



18th Annual

FAMILY CHAMPIONSHIP

October 4th, 2025



forms ~ breaking ~ sparring ~ teams

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



Early Registration

Ends: Sept 20th

Price increases 9/21

Final Registration

Ends: Sept 27th

Where friends and families become Legends!

WWW.TIGERKIMSEVENTS.COM

Important Information About The 18th Annual Family Championships

October 4, 2025

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.

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.

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

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

Team Forms: One team member will need to register all people in the group.

Registration:

Early Registration—September 20

First Event-- \$70, each additional event \$10, Team Poomsae-- \$50

Final Registration—September 27

First Event-- \$80, each additional event \$15, Team Poomsae-- \$60

After September 27—If Accepted

First Event-- \$90, each additional event \$15, Team Poomsae-- \$70

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 9:30 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, October 4, 2025

Forsyth Country Day School

Competitors Pick Up ID (30min before your competition)

9:00 am	Volunteers Meeting (MANDATORY) A. Volunteer Meeting B. Referee and Judge Meeting
10:00 am	Wave 1—Forms followed by Breaking Black Belts Red & Black Stripe Double Black Stripe & Poom
11:30 am	Wave 2-- Forms followed by Breaking Blue & Red Stripe Green & Blue Stripe
12:30 pm	Family and School Team Forms
1:00 pm	Master Demonstration & Opening Ceremonies
2:00 pm	Wave 3-- Forms followed by Breaking Yellow & Green Stripe White Belts & White Stripe Little Tigers
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 (WTF) and USTA 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	Basic movements
White Belt & White Stripe	Kiboon, 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 BELT FORMS

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

SPIRIT COMPETITION

This event is for Little Tigers or White Belts that do not have full knowledge of their white belt form (16 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

TEAM/PAIR COMPETITION

All teams and pairs will be divided into 2 categories: Family and School. You may only participate in one category (choose family or school team). If you have mixed belts, you will perform the Forms of the lower belt level.

- School Team will consist of 2-5 athletes of the same school.
- Family Team will consist of 2-5 athletes of the same family.

BOARD BREAKING

BELTS	Technique
Little Tigers	Hammer Fist and Axe Kick
White Belts	Hammer Fist and Axe Kick
Yellow Belts	Knife Hand and Jumping Front Snap Kick
Green Stripe	Knife Hand and Foot-to-foot side 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 and Spinning Kick
Black Stripe	Knife Hand 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 Technique

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
1st Dan	7 Hyeong (Chil)	Basic Cuts
2nd Dan	7 Hyeong (Chil)	Right Upward Angle Cut
3rd Dan	7 Hyeong (Chil)	Right Upward Angle Cut and Straight Cut
4th Dan	7 Hyeong (Chil)	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	3	1 min.	30 sec.

- **Sudden Death will be used in all division Finals**
- **HEAD CONTACT FOR BLACK BELT AGES 12-17 ONLY**

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.

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.