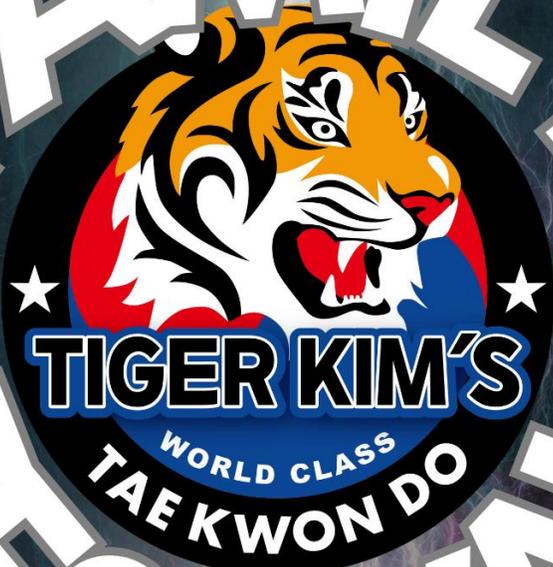


FAMILY FESTIVAL

20  26

Forsyth Country Day
School
5501 Shallowford Road,
Lewisville, NC 27024



Early Registration
Ends: **Mar 7th**
Price increases 3/8
Final Registration
Ends: **Mar 14th**



March 21, 2026
FORMS ~ BREAKING ~ SPARRING ~ DEMO
WWW.TIGERKIMSEVENTS.COM

Important Information About The 5th Annual Family Festival

March 21, 2026

THERE WILL BE NO REGISTRATION ALLOWED AT THE DOOR.

Divisions: Divisions may be separated by age, belt, weight and gender, as the tournament organizers deem necessary for fair competition. We make every effort to match each athlete accordingly, but if there is not an exact match we will go up or down one belt or age to make sure everyone has a good match and a good competition. If there is something that is not matching at all, we will seek advice from the school Master. Every effort is made to ensure that everyone has a good experience.

Events: You must register for EACH event. Color Belts and Black Belts will need to choose each event they would like to compete—we will not have combined events for these groups.

Little Tigers: Spirit/Breaking will be one event.

NEW White Belts: Spirit/Breaking will be one event.

Color Belts and White Belt: Forms (Poomsae), Breaking and Sparring will be individual events.

Black Belts: Forms (Poomsae), Breaking, Sparring and Sword will be individual events.

Registration:

Early Registration—March 7

First Event-- \$75, Each Additional Event-- \$10

Final Registration—March 14

First Event-- \$85, Each Additional Event-- \$15

After March 14—If Accepted

First Event-- \$100, Each Additional Event-- \$15

Where: The competition will be held in the gym at Forsyth Country Day School, 5501 Shallowford Road, Lewisville, NC 27023.

Awards: Every division will have no more than 4 competitors. There will be a 1st place (Gold), 2nd place (Silver) and two 3rd places (Bronze) awarded. For sparring, the winners of the first two matches will compete for 1st and 2nd places. The remaining two competitors of the first matches will both receive third place. For Poomsae and Breaking, scoring will be done on the point system. Awards will be presented throughout the day as divisions are completed.

Competitor ID Cards: Competitors will be able to pick up ID Badges at the tournament site on Saturday morning after 9:00 AM.

Uniforms: All competitors must wear a proper taekwondo uniform. No summer uniforms are allowed.

We will be communicating with you via email, Facebook, text and our website at www.TigerKimsEvents.com. If you have any questions regarding our family tournament, please see the staff at your school! We look forward to seeing you soon at our Family Festival!!!

Schedule of Events

Saturday, March 21, 2026

Forsyth Country Day School

Competitors Pick Up ID (30min before your competition)

- 8:30 am** **Volunteers Meeting (MANDATORY)**
 A. Volunteer Meeting
 B. Referee and Judge Meeting
- 9:30 am** **Wave 1—Forms followed by Breaking**

 Black Belts
 Red & Black Stripe
 Double Black Stripe & Poom
- 11:00 am** **Wave 2-- Forms followed by Breaking**

 Green & Blue Stripe
 Blue & Red Stripe
- 12:00 pm** **Demo Team Competition & Opening Ceremonies**
- 2:00 pm** **Wave 3-- Forms followed by Breaking**

 Little Tigers
 White & White Stripe
 Yellow & Green Stripe
- 3:30 pm** **Wave 4—Sword and Low Belt Sparring**

 All Sword
 Yellow & Green Stripe Sparring
 Green & Blue Stripe Sparring
- 5:00 pm** **Wave 5—High Belt Sparring**

 Blue & Red Stripe Sparring
 Red & Black Stripe Sparring
 Double Black Stripe & Poom
 Black Belts

All times are approximate!!

COMPETITION RULES

The World Tae Kwon Do Federation (WT) and USA Taekwondwo rules and regulations will govern these championships for form and breaking competition.

FORMS COMPETITION

All Forms will be judged on the following criteria:

- Correct and orderly execution of each movement
- Degree of proficiency:
 - Beginning and ending at the same spot
 - Executing powerful and speedy techniques by tensing and relaxing muscles at the proper moment
 - Mental concentration
 - Focused eye and head movements
 - Accurate targets
 - Inhaling and exhaling at the proper moment
 - Balance
 - Rhythm and synchronization of movement

COLOR BELTS FORMS

Belt Rank	Taeguk
Little Tigers & NEW White Belt	Basic movements, Spirit
White Belt & White Stripe	Kibon 12 Steps
Yellow Belt & Green Stripe	2 (Ee Jahng)
Green Belt & Blue Stripe	4 (Sa Jahng)
Blue Belt & Red Stripe	6 (Yuk Jahng)
Red Belts & Black Stripe	8 (Pal Jahng)
Double Black Stripe & Poom	8 (Pal Jahng)

* Generally, you are required to perform the Forms for your particular belt. If you have recently tested and are unsure of your new Forms, you may perform the one for your previous belt, but you must register and wear the belt that corresponds to the Forms you will perform. Please see your school Master for help with this.

Forms competitors will be judged on correct movements, balance, speed, power and fluidity of technique.

BLACK BELTS FORMS

Dan	Form
1st Dan	Koryo
2nd Dan	Taebeck
3rd Dan	Sipjin
4th Dan	Jitae or Chonkwon

SPIRIT COMPETITION

This event is for Little Tigers or NEW White Belts that do not have full knowledge of their white belt form (12 steps). Spirit Competition will be based on the following:

- Horse riding stance with basic punches
- 3 single punches
- 3 double punches
- 3 triple punches
- 3 stretching kicks
- 3 front snap kicks
- Kihap

BOARD BREAKING

BELTS	Technique
Little Tigers	Hammer Fist and Axe Kick
White Belts/White Stripe	Hammer Fist and Axe Kick
Yellow Belts	Knife Hand and Axe Kick
Green Stripe	Knife Hand and Jumping Front Snap Kick
Green Belts	Knife Hand and Side Kick
Blue Stripe	Knife Hand and Flying Side Kick
Blue Belts	Knife Hand and Back Kick
Red Stripe	Knife Hand and Tornado Kick
Red Belts	Knife Hand Strike and Spinning Kick
Black Stripe	Knife Hand Strike and Jump Spinning Kick
Double Black Stripe	Knife Hand Strike and 360 Back Kick
Poom Belts	Knife Hand Strike and 360 Back Kick
All Black Belts	One Hand Technique and One Kicking Techniques

All Boards will be provided by Tiger Kim's World Class Tae Kwon Do

Competitors will be judged on number of attempts needed to break, accuracy and clarity of technique, speed, power, intensity, and maintaining good balance and poise during and following each technique.

Breaking at the first attempt is superior to breaking at the second attempt; breaking at the center of the board is superior to breaking off center.

All boards must be held with two hands.

No Speed Breaks will be allowed.

No props will be allowed.

No pads may be worn.

Note: Referees may adjust the performance of any technique, as they deem necessary to ensure the safety of the competitors.

SWORD

Sword Forms will be graded on the following criteria:

- Each competition will consist of the Hyeong form and basic movement/cutting.
- Correct and orderly execution of each movement
- Degree of proficiency:
 - Executing powerful and speedy techniques by tensing and relaxing muscles at the proper moment
 - Mental concentration
 - Focused eye and head movements
 - Accurate targets
 - Inhaling and exhaling at the proper moment
 - Balance
 - Rhythm and synchronization of movement
- You are required to compete in the current sword form for your belt level and tip.

SWORD LEVELS

Belt Level	Hyeong Level	Basic/Cutting
1 st Dan	2 Hyeong (Ee)	Basic Cuts
2 nd Dan	2 Hyeong (Ee)	Left Downward Angle Cut
3 rd Dan	2 Hyeong (Ee)	Left Cross Cut Left Downward Angle Cut
4 th Dan	Current Sangsu Form	Any two cuts

SPARRING

Duration of Matches

Belt	#of Rounds	Time	Rest Period
All Belts-All Ages	2	1 min.	30 sec.
All Black Belts – All Ages	Best 2 of 3	1 min.	30 sec.

- **HEAD CONTACT FOR BLACK BELT AGES 12-17 ONLY**

Rounds:

- Color belts—compete in two rounds with a tie-breaking third round.
 - Scores will be reset for each round.
 - The athlete with the most points at the end of each round will be the winner of that round.
 - If you win both rounds you will be the winner of the match.
 - If both athletes win a round it will go to a tie-breaking third round with the first person to score awarded the win.
- Black Belts—best two out of three rounds.
 - Scores will be reset for each round.
 - The athlete with the most points at the end of each round will be the winner of that round.
 - If an athlete wins the first two rounds, the match will stop and the athlete will be awarded the win for the match.
 - If both athletes win a round, the play will continue to a full third round.
 - The winner awarded for the match will need to win two out of the three rounds.
 - If a tie-breaking fourth round is needed, it will be until an athlete scores the first point.

Valid Score-- Points Earned:

- 1 Point-- A punch successfully delivered with the fist on the middle part of the chest protector.
- 2 Points-- A kick successfully given by the foot on the middle part of the chest protector.
- 4 Points—A spinning kick successfully given to the middle part of the chest protector.
- 3 Points—A kick successfully given to the head (Ages 12-17 Black Belt only).
- 5 Points—A spinning or jumping kick successfully given to the head (Ages 12-17 Black Belt only).
- Falling or losing balance or holding the opponent immediately after delivery of the effective attack by fist or foot does not count as a score.

Deductions:

- Grabbing/Holding
- Both feet off the mat (outside boundary)
- Sweeping
- Taunting
- Running away
- Blocking with the knee
- Falling down
- Accidental head shots
- Excessive pushing—a push MUST be followed by a punch or kick to not be considered a deduction
- Bad sportsmanship from the athlete, coach, or parents
- DISQUALIFICATION—deliberate unsanctioned head shot
- DISQUALIFICATION—incapacitation of opponent due to lack of self-control
- DISQUALIFICATION—5 deductions will result in a disqualification

The following safety rules shall govern all sparring matches.

- Sparring competitors must own and wear protective headgear, chest protector, forearm guards, shin pads, mouthpiece and an inside groin cup (for males).
- The competitor who executes a technique (light contact without causing injury) to the head area shall receive a warning (1 point deduction).
- The competitor who executes a technique to the head area, which results in a minor injury, shall receive a one-point deduction. The determination of a minor injury will be done at the discretion of the Tournament officials.
- The competitor who executes a kick to the head, which results in the inability of the opponent to continue, shall be disqualified. The jury, referee and judges, after consultation with the tournament physician, if necessary, shall make this determination.
- Only punching and kicking techniques are allowed during competition, and one can only attack the front part of the body. Hits below the beltline and to the head (when not allowed) are forbidden.