

Welcome to WOT 2022

On behalf of the The 2022 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 in developing the athletic skills and experience of young men and women who dream of representing TEAM USA in future Olympic, national, and regional games.

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

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CORONA DEL SOL HIGH SCHOOL
 TEMPE, ARIZONA
 2022
WOT
 CHAMPIONSHIPS
MARCH 5, 2022
DIVISIONS
 POOMSAE
 SPARRING
 HIGH KICK CONTESTS
 ALL AGES * ALL RANKS * \$10 ADMISSION 5 YRS +
 FREE PARKING * CASH PRIZE OLD SCHOOL FIGHT OFF
 BLACK BELTS DAEDO GEN 2
REGISTER ONLINE
 WWW.WOTCHAMPIONSHIPS.COM

2022 WOT CHAMPIONSHIPS | www.wotchampionships.com | wotchampionships@gmail.com |
WOT 2022

Presented by NB Taekwondo & Fitness Center Chandler, Arizona

General Information

March 5th 2022 WOT Championships (Doors open 8am)

Tournament Venue:

Corona Del Sol High School Main Gym
1001 E Knox Rd Tempe, AZ 85284

REGISTER ONLINE www.wotchampionships.com

Athlete Registration:

Early Registration ends ~~FEB 12th 11:59pm MT~~ EXTENDED TO FEB 19th
One Event \$100- \$20 for Each Additional Event

Late Registration ends **MAR 2nd**
One Event \$125- \$20 for Each Additional Event

Final Registration Deadline by Mar 2, 2022 11:59pm MT

Coaching Pass: First Coaching Pass FREE; Additional Coaching pass \$20

Spectator Admission: \$10.00 5 yrs old and up cash only – 4 yrs and under FREE

Times: Doors Open 8am | Competition begins 9am | Detailed Schedule Pg. 7

AWARDS: Medals will be awarded to places 1st through 3rd place. Trophies will be awarded to athletes winning 1st place in 3 or more events. \$200 Cash Prize will be awarded to Old School Fight Off Winners.

EVENTS:

Poomsae | Olympic Sparring | Jump Front Kick Contest | Flying Side Kick Contest | 2020 Armor Sparring

Prerequisites

Coaching Education – AC certification is highly recommended however not required. Coaches are expected to comprehensively understand the rules and regulations of USAT and WT. For information on attaining this level of certification please visit <http://usa-taekwondo.us/coaching>. This certification may be obtained by taking the USA Taekwondo Certification Course online. All Coaches need to attend Meeting at 8:30am at Tournament Venue to update RULES.

Competition Rules

USA Taekwondo Competition Rules & Jr. Safety Rules

For more information please visit USA Taekwondo Competition Rules Page:

<http://usa-taekwondo.us/resources/competition-rules-referees>

DAEDO GEN 2 with E HEAD GEAR will be used for black belts ONLY. Sock sensors will be required for all Black Belt athletes. NOTE: Daedo socks WILL NOT BE sold at the event. Black Belt Athletes are required to have your own sensor socks.

All color belt sparring athletes will be responsible for supplying their own headgear (color belts), 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.

Poomsae

Traditional Bracket Format will be used (Blue Player VS Red Player – winner advances). Athletes will perform one recognized poomsae in ordnance of their rank and will be scored in accordance of Presentation 6 pts and Accuracy 4 pts – total 10 pts.

Designated Poomsae

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

Black belt poomsae athletes are required to their respective poomsae in accordance to their rank. Ex: 1st dan – Koryo. Double elimination format for black belt divisions.

High Kick Contest

Jumping Front Kick Division

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.

Flying Side Division

Students will be matched up by size and rank and will see who can kick the target while jumping over the highest obstacle.

The foot must make contact with the paddle while clearing the obstacles in order to advance to the higher rounds.



Sparring

OLYMPIC BLACK BELT SPARRING

Youth , Cadet, Jr, and Sr
3 rounds X 1 min | 30 sec break

Ultra (33+)
2 rounds X 1 min | 30 sec break



OLYMPIC COLOR BELT SPARRING

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, ultra)
(rank: white-Yellow | orange-green | purple-blue | brown-red)



2020 ARMOR SPARRING

(This event is only open to 11 yrs old and under)

Video game format (Street Fighter, Tekken, Mortal Kombat). Students will use 2020 Armor, an electronic scoring vest system that measures the amount of force on each hit. Similar to Combat Video Games, each chest guard will start with full Health Meter. First person to deplete opponent's health meter will win the round. Best out of 3!



Cash Prize Main Event

Winners of the senior black belt divisions will have the option to enter the Cash Prize OLD SCHOOL FIGHT OFF. There will be 4 Cash prize winners: Fly weight winner will fight feather weight winner, and welter weight winner will fight heavy weight winner. (Competitor must have had at least one regulation match to qualify for the fight off)

Modified rules will be implemented**

- no penalties for unintentional falling
- no instep guards
- no gloves
- 10 sec kick clock
- 2 rounds of 1 min



Competition Schedule/Call Times

(SUBJECT TO CHANGE)

Updated: 2/15/22

Athletes to arrive 30 minutes before Call Time. Failure to do so may lead to disqualification.

*BB = Black Belt

*CB = Color Belt

9am: 11 and under CB Poomsae

9:45am: 12 and up CB Poomsae, 11 and under 2020 Armor Sparring

10:15am: 12 and up Jump Front Kick

10:30am: 11 and under Jump Front Kick, 12 and up Flying Side Kick, BB Poomsae

10:45am: 11 and under Flying Side Kick

11:30am: Opening Ceremony

12pm: All Olympic Sparring

230pm: Main Event Cash Prize Fight Off