**



**ORGANIZED BY**



**KATU Presents**

**The 14<sup>th</sup> North Carolina Open  
Taekwondo Championship**

*Korean American Taekwondo Union*

**Event Date: Saturday, February 21, 2026**

**Event Location: Panther Creek High School**

(6770 McCrimmon Parkway, Cary, NC 27519)

# Korean American Taekwondo Union

## KATU Presents

## The 14<sup>th</sup> North Carolina Open Taekwondo Championship

### General Information

- Event Date:** Saturday, February 21, 2026
- Credentials (ID Tags):** Pick Up at each location prior to Saturday 2/21/2026.  
Panther Creek High School- Saturday Feb. 21 at Registration Table. Opens at 7:30 AM
- Event Location:** **Panther Creek High School**  
6770 McCrimmon Parkway, Cary, NC 27519
- Spectator Admissions:** \$10 per person, **CASH ONLY**  
Children 3 & Under – Free  
Ticket Pre-sale available at each location. All Spectators must have a wristband to enter, NO EXCEPTIONS.
- Host:** Korean American Taekwondo Union
- Contact:** **Olympic: Master S.J. Choi** (919)638-4045 E-mail: himasterchoi@gmail.com  
**KICKS: Master J.W. Jun** (919)435-4258 E-mail: kickstkdcnc@gmail.com  
**MODU: Master S.B. Jeong** (919)544-2222 E-mail: durhamtkd@gmail.com
- Registration:** All registration materials must be received no later than Saturday Feb 14, 2026. No registration will be available the day of the event. School Owners, please remit all registration forms to:
- |  |                    |                           |
|--|--------------------|---------------------------|
| <b>Grand Master Choi's Olympic TKD</b> | <b>KICKS TKD</b>   | <b>MODU Martial Arts</b>  |
| 10120 Green Level Church Road #210     | 7414 Creedmoor Rd. | 105 W NC Hwy 54 Suite 269 |
| Cary, NC 27519                         | Raleigh, NC 27613  | Durham, NC 27713          |
- Payment:** All registration funds will be collected at individual locations.
- Concessions:** No food or drink will be permitted into the facility. Concessions WILL NOT be available. We WILL NOT have the cafeteria available for use on this day. Please plan accordingly for your meals and snacks. Re-entry can be made with appropriate wristband. No smoking or e-cigarettes are allowed in or around the facility.
- Parking:** No fees for parking. First come, first serve basis.

### Special Event Notes

- Young Tigers Ages 3-6 are eligible to compete in SPIRIT Division.
- All competitors can choose from three categories: 1) Breaking and/or 2) Forms and/or 3) Sparring. You may choose to compete in one, two, or all three categories. Only White and High White Belts will have additional breaking for their Forms Competition.
- There will be a Special Division for Team Poomsae Grand Championship. All competitors may also choose to compete in this category as a Special Division.
- Divisions will be formed based on gender, age, belt, and weight, or as the tournament committee deems necessary for fair competition.
- Five mats for competition with world class judges & referees.
- 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.

# The 14<sup>th</sup> North Carolina Open Taekwondo Championship

## Events Schedule

\*All times are approximate and subject to change.

### FRIDAY FEBRUARY 20, 2026

ALL Volunteers, Judges & Referees to Report to Panther Creek High School by 5:30 PM

- 5:30 PM** Unload Tournament Materials: Mats, Ring Materials, etc.  
**6:00 PM** Ring Set-Up and Stations Set-Up: Registration, Awards, etc.  
**9:00 PM** Wrap-Up and Volunteer T-shirt Pick-Up

### SATURDAY FEBRUARY 21, 2026

- 7:00 AM** Arrival of ALL Volunteers, Judges & Referees  
**7:30 AM – 1:00 PM** Credentials Pick-up  
**7:30 AM** Registration Table Opens for Credentials Pick-up  
Referee & Judges Meeting  
Call to Assigned Ring, Black Belt Poomsae Competitors (Wave 1)  
Call to Assigned Ring, Team Poomsae Championship (Wave 1)  
**8:00 AM** **Competition for Black Belt Poomsae & Team Poomsae Begins**  
**9:00 AM** Call to Holding Area, Young Tigers Ages 3-6 (Wave 2)  
**9:30 AM** **Spirit Competition for Young Tigers Begins**  
**10:30 AM** **OPENING CEREMONY &  
SPECIAL PERFORMANCE: Shinhan University Demo Team**  
**11:00 AM** Call to Assigned Ring, Color Belt Poomsae Competitors (Wave 3)  
*(Competitors will be separated by rank into individual rings and competition for all belts will begin simultaneously)*  
**11:30 AM** **Competition for Color Belt Poomsae Begins**  
**12:45 PM** **SPECIAL PERFORMANCE: KICKS TKD Demo Team**  
**1:00 PM** Lunch Break-Judges & Referees  
Call to Assigned Ring, Board Breaking Competitors (Wave 4)  
*(Competitors will be separated by rank into individual rings and competition for all belts will begin simultaneously)*  
**1:30 PM** **Competition for Board Breaking Begins**  
**3:15 PM** **SPECIAL PERFORMANCE: MODU Demo Team**  
**3:30 PM** Call to Assigned Ring, Sparring Competitors (Wave 5)  
*(Competitors will be separated by rank into individual rings and competition for all belts will begin simultaneously)*  
**3:45 PM** **Competition for Sparring Begins**  
**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 earlier than your scheduled "Call to Assigned Ring/Holding Area" time to assure that you are present for your Wave of competition.

**\*NOTE: We would like all competitors present for our Opening Ceremony & Special Performance from Shinhan University's Demo Team. All Color Belt Poomsae, Breaking, and Sparring Competitors must report no later than 10:15 AM.**

# General Division - Competition Rules

Where applicable, the World Taekwondo (WT) rules and regulations will govern this championship.  
The KATU (organizing committee) reserves the right to adopt changes as they deem necessary.

## Young Tigers

### Spirit Obstacle Course

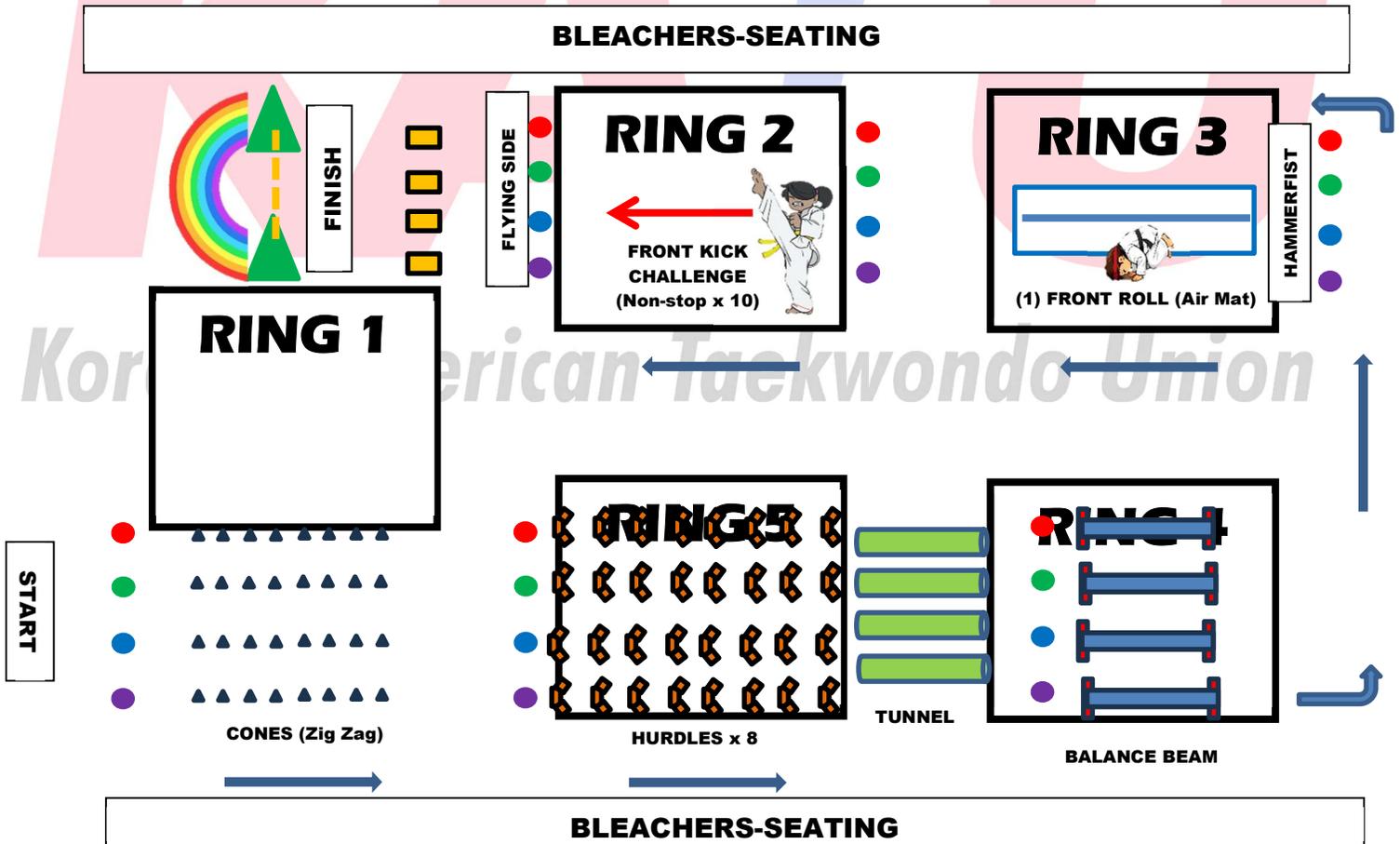
- A. Eligibility: Young Tigers Ages 3-6
- B. Directed by Master Instructors on the competition floor. Spirit participants will be competing in a relay style and will be divided into groups based on age.
- C. Young Tigers will not be picked up but will be aided if needed for Balance Beam.
- D. Order of Relay:

START

1. Cones (Zig Zag x 8)
2. Hurdles (x 8)
3. Tunnel
4. Balance Beam
5. Hammerfist
6. (1) Front Roll (Air Mat)
7. Front Kick Challenge (Non-Stop x 10)
8. Flying Side Kick

FINISH LINE

### SPRIT OBSTACLE COURSE LAYOUT-9:30 AM



# Regular Division

## 1. Board Breaking

- A. Point System: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 3<sup>rd</sup>
- B. Eligibility: All Belts
  - 1. Spirit Division
    - a. Ages 3-4: Beginner, Intermediate, Advanced
    - b. Ages 5-6: Beginner, Intermediate, Advanced
  - 2. Color Belt Division
  - 3. Deputy & Black Belt Division
- C. Competitor must demonstrate specific techniques listed for their division.
- D. Purchase of boards will be completed at individual locations. Cost: \$5/board. Board Requirements are as follows: (3) Boards for Spirit, (4) Boards for Color Belts, and (5) Boards for Deputy & Black Belts.
- 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.
- I. Referees and Judges will be holding the boards. All Masters will be holding for Spirit Division.

### 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
  - 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.

D. Divisions

**SPiRiT (3 Boards)**

<b>Beginner: White, H. White</b>	<b>Intermediate: Yellow – H. Green</b>	<b>Advanced: Blue &amp; Up</b>
Hammerfist Front Kick Drop Kick	Knife Hand (Chop) Roundhouse Kick Jumping Front Kick	Punch Turning Back Kick Flying Side Kick

**Color Belt (4 Boards)**

<b>White – H. White</b>	<b>Yellow – H. Green</b>	<b>Blue – H. Red</b>
Hammerfist Front Kick Roundhouse Kick Drop Kick	Hammerfist (Jumping) Roundhouse Kick Turning Back Kick Jumping Front Kick	Knife Hand (Side) Tornado Jumping Front Kick Flying Side Kick

**Deputy & Black Belts (5 Boards)**

<b>Freestyle</b>
Any combination of kicks and/or punches

## 2. Poomsae (Forms)

- A. Point System: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 3<sup>rd</sup>
- B. Color Belt Competitors will perform the same poomsae twice (2x). Black Belt Competitors will perform (1) Color Belt Poomsae & (1) Black Belt Poomsae.
- C. 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.
  - A. White & High White Belts will also perform Breaking Techniques. White Belts will perform Front Kick and High White Belt will perform Roundhouse Kick in addition to their Poomsae.
  - B. Official Forms

Belt Rank	White	H. White	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	4 <sup>th</sup> &UP Dan
Official Form	Basic/10 Steps #1	Basic/10 Steps #2	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	TaeGuk 5 Jang & Koryo	TaeGuk 6 Jang & Keum Gang	TaeGuk 7 Jang & TaeBaek	TaeGuk 8 Jang & PyongWon

## 3. Sparring (Color Belt)

- A. Format
  - 1. Random Seeding
  - 2. Single Elimination
  - 3. No Head Contact
  - 4. Grooming Needs
    - Finger nails and Toes Nails must be trimmed short
  - 5. No Glasses to be worn
    - Sports Glasses allowed only with Face Shield Protector

- B. Points
  - 1. 1 Point-Valid punch or kick on chest protector
  - 2. 2 Points-Valid turning kick on chest protector
- C. Application of Head Contact Safety Rules
  - 1. NO HEAD CONTACT- ALL Color Belts of any age
  - 2. Contact to head accidentally, deduct half-point. Contact to head intentionally, deduct 1 point.
- D. 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.
- E. Rounds & Duration

Belt Level	# of Rounds	Round Duration	Rest Time
ALL Color Belts	2	1 min	30 sec.

## 4. Sparring (Black Belt)

- A. Format
  - 1. Random Seeding
  - 2. Single Elimination
  - 3. Light Head Contact
 

Competitors Must Have One of the following:

    - Face Shield Protector OR
    - Mouth Piece
  - 4. Grooming Needs
 

Finger nails and Toes Nails must be trimmed short
  - 5. No Glasses to be worn
 

Sports Glasses allowed only with Face Shield Protector
- B. Points to Body
  - 1. 1 Point-Valid punch or kick on chest protector
  - 2. 2 Points-Valid turning kick on chest protector
  - 3. 1 Point awarded for every one Gam-jeom given to the opponent contestant
  - 4. At the end of the second round, 12 point difference rule will be in effect for Black Belts only.
- C. Points to Head
  - 1. 3 Points-Valid kick to the head
  - 2. 4 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, 12 point difference rule will be in effect for Black Belts only.
- D. 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.
- E. Rounds & Duration

Belt Level	# of Rounds	Round Duration	Rest Time
ALL Black Belts	2	1 min	30 sec.

# Special Division - Competition Rules

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## Special Division: Poomsae (Forms)

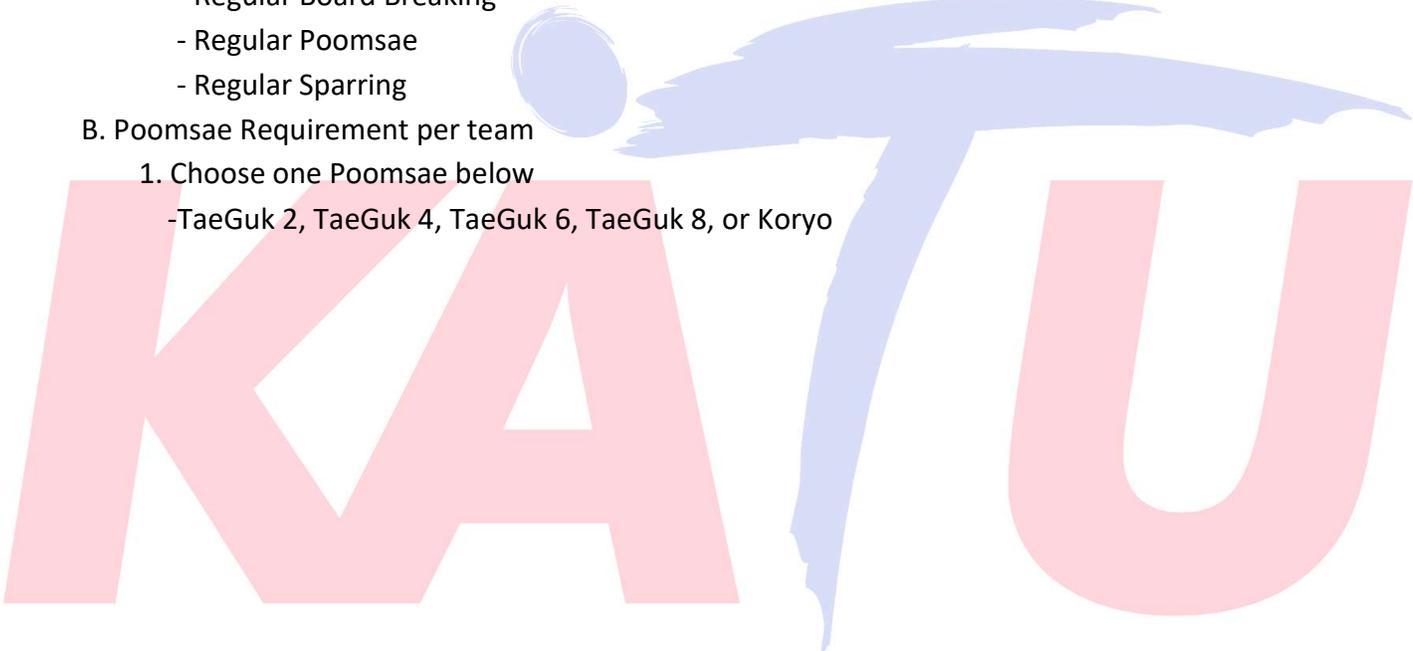
### Team Poomsae Competition

#### A. Format & System

1. Random Seeding
2. Single Elimination, Final Placements: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>
3. Must consist of 2-3 members
4. All Team members **must** individually participate in one of the following:
  - Regular Board Breaking
  - Regular Poomsae
  - Regular Sparring

#### B. Poomsae Requirement per team

1. Choose one Poomsae below
  - TaeGuk 2, TaeGuk 4, TaeGuk 6, TaeGuk 8, or Koryo



*Korean American Taekwondo Union*

# The 14<sup>th</sup> North Carolina Open Taekwondo Championship

Hosted By: The Korean American Taekwondo Union \* Saturday, February 21, 2026

## Competition Registration Form

*Tournament Registration Collected Until Sat February 14, 2026. Late Registration February 9-14, 2026 will have a \$10 late fee added to registered events.*

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All Registrations Should Be Mailed To:

Grand Master Choi's Olympic TKD  
10120 Green Level Church Road #210  
Cary, NC 27519

KICKS Taekwondo  
7414 Creedmoor Rd.  
Raleigh, NC 27613

MODU Martial Arts  
105W NC Hwy 54 Suite 269  
Durham, NC 27713

Did you include:

Registration Form  
Payment  
Turn in Form and payment to School Instructor

FIRST NAME                     M.I.

LAST NAME

E-MAIL

TKD SCHOOL Name: \_\_\_\_\_ Phone: ( ) - \_\_\_\_\_  
City: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

Age on 2/21/26   Gender  Male  Female Height (inches)   Weight (lbs)

BELT Belt Color: \_\_\_\_\_ Black Belt Dan Level: \_\_\_\_\_

Medical

Please complete. Circle Y for Yes and N for No.

1. Do you have any allergies to medications? Y / N  
If YES, please indicate which medications: \_\_\_\_\_

2. Do you take any medication regularly? Y / N  
If YES, please indicate which medications: \_\_\_\_\_

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	D. Diabetes	Y	N
B. Lung Disease	Y	N	E. High Blood Pressure	Y	N
C. Heart Disease	Y	N			

If you answered YES to any part of question #4, please complete question #5:  
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.

Events

PLEASE CHECK ONE:

SPIRIT \$100  
 SPIRIT + BREAK \$150  
 REGULAR DIVISION  
 BOARD BREAKING \$100  
 FORMS \$100  
 SPARRING \$100  
 (2) DIVISIONS \$160  
 (3) DIVISIONS \$190  
 SPECIAL DIVISION  
 TEAM POOM Separate Reg  
 SPECIAL PRICING  
 1 REG + SPECIAL \$160  
 2 REG + SPECIAL \$190  
 3 REG + SPECIAL \$230

Late Registration 2/9-2/14/2026 Add \$10/Event Registered

TOTAL: \$ \_\_\_\_\_

LIABILITY WAIVER

In consideration of your acceptance of my registration, I do hereby, for myself, heirs, executors, and administrators waive, release, and forever discharge any and all rights claims for damages which I may have, or which may accrue to me, against The Korean American Taekwondo Union, GM Choi's Olympic TKD, MODU Martial Arts, and KICKS TKD for its state and district associations, or their respective officers, agents, representatives, successors, and/or assigns, and against any competitors for any and all damages which may be sustained by me in connection with my association with, or entry in the above athletic meet and competition, and in connection with any medical service I may be provided in connection with any such injury or illness. I understand Taekwondo is a body contact sport and I further understand all contents of the rules and regulations and general information which were published by the sponsors and I agree with them in their entirety. I further understand that I may be dismissed from the premises without compensation of refund if my conduct is not courteous and cooperative for the successful operations of the championships.

CERTIFICATION

If you are a minor (under 18 years old) and will be at the tournament without a parent, the statement below must be read and signed by a parent or legal guardian and returned prior to participating in any competition or event. The undersigned competitor (parent or legal guardian of the competing minor) represents that he has the authority to consent to the medical care and treatment of such a competitor (or competing minor) by the designees of The Korean American Taekwondo Union, GM Choi's Olympic TKD, MODU Martial Arts, and KICKS TKD.

I hereby certify that I have read and understand the above information and my responses are true and accurate to the best of my knowledge.

Contestant's Signature: \_\_\_\_\_  
Parent/Legal Guardian Signature (if contestant is under the age of 18)

Date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

FOR OFFICE USE ONLY:

Spectator Fee: \$10 per person Board Fee: \$5 per board Championship Fee: \$ \_\_\_\_\_  
Total Purchased: \_\_\_\_\_ # Boards: \_\_\_ x \$5 = \$ \_\_\_\_\_ Paid By: \_\_\_\_\_

# The 14<sup>th</sup> North Carolina Open Taekwondo Championship

Hosted By: The Korean American Taekwondo Union \* Saturday, February 21, 2026

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Raleigh, NC 27613

**MODU Martial Arts**  
105W NC Hwy 54 Suite 269  
Durham, NC 27713

Did you include:

Registration Form  
Payment  
Turn in Form and payment to School Instructor

**TEAM NAME**

**POOMSAE**

**E-MAIL**

**TKD SCHOOL** Name: \_\_\_\_\_ Phone: ( ) - \_\_\_\_\_  
City: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

**TEAM POOMSAE FEE**  
**As Listed On Regular Registration**

Late Registration 2/9- 2/14/2026: Add \$10/Event Registered

**TOTAL:**  
\$ \_\_\_\_\_

**LIABILITY WAIVER**

In consideration of your acceptance of my registration, I do hereby, for myself, heirs, executors, and administrators waive, release, and forever discharge any and all rights claims for damages which I may have, or which may accrue to me, against The Korean American Taekwondo Union, GM Choi's Olympic TKD, MODU Martial Arts, and KICKS TKD, and for its state and district associations, or their respective officers, agents, representatives, successors, and/or assigns, and against any competitors for any and all damages which may be sustained by me in connection with my association with, or entry in the above athletic meet and competition, and in connection with any medical service I may be provided in connection with any such injury or illness. I understand Taekwondo is a body contact sport and I further understand all contents of the rules and regulations and general information which were published by the sponsors and I agree with them in their entirety. I further understand that I may be dismissed from the premises without compensation of refund if my conduct is not courteous and cooperative for the successful operations of the championships.

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I hereby certify that I have read and understand the above information and my responses are true and accurate to the best of my knowledge.

1. Contestant's Name \_\_\_\_\_  
(Printed)

Contestant's Signature: \_\_\_\_\_  
Parent/Legal Guardian Signature (If contestant is under the age of 18)

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

2. Contestant's Name \_\_\_\_\_  
(Printed)

Contestant's Signature: \_\_\_\_\_  
Parent/Legal Guardian Signature (If contestant is under the age of 18)

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

3. Contestant's Name \_\_\_\_\_  
(Printed)

Contestant's Signature: \_\_\_\_\_  
Parent/Legal Guardian Signature (If contestant is under the age of 18)

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**FOR OFFICE USE ONLY:**

For Fee Paid, See Regular Registration For The Above Listed Competitors