

Welcome to WOT 2024

On behalf of the The 2024 WOT Championships, we are pleased to welcome you to the great state of Arizona. We are inspired by the new wave at which Taekwondo is dynamically adapting. The development of Taekwondo is moving fast and we plan to keep up.

Most importantly, we hope that this event will play an integral role for the development of each Taekwondo practitioner. Through competition, students will build confidence, sportsmanship and the athletic skills necessary to compete at the AZ State Championships. WOT Championships will serve to be a season opening event for athletes preparing for State and National Championships, but most importantly a great grassroots level tournament experience for first time competitors.

We wish you success in displaying your abilities to the fullest. Through fair play, respect, and discipline, this will set course for your life's achievements. You are on the path to greatness both in sport and in life.

Best regards,

Master Johnny Nguyen
Tournament Director
NB Taekwondo & Fitness Center



General Information

January 20th, 2024 WOT Championships

(Doors open 9am)

Tournament Venue:

Basha High School
5990 S Val Vista Dr, Chandler, AZ 85249

REGISTER ONLINE www.wotchampionships.com

Athlete Registration:

Early Bird Registration ends **Dec 2nd** 11:59pm MT

One Event \$85 - \$10 for Each Additional Event
Coaching Pass - \$20

Early Registration ends **Jan 2nd** 11:59pm MT

One Event \$95 - \$10 for Each Additional Event
Coaching Pass - \$20

Late Registration ends **Jan 12th** 11:59pm MT

One Event \$125 - \$10 for Each Additional Event
Coaching Pass - \$30

Final Registration ends **Jan 16th** 11:59pm MT

One Event \$145 - \$10 for Each Additional Event
Coaching Pass - \$40

Final Registration Deadline by Jan 16th 11:59pm MT

Coaching Pass: First Coaching Pass FREE - Additional Coaching passes must be purchased online before January 16th. Coaches must be certified Black Belt.

*Dojang Owner VIP pass will grant access to coaching privileges.

Spectator Admission: \$15.00 5 yrs old and up cash only – 4 yrs and under FREE

Times: Doors Open 9am | Detailed Schedule Pg. 7

Awards: Medals will be awarded to places 1st through 3rd place. Trophies will be awarded to Top 3 Teams. Cash Scholarships will be given to WC Black Belt winners with minimum 4 in division.

Events:

Sport Poomsae (Black Belts only) | Traditional Poomsae (All Belts) | Olympic Sparring | Jump Front Kick | Weapons Poomsae

Prerequisites

Coaching Education – Coaching certification is not required but highly recommended. Coaches are expected to comprehensively understand the rules and regulations found here: [CLICK HERE](#)

All Coaches should attend Coaches Meeting before the start of sparring competition at Tournament Venue.

All registered coaches must be Black Belt Certified.

Competition Rules

All sparring athletes will be responsible for supplying their own headgear, gloves (optional), foot pads, arm and shin guards, mouth guards and all necessary taping.

Gear requirements are found in the competition rules packet link above.

Weight Divisions & Competition Format

WOT Championships will not require an official weigh in. All athletes to be true to their weight upon registration. Holding Area Manager may conduct random weigh ins during the event.

Events

Jumping Front Kick

Students will be matched up by size and rank and will see who can kick the highest! The foot must make contact with the paddle in order to advance to the higher rounds.



Traditional Poomsae

Traditional Bracket Format will be used for all Color Belts (Blue Player VS Red Player – winner advances). Athletes will perform one recognized poomsae in accordance of their rank and will be scored in accordance with Power, Grace, Rhythm, and Energy Expression. Double elimination for divisions with 3 or more contestants.

Black Belts will compete with the poomsae in accordance to their rank (EX: 1st Dan will perform Koryo, 2nd Dan will perform Keumgang)

Color Belt Division	Compulsory Poomsae
WHITE - YELLOW	Taeguk 1 or 2
ORANGE - GREEN	Taeguk 3 or 4
PURPLE - BLUE	Taeguk 5 or 6
BROWN - RED	Taeguk 7 or 8



Olympic Sparring

BLACK BELT OLYMPIC SPARRING

Youth , Cadet, Jr, Sr, Executive

Best of 3 rounds X 1 min | 30 sec break (1:30 sec rounds for finals)

Headshots allowed

Junior Safety Rules (Light contact to the head) for all divisions EXCEPT for 18-32 yr old division



COLOR BELT OLYMPIC SPARRING

Best of 3 rounds X 1 min | 30 sec break

Ages: 5 and under, 6-7yr, 8-9yr, 10-11yr,

Cadet 12-14yr, Junior 15-17yr, Senior 18-32, Executive

(Ranks: white-Yellow | orange-green | purple-blue | brown-red

Divisions may be combined at the tournament director's discretion)

Headshots allowed

Junior Safety Rules (Light contact to the head) for all Color Belt Sparring

Weapons

Perform any style weapons poomsae, with or without music.

No live blades will be allowed.

Judging criteria: Beauty, Grace, Rhythm, Focus, Power, Technique, Energy

90 second time limit

Sport Poomsae

Individual Sport Poomsae (Black Belts cadets and up)

Rules are set forth by World Taekwondo. Please see rules on pg. 3 for more information

Black Belt Sport Poomsae will follow WT Cut-Off System. Prelim and Semis - 1 Poomsae | Finals

2 Poomsaes | Designated Poomsae will be posted 1 week before competition date on WOT

2024 Social Media.

Cash Prize Main Event

2 Special Guest Fighters will compete in the Main Event Fight Off. Fighters to be announced Dec. 1st.

Modified rules will be implemented**

- no penalties for unintentional falling
- no instep guards
- no gloves
- 10 sec kick clock
- Best of 3 rounds 1 minute



Competition Schedule/Report Times

(SUBJECT TO CHANGE)

Athletes arrive 15 minutes before Report Time. Failure to do so may lead to disqualification.

Schedule of Events

January 20, 2023 Saturday

9am: Doors Open - Registration and Admission

10am | Traditional Poomsae

11am | Jump Front High Kick

11:30am | 11 yrs and under Olympic Sparring + Sport Poomsae Senior 1 and up

12:30pm-1pm | Lunch Break

1:15pm | Black Belt Olympic Sparring + Sport Poomsae Youth Cadet and Junior

1:45pm | 12 yrs and up Color Belt Olympic Sparring