



HOSTED BY:
ONG'S TAEKWONDO

MAY 23, 2026

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EVENT:

- Traditional Form
- Open Form
- Para Form
- Sport Poomsae
- Breaking
- Sparring

2026 FLORIDA OPEN TAEKWONDO

INTERNATIONAL | CHAMPIONSHIPS



NEW
EVENT *VIRTUAL*
taekwondo



VENUE:
TRINITY HIGH SCHOOL GYMNASIUM
2600 SW 42ND ST. OCALA 34471

FOR INQUIRIES PLEASE CONTACT: 352-804-4120

FACEBOOK: ONG'S TAEKWONDO OCALA

EMAIL: INFO.ONGSTAEKWONDO@GMAIL.COM





REGISTRATION INFORMATION

Registration Website: nextgenesports.us

Video Tutorials are available for teams/athletes that are not registered yet in the system

Organizer Information: Ongs Taekwondo LLC

Head Quarters: 2201 SW 19th Ave, Suite 100 Ocala FL. 34471

Mobile: 352.804.4120

Email: ongstk@gmail.com

Website: ongstaekwondo.com Registration Web: nextgenesports.us

Tournament Venue:

Trinity Catholic HighSchool

Basketball Gymnasium

2600 SW 42nd St, Ocala, FL 34471.

Time:

Door open : 08:30 am

Competition Start : 10:30 am

Lunch Break : 12:30 nn

Competition End : 06:00 pm

Registration Period:

1. March 15-31, 2026 (11:59 PM EST)

- One Event: \$100

- Additional Event (Early Bird): \$10

2. April 1-30, 2026 (11:59 PM EST) - Regular registration

- One Event:\$115

- Additional Event:\$20

3. May 1-21, 2026 (11:59 PM EST)- Late registration

- One Event: \$120

- Additional Event:\$25

4. May 23, 2026 (9:00 AM EST)- Onsite registration

- One Event: \$130

- Additional Event:\$35

Additional Costs:

- Spectator entrance fee (above 5 years old): \$15

- Wood Boards: \$4 per board

Foreign/International competitors must register a month before tournament date.

Coaching:

Local Coach Fee: \$25

International Coach Fee is \$100

TOURNAMENT INFORMATION

- **Traditional Poomsae Class:** For all belts and ages who do world Taekwondo poomsae
- **Sports Poomsae Class:** For more experienced competitors aged twelve years old and up Black belts who do world Taekwondo poomsae.
- **Para Poomsae Class:** For athletes with special needs of all belts and ages
To build tournament experience and gain confidence
Available only for individual event.

Competition Rules: Modified WT competition rules, modified USAT Junior Safety Rule for all Black Belts and Junior Black Belts only. For players aged 11 years old, the rules may vary upon the discretion of the tournament committee.

Competitor Awards: **POOMSAE, BREAKING & SPARRING players will be awarded a medal for 1st, 2nd & two 3rd place winners.**

School Awards: “Best Player Award”- Player who showcased extraordinary ability and with the highest approval rate from judges and referees.

Mandatory Equipment: WT approved Taekwondo Uniforms Black V-neck for Black Belts only and white V-neck for non-Black Belts. All sparring competitors must wear WT Approved headgear, red and blue reversible chest protector, forearm guard, fist gloves, shin and instep guard, groin cup and mouthpiece. Each competitor must provide his or her own equipment.

Participants failing to wear their full protective gear will incur a deduction of -1 point for each violation throughout the entire match.

SCHEDULE OF EVENTS

- 8:30am** - **Door Opens**
 Pick-up of ID / Credentials
 Pick-up of Boards
 Weigh-In of Athletes
- 9:30 am** - **Opening Ceremony**
- USA National Anthem by Josiah Santiago of Extreme Taekwondo Ocala
 - Invocation by Ong's Taekwondo Florida
 - Welcome and Inspirational Remarks by Master Angelito Ong
 - Roll Call of Participating Teams
 - Oath of Referee
 - Oath of Sportsmanship of Ong's Taekwondo Ocala
 - Official Declaration of the Tournament by Master Tony Ong of OTA-USA
 - Master of Ceremony by Master Rebecca Ong.
- 10:30 am** - **Competition Begins**
- All Belts:** Poomsae Individual, Pair, Team, and Breaking
- 12:30 pm** - Lunch Break
- 12:30 pm** - **Demonstration by Ong's Taekwondo Ocala & Sebring Team.**
- 1:00 pm** - **Level A - Olympic Sparring (with Head Kick) for All Black Belts:**
Cadet 12 -14 yrs; **Junior** 15 - 17 yrs; **Senior** 18 - 32 yrs; **Ultra** 33 yrs & up.
- 2:00 pm** - **Level B - Regular Sparring (No Head Kick) for All Belts:**
Toddler 4 - 6 yrs; **Kids TKD** 7-9 yrs; **Youth** 10 -11 yrs; **Cadet** 12 - 14 yrs; **Junior** 15 -12 yrs.
- 6:00 pm** - **Closing Ceremony**

POOMSAE EVENTS

Traditional Poomsae Event		
Individual	Pairs	Team
Single Athlete	Two Athletes	Three Athletes

- Open to all ages and belt level: Individual, Pairs and Team
- No gender restrictions in forming pairs or teams
- No age restrictions in forming of the pairs and teams
- All belt combinations are allowed in forming of the pairs and teams
- Pairs consists of only 2 members
- Teams can consist of 3 members
- Individual: must perform designated poomsae for your belt level
- Pairs/Team: Must perform designated poomsae based on level (Novice, Advanced, Black belt)

Scoring:

Traditional Class: Scoring will be in the following order of importance:

- Individual: Presentation, Accuracy, TKD spirit
- Pair: Presentation, Accuracy, TKD Spirit, Synchronization, Teamwork
- Team: Presentation, Accuracy, TKD Spirit, Synchronization, Teamwork

Sport Poomsae Event		
Individual	Pairs	Team
Single Athlete	Two Athletes	Three Athletes

- Only for Black Belt players aged 12 years old and up can register for Individual, Pairs and Team event
- Pair has to be a female and male athlete of the same age group
- Team will compose of only 3 members of the same gender, age group
- Must perform designated poomsae per round (Semi-Final, Final)

Scoring:

Sports Poomsae Class: Will follow WT standards and rules

General Information:

- Each competitor may register up to a **maximum of 5 events**
- Individual Division will be separated into male and female competitors.
- If there are not enough registrants within one grouping (age, level, etc.), that group will be combined with another appropriate group closest to the level/age group.
- Correct AGE is calculated as follows: the year of the tournament (2023) minus your birth year no matter which month you were born in, i.e. $2023 - 1971 = 52$
- Depending on the number of entries, they may be classified and grouped into a maximum of 4 players per group.

ALL PARTICIPANTS IN THE TRADITIONAL POOMSAE, OPEN AND PARA POOMSAE EVENTS WILL BE AWARDED WITH MEDALS!

- Due to various belt systems used worldwide, coaches / athletes are expected to register in accordance to the respective poomsae prepared.
- If deemed necessary, the organizer reserves the right to change or modify tournament provisions not stated in the guidelines.

TRADITIONAL CLASS POOMSAE INFORMATION			
AGE DIVISIONS			
Under 5	Dragon 6 – 7	Tiger 8 – 9	Youth 10 – 11
Cadet 12 – 14	Junior 15 – 17	Senior 18 – 32	Under 40
Under 50	Under 60	Under 61 – 65	Over 66
INDIVIDUAL EVENTS			
BELT		POOMSAE	
White (9 th Geup)		H-Form, Basic One, Special Forms	
Yellow - Orange (7 th and 8 th Geup) All Ages		Taeguek 1 or 2 Jang	
Green - Purple Belt (5 th and 6 th Geup) All Ages		Taeguek 3 or 4 Jang	
Blue - Dark Blue Belt (3 rd and 4 th Geup) All Ages		Taeguek 5 or 6 Jang	
Brown - Red Belt (1 st and 2 nd Geup) All Ages		Taeguek 7 or 8 Jang	
1 st Degree Black		Koryo	
2 nd Degree Black		Keumgang	
3 rd Degree Black		Taebaek	
4 th Degree Black and Up		Pyungwon/ Shipjin/ Jitae/ Chunkwon	

PAIRS / TEAM EVENT:	
All levels will have no age and gender restriction.	
Matches will be according to level and poomsae performed.	
Choose one form from any of the designated poomsae based on your level.	
LEVEL	DESIGNATED POOMSAE
Novice	Taeguek 1, 2, 3, OR 4 Jang (may wear any colored belt)
Advanced	Taeguek 5, 6, 7, OR 8 Jang (may wear any colored belt)
Black Belt	Koryo, Keumgang, Taebaek, Pyungwon, Shipjin, Jitae, OR Chunkwon

SPORT INDIVIDUAL POOMSAE EVENT: BLACK BELT		
LEVEL	RANDOM POOMSAE	
Age	Semi-Final	Final (with 30 second interval between the 2 Poomsae)
Cadet: 12 – 14 years old	1 POOMSAE	2 POOMSAE
Junior: 15 – 17 years old	1 POOMSAE	2 POOMSAE
Senior: 18 – 32 years old	1 POOMSAE	2 POOMSAE
Under 40 years old	1 POOMSAE	2 POOMSAE
Under 50 years old	1 POOMSAE	2 POOMSAE
Under 60 years old	1 POOMSAE	2 POOMSAE
Under 65 years old	1 POOMSAE	2 POOMSAE
Over 65 years old	1 POOMSAE	2 POOMSAE

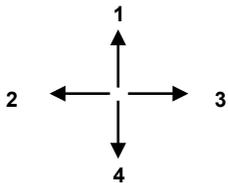
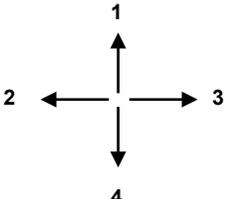
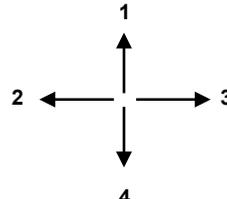
PAIR EVENT: BLACK BELT		
LEVEL	RANDOM POOMSAE	
Age	Semi-Final	Final (with 30 second interval between the 2 Poomsae)
12 – 14 Cadet	1 POOMSAE	2 POOMSAE
15 – 17 Junior	1 POOMSAE	2 POOMSAE
18 – 30 Senior	1 POOMSAE	2 POOMSAE
31 Yrs Old and Up	1 POOMSAE	2 POOMSAE

TEAM EVENT: BLACK BELT		
LEVEL		RANDOM POOMSAE
Age	Semi-Final	Final (with 30 second interval between the 2 Poomsae)
12 – 14 Cadet	1 POOMSAE	2 POOMSAE
15 – 17 Junior	1 POOMSAE	2 POOMSAE
18 – 30 Senior	1 POOMSAE	2 POOMSAE
31 Yrs Old and Up	1 POOMSAE	2 POOMSAE

OPEN AND PARA EVENTS		
BELT	PARA TRAD	OPEN
White (9 th Geup)	Special Forms	
Yellow - Orange (7 th and 8 th Geup) All Ages	Taeguek 1 or 2	Palgwe 1 or 2 or Any Form
Green - Purple Belt (5 th and 6 th Geup) All Ages	Taeguek 3 or 4	Palgwe 3 or 2 or Any Form
Blue - Dark Blue Belt (3 rd and 4 th Geup) All Ages	Taeguek 5 or 6	Palgwe 1 or 2 or Any Form
Brown - Red Belt (1 st and 2 nd Geup) All Ages	Taeguek 7 or 8	Palgwe 1 or 2 or Any Form

BOARD BREAKING EVENT

BREAKING EVENT PAIRING INFORMATION

AGE GROUP	DIVISION	WHITE - YELLOW - ORANGE - GREEN - PURPLE	LIGHT BLUE - DARK BLUE - BROWN - RED	DEPUTY - BLACK BELTS
4 - 6 MALE & FEMALE	TODDLER TKD			B - 3 Freestyle Board Sequence
7 - 9 MALE & FEMALE	KIDS TKD	B - 1	B - 2	
10 - 12 MALE & FEMALE	YOUTH TKD	1. Hammer Fist 2. Front Kick 3. Round-house Kick 4. Axe Kick Board Sequence	1. Jump Front Kick 2. Jump Spin Round - House Kick 3. Back Kick 4. Spinning Hook Kick Board Sequence	
13 - 15 MALE & FEMALE	JUNIOR YOUTH			B - 4 Board Sequence Speed Breaking 4 Spinning Hook Kicks 4 Jump Spin Round House Kick
16 - 17 MALE & FEMALE	JUNIOR			Board Sequence 1 2 3 4
18 - 37 MALE & FEMALE	SENIOR			
38 - UP MALE & FEMALE	ULTRA			

KYOKPA / BOARD BREAKING SCORING RULES

- ALL COMPETITORS are grouped based on belt level, age and performance category.

- Boards are \$4 each.

- For safety purposes, the organizing committee will only allow 1/4 inch Demonstration Boards for competitors ages 4 - 12 years old. 1/2 inch will be used for ages 13 & Up

- Scores will depend on the level of performance

- A perfect score is achieved if the boards are broken on the first attempt.

- GOLD: No mistake

- SILVER: 1 mistake

- BRONZE: 2 or more mistakes

SPARRING EVENT

OLYMPIC SPARRING PAIRING INFORMATION

AGE GROUP	DIVISION	BEGINNER	BASIC	INTERMEDIATE	ADVANCED	EXPERT
4 - 6 MALE & FEMALE	TODDLER TKD	WHITE - YELLOW	ORANGE - GREEN	PURPLE - LT. BLUE	DARK BLUE - RED	BLACK BELTS
7 - 9 MALE & FEMALE	KIDS TKD	WHITE - YELLOW	ORANGE - GREEN	PURPLE - LT. BLUE	DARK BLUE - RED	BLACK BELTS
10 - 12 MALE & FEMALE	YOUTH TKD	WHITE - YELLOW	ORANGE - GREEN	PURPLE - LT. BLUE	DARK BLUE - RED	BLACK BELTS
12 - 14 MALE & FEMALE	CADET	WHITE - YELLOW	ORANGE - GREEN	PURPLE - LT. BLUE	DARK BLUE - RED	BLACK BELTS
15 - 17 MALE & FEMALE	JUNIOR	WHITE - YELLOW	ORANGE - GREEN	PURPLE - LT. BLUE	DARK BLUE - RED	BLACK BELTS
18 - 32 MALE & FEMALE	SENIOR	WHITE - YELLOW	ORANGE - GREEN	PURPLE - LT. BLUE	DARK BLUE - RED	BLACK BELTS
33 - UP MALE & FEMALE	ULTRA	WHITE - YELLOW	ORANGE - GREEN	PURPLE - LT. BLUE	DARK BLUE - RED	BLACK BELTS

SPARRING RULES

- ALL Sparring competitors must wear WT-approved Taekwondo Uniforms, Sparring Protective Equipments (Head Gear, Chest Guard, Arm Guards, Fist Gloves, Shin & In-step guard, Groin cap and Mouthpiece)
- Sparring Match is (best of three) **This means that the competitor who wins two out of three rounds is declared the overall winner of the match**, each will last up to 1 minute. Time may vary in every division.
- Competitors who will not be wearing complete protective gear will be defaulted but will be given 60 seconds grace period to complete the required safety gear.

SPARRING CATEGORY

Class A - Full Contact Sparring

- Black Belt ONLY (12 & Above)
- Junior Safety Rules / USAT Safety Rules
- Light Head Contact ONLY

Class B - Amateur Sparring

- No head contact
- Body Kicks ONLY
- ALL ages for Color Belts & Black Belts

SCORING / WARNING & PENALTY

SCORING:

1. Punch to the body - 1 point
2. Basic Kick to the body - 2 points
3. Spinning Kick to the body - 4 points
4. Light Kick to the head (for Class A) - 3 points
5. Spinning Light Kick to the head (for Class A) - 6 points

GAMJEUNG: All penalty points will be added to the opponent (1 point each deduction)

1. Holding
2. Falling down
3. Out of bounds
4. Intentionally kicking below the belt
5. Attacking a fallen opponent after the referee has given the command to break or stop
6. Severely injuring the opponent's face or neck with a fist attack
7. Severely injuring the opponent by unauthorized or malicious attack
8. Unsportsmanlike conduct

COMPETITION UNIFORM

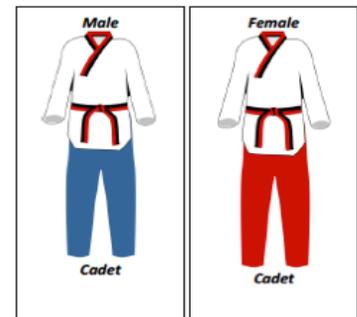
Traditional Poomsae and Sparring Class

- Standard white dobok.
- Competition dobok approved by the sponsoring school master



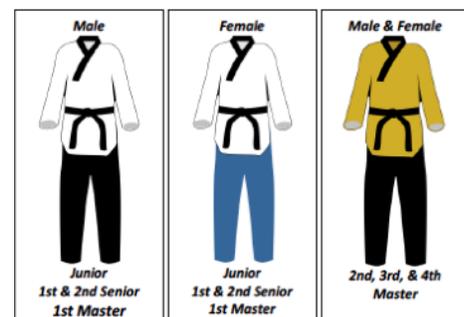
Sports Poomsae Class Cadet (ages 8 – 14)

- WT approved uniform
- Male Cadet: white top with red and black collar, blue pants
- Female Cadet: white top with red and black collar, red pants



Sports Poomsae Class (ages 15 & up)

- Age appropriate individual WT approved uniform



Belt

- Athletes in Colored Belt categories MUST wear their appropriate corresponding colored belts for his/ her designated poomsae being performed. For athletes from a country with a different belt system, athletes may wear the belt color nearest their Geup.
- Pair and Team members can each wear their own level belts.



2025 FOITC | FLORIDA OPEN

International Taekwondo Championships

PLEASE UPDATE INFO (Event Date: May 23, 2026 / Time: 8:30 am - 6:00 pm / Registration Period: March 23 - May 23, 2026.
 Tournament Venue: Basketball Gymnasium 2600 SW 42nd St, Ocala, FL 34471
 Head Quarter (2201 SW 19th Avenue Rd, Ocala, FL 34471) / Tel: 352-804-412
Late registration from May 15, to May 23, 2026. will have additional \$10 per event.)

COMPETITION REGISTRATION FORM

FIRST NAME:		LAST NAME:	
EMAIL:		MOBILE:	
GENDER:	AGE:	BELT RANK:	
ADDRESS (STREET/CITY/STATE/ZIP) :	DOB		

MARTIAL ARTS SCHOOL INFORMATION

SCHOOL NAME:	MASTER / COACH NAME:
SCHOOL EMAIL:	SCHOOL MOBILE:
SCHOOL ADDRESS (STREET/CITY/STATE/ZIP) :	

TOURNAMENT EVENTS

Individual Traditional(Colored Belt Division)		Individual Trad Pair (Color / Black Belt)	
Individual Traditional (Black Belt Division)		Individual Trad Team (Color / Black Belt)	
Sport Poomsae (Black Belt, 12 y/o + Only)		Sport Poomsae Pair (Black Belt Only)	
Individual Board Breaking B1 / B2 / B3 / B4		Sport Poomsae Team (Black Belt Only)	
Sparring Black Belt: Sparring A or B		Sparring Colored: Sparring A or B	
Para Poomsae Taeguk / ITF / Palgwe Form		Open Poomsae ITF or Palgwe Form	

TOURNAMENT FEES

1 EVENT \$95 | ADDITIONAL EVENT \$20 | WOOD BOARDS is \$3 each.

ALL PAYMENTS ARE FINAL AND NON-REFUNDABLE. SCHOOL ADMINISTRATORS ARE RESPONSIBLE TO ISSUE ONLY ONE CHECK FOR ALL PARTICIPANTS & MADE PAYABLE TO ONG'S TKD LLC.

LIABILITY WAIVER AND CONSENT FOR MEDICAL TREATMENT

I hereby submit this registration and liability form to participate in the **19TH FLORIDA OPEN TAEKWONDO CHAMPIONSHIPS**. I certify that the above information is true and correct and hereby release discharge and waive any and all responsibility of the Trinity High School, Tournament Committee, Referees, Instructors, and other competitors from liability for any injury, including death, and for damage to or loss of property which may be suffered by myself arising out of, or in any way resulting from or attributable in whole or in part to my traveling to, training for, being coached in, using any sports equipment in, or participating in the **19TH FLORIDA OPEN TAEKWONDO CHAMPIONSHIPS**. As a competitor or parent/legal guardian of the competitor, I give consent to any x-ray exam, medical, chiropractic, dental or other treatment(s) deemed necessary for the safety and welfare of the contestant. I understand this authorization is given prior to any diagnosis, treatments or hospital care being required but is given to provide the medical/chiropractic/dental staff authority to render care as deemed advisable. In the case of minors, it is understood that efforts shall be made to contact the undersigned prior to rendering treatment, but treatment will not be withheld if the undersigned cannot be reached. **Understand that in case of injury, only basic first aid will be made available on site, and that I am fully responsible for any and all resulting medical or other expenses.**

Competitor
Signature: _____

Parent/Guardian
Signature: _____