

Message from Tournament Director

Grandmaster Hwang Ki Baik



Dear Fellow Masters, Instructors, and Practitioners of Taekwondo.

As the tournament director, I would like to welcome all competitors, coaches, parents, and spectators to the [**2026 U.S. Elite Taekwondo Championships**](#). I am honored to have the opportunity to direct this event, and am committed to providing a fair and exciting tournament experience to all concerned.

Taekwondo competition is gathering to exchange the proper spirit of fair play, friendship, and brotherhood among the Taekwondo family. Soon, the opportunity will be upon us for Taekwondo practitioners to display their skills on the competition floor, and, it will also be an opportunity to display the honor, respect, fairness, good character, and indomitable spirit – all tenets of Taekwondo – taught each practitioner during training. It is my most sincere desire that each competitor participating in these championships displays these Taekwondo qualities in addition to the many and various technical skills to the very best of his/her ability.

I wish you the best of luck and success in all of your endeavors and look forward to seeing you in the **Oceanside Pier Amphitheater!**

Grandmaster H. K. Baik
*U.S. Elite Taekwondo Championship
Tournament Director*

U. S. Elite Taekwondo Championship

www.baiktd.com

Saturday, June 6th, 2026

General Information and Rules

❖ **DATE:** Saturday, June 6th , 2026

❖ **TIME:** 9 am-6 pm

Note: PLEASE BE ON TIME FOR ALL ACTIVITIES. If you are late, you may be eliminated from the competition.

❖ **PLACE:** Oceanside Pier Amphitheater: 301 The Strand N, Oceanside, CA 92054

❖ **EVENT:** Poomsae (Form) & Kyorugi (Sparring) &Breaking

❖ **ELIGIBILITY:** Taekwondo Practitioners of all ages, sex, and rank, who have trained and understand Tae Kwon Do rule.

❖ **REGISTRATION & FEES:**

➤ Entries post-marked on or before May 23th 2026:

➤ \$105 for one event, Addition Event \$15

➤ Entries post-marked on or after May 24th 2026:

➤ \$115 for one event, Addition Event \$15

➤ Register Online and save \$5, <http://www.baiktd.com>

❖ **ADMISSION FEE:** Above age 5 - \$20 (Cash Only) Under age 5 – Free.

❖ **MANDATORY EQUIPMENT:**

➤ V-neck or conventional white Dobok. All Kyorugi competitors

➤ Must wear (WTF approved) headgear, chest protector, forearm pad, shin-instep pad,

➤ Groin cup(male) and Mouth piece.

❖ **AWARD:**

➤ Poomsae: 1-Gold Medal, 1-Silver Medal, 2-Bronze Medal

➤ Kyorugi: 1-Gold Medal, 1-Silver Medal, 2-Bronze Medal

➤ Breaking: 1-Gold Medal, 1-Silver Medal, 2-Bronze Medal

❖ **COMPETITOR RULES**

1. Poomse Division

a. Division will be based upon gender, age, and rank.

b. Each division will have no more than 4 competitors **EXCEPT Black Belts.**

c. Scores will be based on proper order, beauty, grace, rhythm, accuracy, power, technique and attitude.

d. Taegeuk 1-8, Palgae 1-8, and Black Belt Poomse(Koryo, Kumjang, Taebaek,etc...)

2. Kyorugi Division

a. Division will be based upon gender, age, and rank.

b. Each division will have no more than 4 competitors **EXCEPT Black Belts.**

c. Modified WTF competition rules will be used.

3. Breaking Division

a. Division will be based upon gender, age, and rank.

b. Any combination of Front kick, Side kick, Back kick, Spinning Kick (Jumping kicks will earn extra points)

c. 3 kicks max.

U. S. Elite Taekwondo Championship

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Schedule

Date/Time	Place	Event	Note
June 6th, 2026 Saturday	Oceanside Pier Amphitheater	Poomse , Breaking and Kyorugi competition	
7:30am - 8:00am		Referee and Volunteer meeting	
8:15 am	Front Door	Checking in and pick up competition ID	
8: 20 am		Doors Open	
8:45am - 11:30am		Poomsae Competition Breaking Competition	Breaking will start right after the end of Poomsae competition.
11:30am - 12:pm		Opening Ceremony	
12:00pm - 5:00pm		Kyorugi Competition	
6:00pm		Close	

These are estimated times and the schedule may change.

**Thank you for supporting the
U.S. Elite TKD Championship and see you next year.**

U. S. Elite Taekwondo Championship

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2026 Important Information

Poomsae: All divisions will perform ONE poomsae based on your rank. There will be no more than 4 competitors to a division.

Sparring: There will be no more than 4 competitors to a division. Except for Black Belts. 20-point gap rule will be applied.

Breaking: For fairness and consistency, **no outside boards will be allowed.** Boards will be available for purchase at the event.

Coach Pass: Receive a FREE Coach Pass for every 10 registered athletes.

Mandatory Equipment:

- Standard white, official, V-neck TKD uniform (Sparring) in good condition.
- Official USAT or WT chest protector with red and blue scoring zones.
- Official WT shin protector and forearm protectors.
- Groin protector (required for males); must be worn inside the uniform.
- Official USAT or WT head protector and gloves (gloves are the only mandatory for black belts).
- Official WT Taekwondo mouth guard. **MUST BE CLEAR OR WHITE.**
- Official WT Taekwondo instep pads.

We also would like to remind you that proper personal hygiene (i.e. clean and short nails; clean body and uniform) is part of competition rules and etiquette.

Weigh-ins: There will be no weigh-in for this tournament.

Awards: 1st, 2nd and two 3rd place winners in each division will be awarded. However, all competitors 11 years old and under will get medals.

IMPORTANT NOTE: **The tournament director may modify some rules according to the local conditions. They also reserve the right to combine or divide weight categories depending on the size of the group.**

Elite Class Division:

Competitors are required to perform only Poomsae (form) designed for their specific rank.

Scores are based on:

- Accuracy: Correct movement, correct placement or technique, balance
- Presentation: Strength, speed, rhythm, expression of energy

Authorized Poomsae are those approved by the World Federation: Taeguek 1 – 8 Jang and Black Belt Poomsae: Koryo, Keumgang, Taekbaek, etc.

TYPE	DIVISION	REQUIRED POOMSAE
Regular poomsae	All Color Belts	Taeguek (your belt level)
	Black Belts	1 Dan- Koryo, 2 Dan-Keumgang

Rules:

- Black Belts must demonstrate a form that corresponds with their rank.
- Spectators and parents will not be allowed on the competition floor during Poomsae competition
- NO shoes, jewelry, or accessories are allowed. Clean uniforms and belts are required.
- Synchronized forms may be performed with or without music.
- Gender and ranks maybe combined at the discretion of the tournament director.

Awards:

1st , 2nd, and two 3rd place winners in each division will be awarded medals.

Note: Tournament director may modify some rules according to the local condition.

Breaking

Each competitor is allowed to have up to three (3) techniques for breaking

- Competitors must have their own board holders.
- Competitors must buy boards at the tournament.
- Competitors can have up to 3 boards for each break.
- Each board you do not break will count against your score.
- Competitor will have 40 seconds from start to finish the break(s).
- Higher technique breaks will receive higher points.

Awards:

1st, 2nd and two 3rd place winners in each division will be awarded medals.

Note: Tournament director may modify some rules according to the local condition.

2026 U.S Elite Taekwondo Championship Competition Rules

**2026 U.S Elite Cup Taekwondo Championship uses competitor's birth date to determine the age of all competitors.

KYORUGI (SPARRING):

The current and modified USAT & WT competition rules will govern this championship depending on age and rank.

NO HEAD CONTACT

There is absolutely no head contact for competitors Age 7 & Under (Black Belts) and 11 & Under (Color Belt divisions)

Age / Rank	Duration	Quantity	Rules
Age 7 & Under (ALL Black Belts and Color Belts)	1 min 30 second	2 Rounds	(No Head Contact)
Age 11 & Under (ALL Color Belts)	1 min 30 second	2 Rounds	(No Head Contact)

Contact Area	Point
A valid punch on the trunk protector	1 point
A valid kick on the trunk protector	2 points
A valid turning kick to the trunk protector	4 points
A valid kick to the head	N/A

Point Gap	Ceiling Point
20 after 1 st Round	0

JUNIOR SAFETY RULES (JSR)

Junior Safety Rules will be applied to 8 – 11 YEAR OLD BLACK BELTS, 12 – 17 YEAR OLD BLACK BELTS & ALL COLOR BELT, and 33 & OVER BLACK BELT DIVISIONS. A head contact producing a minor injury (bruising, abrasion, or bleeding) will result in a one-point deduction for the attacker.

Excessive head contact resulting in the inability to continue will disqualify the attacker at the discretion of the referee.

Age / Rank	Duration	Quantity	Rules
Age 8 – 11 (ALL Black Belts)	1 min 30 second	2 Rounds	JSR
Age 12 and Over (ALL Color Belts)	1 min 30 second	2 Rounds	JSR
Age 33 and Over (ALL Belts)	1 min 30 second	2 Rounds	JSR
Age 12 – 17 (Black Belts)	2 minutes	WT New rule	JSR
Age 18 – 32 (ALL Belts)	2 minutes	WT New rule	

Contact Area	Point
A valid punch to the trunk protector	1 point
A valid kick on the trunk protector	2 points
A valid turning kick to the trunk protector	4 points
A valid kick to the head	3 points
A valid turning kick to the head (12 years old and up)	5 points

Point Gap	Ceiling Point
20 after 1 st Round	0

U. S. Elite Taekwondo Championship

www.baiktd.com Saturday,

June 6th, 2026 OFFICIAL

COMPETITION ENTRY FORM

3. Fill out your application completely. Most importantly, your name, birthday, weight, belt & events you choose
4. Dead line for application is May 23, 2026.
5. A \$10 late fee will be accessed in Addition to the appropriate entry fee, if application postmark after May 24, 2026. However, application must be arrived in tournament Producer office on May 23, 2026.
6. All entry fees must be paid by cashier's check or money order. No personal/business checks accepted.
7. Make check payable to : Master BAIK and mail to: USA Taekwondo Center
4760 Oceanside Blvd B4 Oceanside, CA 92056

IMPORTANT; PLEASE FILL OUT COMPLETELY & PRINT IN CAPITAL LETTERS ONLY!

LAST NAME _____ FIRST NAME _____
HOME ADDRESS _____ CITY _____ State _____ ZIP _____
HOME TEL () _____ E-MAIL: _____ TKD SCHOOL TEL () _____
TKD SCHOOL NAME: _____ MASTER/INSTRUCTOR: _____
TKD ADDRESS _____ CITY _____ State _____ ZIP _____

SPECTATOR ADMISSION FEE: Above age 5, \$20 Free Under age 5

APPLICATION WILL NOT BE PROCESSED WITHOUT COMPLITE INFORMATION BELOW

Male Female Date of Birth _____ - _____ - _____ Age (as of 6/03/17) _____ True Weight _____ lbs.
Month Date Year

Belt/Rank:

White/Yellow (10-8) Orange/Purple (7-6) Green/Blue (5-4) Brown/Red (3-1)

Black 1 Black 2 Black 3 Black 4

Palgwe/Taeguek: 1 or 2, 3 or 4, 5 or 6, 7 or 8 Koryo; keumkang; Taebaek; Pyongwon;

Check of event or events: KYORUGI POOMSAE BREAKING

One event : \$115 Addition Event \$15

Total enclosed:\$ _____ (Cashier's Check/money Order only. All personal/business checks will be returned with application unprocessed)

NO REFUNDS

\$115 for One Event

Additional event \$15

AFTER ONLINE REGISTRATION DEADLINE

\$125 for one Event

Additional event \$15

www.baiktd.com

ONLINE DEADLINE :May 23th, 2025

Liability Waiver

In consideration of the acceptance of my participation in the U.S. Elite Championship, I agree to assume the risk incidental to such participation (which risk may include, among other things, muscle injuries and broken bones) and, on my own behalf and on the behalf of my heirs, executors and administrators, release and forever discharge the released parties defined below, of and from all liabilities, claims, actions, damages, cost of expenses, including, but not limited to, attorney's fees and disbursements. The released parties are the tournament production team and the officers, Referees, Directors, employees, agents, representatives, successors and assigns of each of the following entities. I understand that this release indemnity agreement includes any claims based on the negligence, action or inaction of any of the above released parties and covers bodily injury (including death) and property damage, whether suffered by me, before, during or after such participation. I declare I am physically fit and have the skill level required to participate in this particular event. I further authorize medical treatment for myself, at my cost, if the need arises. I further grant the release parties the right to photograph and/or videotape me and further to use my name, face, likeness, voice and appearance in connection with exhibitions, publicity, advertising and promotional material without reservation or limitation. The release parties are, however, under no exercise said rights herein granted.

Competitor's Signature _____ Date _____

Parent or legal guardian's Signature _____ Date _____