



2026 U.S. TAEKWONDO FESTIVAL TOURNAMENT

OCTOBER 10, 2026



Scan for registration,
rules, and schedule



JOIN US FOR THE
**ULTIMATE
TAEKWONDO
EXPERIENCE!**

ALL PROCEEDS BENEFIT THE
**U.S. TAEKWONDO
SCHOLARSHIP FOUNDATION**



**WORLD CLASS
SPARRING**



**DAEDO PSS
SCORING SYSTEM**



**FAMILY &
TEAM EVENT**



**POOMSAE
COMPETITION**



**BOARD
BREAKING**



APG ARENA

401 THOMAS RUN ROAD, BEL AIR, MD 21015



443-243-4124

Celebrating the 31st year anniversary for the proclamation of Taekwondo Day in Baltimore!



2026 U.S. Taekwondo Festival

COMPETITOR PACKET · Saturday, October 10, 2026 · APG Arena at Harford Community College, Bel Air, MD

Tournament Director's Welcome Letter

Greetings, Taekwondo Members!

I would like to welcome everyone to the 2026 U.S. Taekwondo Festival Open Championship. This prestigious tournament will mark the beginning of this year's season with the finest in competition as well as refereeing for the Maryland State Taekwondo Association. This remarkable tournament is one of my favorites of the year since all proceeds go directly to the United States Taekwondo Scholarship Foundation, which supports Taekwondo practitioners.

On behalf of the Maryland State Taekwondo Association, it gives me great honor to announce this year's competition to mark the 31st Year Anniversary for the proclamation of Taekwondo Day in the City of Baltimore, and the 36th Year Anniversary for this competition. The first recognized Taekwondo Day in the world was on September 4, 1995.

We will have two categories of Black Belt divisions in 10-11, 12-14, 15-17, and 17-32: World Class and Open Sparring. Daedo scoring will be available for Black Belt World Class divisions in 10-11, 12-14, 15-17, and 17-32, and for the Open Sparring division with Daedo Trigger Scoring and all other age categories. Daedo Gen3 socks are required and will be available for purchase on site. We are proud to announce that we will be holding Family, Pairs & Team Forms events, as well!

Remember, Taekwondo competition is an essential part of martial arts training. It allows you to put your individual skills to the test against another of similar experience and level. But keep in mind, it is ultimately a learning experience — and with every experience in life, you gain knowledge, strength, courage, and confidence. Through your experience at the U.S. Taekwondo Festival, you will become a better Taekwondo student overall.

"It's not whether you get knocked down; it's whether you get up." — Vince Lombardi

Hope to see you all on Saturday, October 10th at APG Arena at Harford Community College — Bel Air, Maryland! Keep practicing and good luck!

Sincerely,

Senior Master Yong Seong CJ Chang

President-Elect, Maryland State Taekwondo Association

Tournament Director, 2026 U.S. Taekwondo Festival

(443) 243-4124 · belairkicks@gmail.com

WHEN

Saturday, October 10, 2026

Registration & weigh-ins from
8:00 AM

Competition begins 9:00 AM (12 &
up)

12:30 PM (11 & under)

WHERE

APG Arena

Harford Community College
401 Thomas Run Road
Bel Air, MD 21015

REGISTER

Online — taekwondofestival.com

\$130 pre-reg by Sep 30 (2 events)
+\$20 each additional event
Spectators \$20 cash at the door

Competition Fees

Event options: Daedo PSS Sparring · Regular Trigger Sparring · Traditional Poomsae · Sport Poomsae · Family Forms · Pairs Forms · Team Forms · 3-Station Board Breaking.

REGISTRATION	1-2 EVENTS	EACH ADDITIONAL
Pre-registration ONLINE ONLY · by September 30, 2026	\$130	+\$20
After October 1, 2026 · or on-site	\$150	+\$20

Register online & payment

Scan the QR code below or visit **taekwondofestival.com**. On-site registration will accept **CASH only**. No credit cards or personal checks accepted on-site.



Scan for registration,
rules, and schedule

Scan to register

taekwondofestival.com — full instructions on the last page.

Event-Day Schedule

8:00 – 8:30 AM	On-site registration & pre-registration pick-up (ages 12 & up)
8:00 – 8:30 AM	Weigh-ins — World Class Black Belt sparring, 12–32 year olds
8:00 AM	Mandatory referee meeting
8:30 AM	Report time — all Daedo World Class Black Belt Sparring & World Class Sport Poomsae competitors
9:00 AM	Report time — all divisions ages 12 & up (all events)
11:00 – 11:30 AM	On-site registration & pick-up (ages 11 & under)
11:30 AM – 12:00 PM	Lunch & weigh-ins for World Class Black Belt 10–11 year old sparring only
12:00 – 12:30 PM	Opening ceremony & tag team sparring
12:30 PM	Competition begins — Family/Team Forms & all divisions ages 11 & under

General Admission • Coach Pass • Awards

✓ General admission

\$20 cash at the door. Children 4 & under and seniors 65 & over are free.

✓ Coach pass

\$30 pre-registration by September 30; \$50 after October 1 or on-site. One free coach pass per 10+ competitors.



Awards

Beautiful medals for 1st, 2nd and 3rd place in Forms and Breaking; and 1st, 2nd and two 3rd places in Sparring.

✓ Competition rules

The current modified USAT & modified WT competition rules govern this championship.

✓ Mandatory gear

All sparring competitors provide their own: white/red/blue helmet (matching chest protector color); red-and-blue reversible chest protector; forearm, shin & instep guards; groin cup; and mouth guard. World Class Black Belt divisions (10-11, 12-14, 15-17 & 17-32) must provide their own Gen3 Daedo socks.

Hotel: Holiday Inn Belcamp — 1326 Policy Drive, Belcamp, MD 21017 • (410) 272-1806.

Sponsor: Maryland State Taekwondo Association.

Poomsae (Forms)

All Taekwondo forms will be allowed in Traditional — Taegeuk, Palgwae, Chang Hon, Pyung Ahn and others.

Traditional Poomsae

Open to all ages and ranks. Competitors perform only the poomsae designated for their specific rank, judged head-to-head as a bracket competition (like sparring) on proper order, beauty, grace, rhythm, accuracy, power, technique and attitude.

RANK (GEUP)	10 – 9	8 – 7	6 – 5	4 – 3	2 – 1	POOM/DAN 1·2·3
BELT COLOR	White / Yellow / Orange		Green	Blue / Purple	Red / Brown	Black
POOMSAE	Basic Form / Taegeuk / Palgwae 1 or 2		Taegeuk / Palgwae 3 or 4	Taegeuk / Palgwae 5 or 6	Taegeuk / Palgwae 7 or 8	Koryo, Keumgang, Taebaek ...

Family • Team • Pairs Forms

Family Forms

Two or more competitors from the same immediate family (no cousins). Any form may be chosen.

Team Forms

Three or more competitors in the same belt group; co-ed permitted.

Pairs Forms

One male and one female performing together — co-ed. The pair chooses their own form.

Sport Poomsae

COLOR BELTS NEW FOR 2026

Scored numerically, ranking every competitor by score. New for 2026, open to color belts as well as black belts (ages 10 & up). Competitors eligible for both Sport and Traditional Poomsae choose one — not both.

Designated Poomsae — Black belt · by age division & gender

FEMALE INDIVIDUAL	YOUTH 10-11	CADET 12-14	JUNIOR 15-17	UNDER 30 18-30	UNDER 40 31-40	UNDER 50 41-50	UNDER 60 51-60	UNDER 65 61-65	OVER 65 66+
PRELIMINARY	Taegeuk 6	Koryo	Koryo	Shipjin	Taebaek	Keumgang	Shipjin	Keumgang	Shipjin
SEMI FINAL	Taegeuk 5	Taegeuk 7	Keumgang	Jitae	Koryo	Koryo	Koryo	Taebaek	Jitae
FINAL	Taegeuk 4	Taegeuk 6	Taegeuk 6	Keumgang	Keumgang	Chonkwon	Chonkwon	Chonkwon	Koryo
	Keumgang	Taebaek	Taebaek	Taegeuk 7	Jitae	Shipjin	Jitae	Pyongwon	Pyongwon

MALE INDIVIDUAL	YOUTH 10-11	CADET 12-14	JUNIOR 15-17	UNDER 30 18-30	UNDER 40 31-40	UNDER 50 41-50	UNDER 60 51-60	UNDER 65 61-65	OVER 65 66+
PRELIMINARY	Taegeuk 7	Keumgang	Taegeuk 6	Taebaek	Shipjin	Jitae	Koryo	Shipjin	Keumgang
SEMI FINAL	Taegeuk 5	Taegeuk 5	Taebaek	Jitae	Taebaek	Taebaek	Pyongwon	Keumgang	Pyongwon
FINAL	Keumgang	Taegeuk 8	Koryo	Shipjin	Taegeuk 8	Taegeuk 8	Chonkwon	Koryo	Hansu
	Taegeuk 4	Taebaek	Taegeuk 7	Pyongwon	Jitae	Keumgang	Shipjin	Hansu	Shipjin

Round entry: divisions of 20–69 competitors begin in the Preliminary round · 9–19 begin in the Semi Final · 8 or fewer begin in the Final.

Designated Poomsae — Color belt · by belt level

BELT	RANK	PRELIMINARY	SEMI FINAL	FINAL
Yellow	7th & 8th Geup	Taegeuk 1	Taegeuk 2	Taegeuk 1
Green	5th & 6th Geup	Taegeuk 4	Taegeuk 3	Taegeuk 2
Blue	3rd & 4th Geup	Taegeuk 5	Taegeuk 5	Taegeuk 4
Red	1st & 2nd Geup	Taegeuk 7	Taegeuk 5	Taegeuk 8

Kyuk-Pa (Breaking)

3-Station Traditional Board Breaking

- ✓ **Boards and holders are not included in the entry fee.**
Bring your own boards, or buy pine boards at the venue.
- ✓ **Board holders are people and you bring your own — tournament officials and referees cannot hold boards.**
- ✓ **Only pine boards are allowed.**
NO bricks, cinder blocks, fruit or anything besides pine boards.
- ✓ Competitors choose the kind of techniques and number of boards to break.
- ✓ Maximum of 3 stations, with 1–3 kicking techniques per station.
- ✓ Maximum set-up time 1 minute; maximum performance time 1 minute; maximum of 2 attempts.
- ✓ The performance must be done within the regulation ring size.

Sparring

Competition rules by age

AGE	RULES
11 & under	USAT / WT modified rules · No head contact for all belts except Black Belts ages 8–11 · Junior Safety rules for Black Belts ages 8–11
12 – 14	USAT / WT modified rules · Junior Safety rules for all belts
15 – 17	USAT / WT modified rules · Junior Safety rules for color belts · Senior rules for black belts
17 & up	USAT / WT modified rules · Senior rules for all belts

Weigh-ins — World Class Black Belt divisions (ages 10–32)

Required only for World Class Black Belts competing in the 10-11, 12-14, 15-17 & 17-32 sparring divisions. Weigh-ins for

12–32 year olds

take place Saturday, October 10 at the venue between 8:00 – 8:30 AM; weigh-ins for

10–11 year olds

take place 11:30 AM – 12:00 PM. Competitors get two attempts on the scale; missing weight on the second attempt moves the competitor up or down to the next weight division.

World Class vs. Open

World Class Sparring

Daedo PSS scoring, in the 10-11, 12-14, 15-17 & 17-32 Black Belt divisions. Gen3 Daedo socks available on site.

Open Sparring

Regular Trigger scoring, also used for all other age categories.

No weigh-in — color belts, and black belts 9 & under / 33 & up

There will be no weigh-in for all Color Belt divisions, Black Belt divisions (9 & under), or Black Belt divisions (33 & up). You must enter your correct weight during registration. Purposeful falsifying of weight information risks disqualification: competitors unable to meet the weight division listed during registration will not be allowed to compete and will be disqualified, and will not be moved up or down divisions after falsification.

- ✓ If there are fewer than four athletes in a weight division, the organizing committee may combine weight divisions.

- ✓ **Ages 15-17 (sparring only)**
may compete in their own division or an older age division of their respective weight.

- ✓ **Ages 33 & up (sparring only)**
have the option to compete in their own division or the 17–32 division for their respective weight.

World Class Weight Divisions

KILOGRAMS

World Taekwondo weight classes for the Daedo World Class Black Belt sparring divisions. All divisions are subject to change.

YOUTH · 10–11			CADET · 12–14		
MALE		FEMALE	MALE		FEMALE
-30 kg		-30 kg	-33 kg		-29 kg
30–35		30–35	33–37		29–33
35–40		35–40	37–41		33–37
40+		40+	41–45		37–41
			45–49		41–44
			49–53		44–47
			53–57		47–51
			57–61		51–55
			61–65		55–59
			65+		59+

JUNIOR · 15–17			SENIOR · 17–32		
MALE		FEMALE	MALE		FEMALE
-45 kg		-42 kg	-54 kg		-46 kg
45–48		42–44	54–58		46–49
48–51		44–46	58–63		49–53
51–55		46–49	63–68		53–57
55–59		49–52	68–74		57–62
59–63		52–55	74–80		62–67
63–68		55–59	80–87		67–73
68–73		59–63	87+		73+
73–78		63–68			
78+		68+			

Color belt and 11-&-under black belt sparring run by age, rank and gender; weight class is determined by the referee at the holding/staging area. Open Sparring is available to all ages.

| How to Register — Online

Registration is online this year — complete every step in a few minutes.

1

Enter athlete info

Name, date of birth, rank, weight and dojang.

2

Pick your divisions

Select every event you want to compete in.

3

Sign the waiver

Review and accept the liability waiver online.

4

Pay & confirm

Secure checkout and instant email confirmation.



Scan for registration,
rules, and schedule

Scan to register

Or visit **taekwondofestival.com** — then check back for confirmation.

Questions? belairkicks@gmail.com · (443) 243-4124