



# 2025 Oklahoma State AAU Taekwondo Championship National Qualifier



**PRESENTED BY:**  
Oklahoma State Taekwondo Association

**SPONSORED BY:**  
US CENTRAL TAEKWONDO ASSOCIATION

**TOURNAMENT DIRECTOR**  
Great Grandmaster In Hui Won

**REFEREE CHAIRMAN:**  
Grand Master Seung Hwan Kim

**ASSISTANT DIRECTORS**  
Grandmaster John Carpenter  
Master Jean Gamarra

**Tournament Coordinators**  
Master Cheongwook Park, Verina Ware  
Heather Bergseth, Amy Bergseth

**Medical Personnel**  
Sr. Master Lyndi Salas

**\*LOCATION:**  
Grandmaster Won's TKD Main Gym  
10801 S. Sunnyslane Rd., Oklahoma City, OK 73160

**DATE:**  
Saturday, May 3, 2025

**\*\*SCHEDULE:**  
7am.....Registration Begins  
7:30 am..... Ages 14 & up All Events  
11am.....Lunch  
12pm.....Ages 5-9 yrs All Events  
2pm...Point Sparring- ALL regardless of age  
3pm.....Ages 10-13 years All Events

\*Subject to change. \*\*Times are subjected to change by plus or minus one hour.

**ENTRY FEES:**

ALL COMPETITORS MUST BE A CURRENT AAU MEMBER \*membership must be obtained before the event (online at [aasports.org/Join-AAU](http://aasports.org/Join-AAU))\*  
Pre-Registration due by April 30, 2025  
\$85 any one event; \$35 for each additional event  
\$25 Late Fee at the door

**SPECTATOR ADMISSION:**  
Adults \$10, Kids & Seniors \$5

**Olympic Style & Point Sparring Divisions (Kyorugi)**

Youth Divisions: 5, 6-7, 8-9, 10-11  
All Belts

<b>Mini Cadet (10-11)</b> Black	<b>Cadet (12-14)</b> Black Colored Belts	<b>Junior (15-17)</b> Black Colored Belts
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<b>Senior (18-32)</b> Black Colored Belts	<b>Executive (33-42)</b> All Belts	<b>Ultra (43+)</b> All Belts
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ALL SPARRING DIVISIONS DIVIDED BY AGE, BELT (NOVICE, INTERM, ADV), WEIGHT AND/OR HEIGHT & GENDER  
SEE THE CURRENT AAU TKD HANDBOOK FOR WEIGHT GROUPS

**Forms Divisions**

Age Groups	Belt Divisions
5	Novice, Intermediate, Advanced
6 & 7	Novice, Intermediate, Advanced
8 & 9	Novice, Intermediate, Advanced, Black
10 & 11	Novice, Intermediate, Advanced, Black 1, Black 2 & Up
12 & 13	Novice, Intermediate, Advanced, Black 1, Black 2 & Up
14 & 15	Novice, Intermediate, Advanced, Black 1, Black 2 & Up
16 & 17	Novice, Intermediate, Advanced, Black 1, Black 2 & Up
Senior (18-32)	Novice, Intermediate, Advanced, Black 1, Black 2, Black 3, Black 4+
Executive (32-42)	Novice, Intermediate, Advanced, Black 1, Black 2, Black 3, Black 4+
Ultra (43+)	Novice, Intermediate, Advanced, Black 1, Black 2, Black 3, Black 4+

**Belt Divisions (both)**

Division	Belts Included in that Division
Novice.....	White, Yellow and Orange Belts
Intermediate.....	Green, Blue and Purple Belts
Advanced.....	Red and Brown Belts only
Black Belt.....	Poom Belts, 1st Dan and up

**Notes:**

- 1. All participants must be current members of the AAU.
- 2. All Taekwondo forms are acceptable in form competition (for National Qualifiers see rulebook specifics).
- 3. Forms and Fighting division may be combined with one rank/age higher or lower if there are less than four competitors in a division.
- 4. Fighting divisions will be divided by weight.
- 5. Breaking competitors must purchase boards at the door.

**Special Events\*\*\***

\*\*\*see Handbook for specifics on which qualify for nationals

- 1. Breaking  
A. Power  
B. Technical  
Scoring Criteria  
a. Difficulty of Technique will be based on the following order of superiority: hand technique standing kick technique, jump kick technique, kicking technique with spinning motion, jump kick with spinning motion, multiple breaking jump kick, multiple spinning jump kick.  
b. Difficulty of breaking will also be based on the number of boards  
c. Technique will be based on Accuracy, Speed, and Power  
d. The maximum time to complete the performance is 1 min  
e. The maximum number of tries is 2 times

**\*No breaking glass or concrete, BOARDS ONLY.**  
All boards may be purchased at the door. Please bring volunteer board holders.

- 2. Team Poomsae (Forms)  
A. Team Forms (3 Members)  
B. An individual may compete on only one team.

3. Pair Poomsae

4. Demo Team

5. Weapons

6. Double Roundhouse kicks (alternating legs) & single roundhouse kicks (30 sec right leg, 30 sec left leg)

7. Special Needs: Forms and Breaking Only

**FOR MORE INFORMATION:**

**OKLAHOMA STATE TAEKWONDO ASSOCIATION**  
10801 S. Sunnyslane Rd  
Oklahoma City, OK 73160  
Tel: (405) 793-0752  
[okstk.org](http://okstk.org) [okstk@gmail.com](mailto:okstk@gmail.com)



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**AWARDS:**

Kyorugi, Poomsae & Special Events: 1<sup>st</sup>, 2<sup>nd</sup>, and two 3<sup>rd</sup> places will receive a medal.

**COMPETITION RULES:**

All participants must be current members of AAU.  
Competitions will follow the rules set out in the current AAU Handbook.

**ELIMINATIONS:**

*Olympic Sparring & Point Sparring:* 3 rounds (60-second rounds),

**SPECIAL NOTICES:**

- 1. All official referees must wear AAU referee polo shirt, black slacks. See Policy book for details on required attire (ex. AAU ref polo, black shoes, socks & pants).
- 2. Referee hand signal course will be Friday 5:30-8 pm at the U.S. Central Taekwondo Association Main Gym @ 10801 S. Sunnyslane Rd., Oklahoma City, OK 73160.
- 3. Coach fees: \$50 dollar fee per coach. All coaches must be AAU members & have official coach polo. See Policy book for required attire (ex. AAU coach polo & pants).
- 4. Lunch & dinner will be provided to all Officials and Volunteers.

**EQUIPMENT REQUIREMENTS:**

- 1. Fist, forearm, shin & instep.
- 2. Protective cup (males)
- 3. Mouthpiece (all fighting competitors—no solid red)
- 4. Chest protector and head gear  
\*equipment and boards may be purchased at the door\*  
\*\*see AAU Rulebook for further details\*\*

**HOTEL ACCOMMODATIONS:**

La Quinta Inn & Suites (405) 759 7700  
2140 Riverwalk Dr.. Moore, OK 73160  
Free Breakfast, Wi-Fi · Indoor Pool · Hot Tub

OR

Located 2 miles from dojang:  
Extended Stay America - OKC Southeast,  
4112 E Interstate 240 Service Rd  
Oklahoma City, OK 73135  
(405) 619 9495 [extendedstayamerica.com](http://extendedstayamerica.com)

