

# 2023 WORLD CUP OPEN

## Martial Arts Championship

**Saturday & Sunday, JANUARY 14th & 15th, 2023**

**\*New Location\***

**Hilton Washington Dulles Airport**  
**13869 Park Center Road**  
**Herndon, VA 20171**  
**703.478.2900**

**Washington, DC Metropolitan Area**  
Free shuttle bus from Dulles International Airport



**John Chung**

Celebrating  
Mentors & Instructors  
Awards

**\*Nominate\***  
a Mentor/Instructor to:  
[1800sidekick@gmail.com](mailto:1800sidekick@gmail.com)

OVER 250 DIVISIONS  
AWARDS 1ST - 8TH PLACES  
WORLD CUP  
GRAND CHAMPION TITLES

**WORLD CUP GRAND CHAMPION TITLES:**  
**JUNIORS & ADULTS**

**BLACK BELT TITLES**  
**UNDER BLACK BELT TITLES**  
**TEAM TITLES**

**WORLD FORMS & FIGHTING CHAMPION JOHN CHUNG TAE KWON DO**

1.800.SIDE.KICK

[www.JohnChung.com](http://www.JohnChung.com)





## Welcome

all Martial Artists, friends and family!

Please join us for the **2023 World Cup Open Martial Arts Championship** where Martial Artists of all skill levels from across the globe will gather once again to compete for top prizes in this prestigious tournament. **This year, we will be celebrating Mentors and Instructors** of Martial Arts by recognizing some of the most influential Martial Arts Instructors and Mentors on Saturday, January 14th and competition on Sunday, January 15th, 2023 .

[\\*Nominate a Mentor/Instructor to: 1800sidekick@gmail.com\\*](mailto:1800sidekick@gmail.com)

This tournament will be action packed and will be held at the **New Location, Hilton Washington Dulles Airport, 13869 Park Center Road, Herndon, VA 20171**, located near Washington, DC.

As always, we take great pride in having experienced judges and friendly staff members on hand throughout the day to ensure this tournament will be a rewarding and fun experience for everyone.

Look forward to seeing you,  
John Chung

[\\*You may enter in as many divisions as you are able to compete.\\*](#)

[\\*The divisions run consecutively not concurrently.\\*](#)

[\\*Nominate a Mentor/Instructor to: 1800sidekick@gmail.com\\*](#)

[Include Your Name, Phone Number and Mentor/Instructor's Name, Phone Number & e-mail.](#)

## DATES TO REMEMBER:

- Make Hotel Reservation on or before **December 16, 2022**.
- Mention World Cup Martial Arts Championship and/or John Chung to receive tournament discounted rate.

## Early Bird Registration:

- Must be On or before **November 19, 2022**.

## Pre Registration:

- Must be made On or before **December 17, 2022**.

## Door Registration: (Cash Only!)

- Up to the start of the divisions, Team events are open to all styles.
- [\\*Participation and spectator bands will be required throughout the entire event for entry and re-entry.\\*](#)



## WCMAO RULES

Please go to [www.johnchung.com](http://www.johnchung.com) for complete rule details.

All Sparring Competitors Must Wear Approved Protective gears:  
**Headgear, Footgear, Handgear, Mouthpiece & Groin Protector (Male Only)**

**\*NO EXCEPTIONS\*!**

**17 & Younger Competitors: Chest Protector & Face Shield are also REQUIRED!**

Light Headgear Contact is Allowed in all divisions.

**Not Allowed: Face Contact** (except in Adult Black Belts).

**Not Allowed: Groin techniques!**

**\*WE RESERVE THE RIGHT TO REFUSE YOUR PARTICIPATION IN ALL MANNERS AND THE RIGHT TO ASK YOU TO LEAVE THE TOURNAMENT.\***

### POINT SPARRING:

1 round - 2 min

2 point kicks and 1 point hand techniques. 5 points to win or the most points at the end of round.

**CONTINUOUS SPARRING: No face contact allowed.**

2 rounds - 1 min. each with a 30 sec. break.

3 Judges to determine the winner. In case of a tie, 1 Extra Round to Break the Tie.

### FORMS & WEAPONS:

3 Minute Time Limit.

Must Comply With the Rules of the Divisions or may cause Disqualification or Deduction from the Judge's Scores. **If the Weapon Is 'DROPPED' - No Score!**

### EXTREME DIVISION:

May perform any moves - All Martial Arts, Acrobatics, Dance, & Athletic moves are Allowed.

### MUSICAL DIVISION:

Judged on Choreography. Competitor Must Supply Own Music & Player. (NO OUTLETS AVAILABLE)

### OPEN DIVISION:

Judged on Creative Martial Arts Techniques.

**Not Allowed:** Any moves more than 360 degree spin, body being inverted more than parallel to the floor or gymnastics and/or non Martial Arts moves (540's, Aerials, Kip-ups, etc... Not Allowed!)

### TRADITIONAL DIVISION:

Must comply with Traditional Style of the division.

### BREAKING:

5 Minute Time Limit includes Set-Up and Clean-Up.

10 Minutes in Extreme Breaking Divisions.

**Not Allowed: Fire or Glass Breaks! Each Competitor Must Supply Own Material.**

\*The Competitor is responsible for the Clean-Up or No Score.\*

### SELF-DEFENSE:

5 Minute Time Limit or Up to 5 Defenses. **Not Allowed:** Sharp or Live Weapons.

### TEAM FORMS:

3 Minute Time Limit. 2 to 10 People. Music is Allowed.

Teams Will be Judged on: Execution, Originality, Synchronization.

### TEAM WEAPONS:

3 Minute Time Limit. 2 to 10 People. Music is Allowed.

Teams Will be Judged on: Execution, Originality, Synchronization.

### TEAM DEMONSTRATION:

4 Minute Time Limit. Minimum 2 People. Music and Props Allowed.

Teams Will be Judged on Execution, Showmanship and Presentation.

### TEAM PAIRS:

3 Minute Time Limit 100% Synchronization. Music is Allowed.

### TEAM SPARRING:

Adults: 1 Round 90 Seconds -Total Points. No Weight Requirement.

Juniors: 1 Round 90 Seconds -Total Points. See Age Requirement.

**World Forms & Fighting Champion John Chung Tae Kwon Do**  
**1.800.SIDEKICK      [www.JohnChung.com](http://www.JohnChung.com)**



# 2023 WORLD CUP OPEN Martial Arts Championship



## SCHEDULE OF EVENTS



### 2023 World Cup Open Martial Arts Championship

When: **Saturday & Sunday,  
January 14th & 15th, 2023**

Where: **Hilton Washington Dulles Airport \*New Location\***  
13869 Park Center Road  
Herndon, VA 20171  
703-478-2900

For more details, additional registrations and spectator tickets:  
[www.JohnChung.com](http://www.JohnChung.com)

#### Contact info and mailing address:

P.O. Box 3276, McLean, VA 22103

Call: 1-800-SIDEKICK or Text: 703-709-5425



E-mail: [1800sidekick@gmail.com](mailto:1800sidekick@gmail.com)  
facebook.com/JohnChungTaeKwonDo

Welcome

email: [1800sidekick@gmail.com](mailto:1800sidekick@gmail.com)

**Saturday, January 14th, 2023** 6:00 P.M. Banquet Reception - Cash Bar  
7:00 P.M. Banquet Dinner & Awards - Instructors and Mentors Awards

**\*Nominate a Mentor/Instructor to: [\\*1800sidekick@gmail.com\\*](mailto:1800sidekick@gmail.com) Include Your Name, Phone Number and Mentor/Instructor's Name, Phone Number & e-mail.**

**Sunday, January 15th, 2023** 7:30 A.M. Registration - until Start of the Division  
8:00 A.M. Judges Meeting

**Competition Starts: All Ranks** 8:30 A.M. Self-Defense & Handicapable Divisions - All Ranks

### **9:00 A.M. \*Team Events:**

**\*Team Demonstrations   \*Team Sparring (Mixed Doubles)   \*Team Forms & Weapons   \*Team Pairs**

#### **Please Note:**

**All Times are Approximate!**  
**Please be at your Ring  
30 Minutes Early.**

**\*No Ring Announcements\***

Age and Belt appropriate divisions  
run consecutively, not concurrently  
in the Same or Next RING.

**\*Some of the Divisions  
may be combined.\***

9:30 A.M. All of the 17 yrs & Under Weapons Divisions  
10:30 A.M. All of the 17 yrs & Under Forms Divisions  
12:00 P.M. All of the 17 yrs & Under Sparring Divisions  
1:30 P.M. JUNIOR FORMS & WEAPONS GRAND CHAMPIONSHIP

**2:00 P.M. Breaking Divisions (All Ranks)**  
**2:30 P.M. 17 & Younger Continuous Sparring Divisions**

3:00 P.M. All of the 18+ Weapons Divisions  
3:30 P.M. All of the 18+ Forms Divisions  
4:00 P.M. All of the 18+ Sparring Divisions  
4:30 P.M. ADULT FORMS & WEAPONS GRAND CHAMPIONSHIP  
4:30 P.M. 18 & Older Continuous Sparring Divisions

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**Sunday**  
**01.15.2023**

# 2023 WORLD CUP OPEN Martial Arts Championship

## Handicapable Divisions

### Div # Sunday at 8:30 A.M.

\*Forms & Weapons Mixed\*

- 101\_17< (All ranks & Black Belts)  
102\_18> (All ranks & Black Belts)

## Self Defense Divisions

### Div # Sunday at 8:30 A.M.

- 103\_17< Black Belts  
104\_18+ Black Belts  
105\_17< Under Black Belts  
106\_18+ Under Black Belts

## Black Belt Musical Weapons

- Div #  
111\_9 & < (Boys & Girls)  
112\_10-13 (Boys & Girls)  
113\_14-17 (Boys & Girls)

### Sunday at 3:00 P.M.

- 114\_18+ (Men & Women)

## Black Belt Open/Extreme Weapons

- Div #  
115\_9 & < (Boys & Girls)  
116\_10-11 (Boys & Girls)  
117\_12-13 (Boys & Girls)  
118\_14-15 (Boys & Girls)  
119\_16-17 (Boys & Girls)  
120\_18-29 Women Open  
121\_30-39 Women Open  
122\_40+ Women Open  
123\_18-29 Men Open  
124\_30-39 Men Open  
125\_40+ Men Open

## Black Belt Traditional Weapons

- Div #  
126\_13 & < Soft (Boys & Girls)  
127\_14-17 Soft (Boys & Girls)  
128\_9 & < (Boys & Girls)  
129\_10-11 (Boys & Girls)  
130\_12-13 (Boys & Girls)  
131\_14-15 (Boys & Girls)  
132\_16-17 (Boys & Girls)  
133\_18-29 Women  
134\_30-39 Women  
135\_40+ Women  
136\_18+ Soft Women  
137\_18+ Soft Men  
138\_18-29 Men  
139\_30-39 Men  
140\_40+ Men

## Exodus/Beethoven/Granada

### Musical Forms

## Under Black Belts

- 611\_17 & under Exodus (All Ranks)  
612\_17 & under Beethoven (All Ranks)  
613\_18 & older Exodus (All Ranks)  
614\_18 & older Beethoven (All Ranks)

\*Large divisions will be divided\*

## Black Belts

- 615\_17 & under Exodus  
616\_17 & under Beethoven  
617\_17 & under Granada  
618\_18 & older Exodus  
619\_18 & older Beethoven  
620\_18 & older Granada

\*Weapons & Forms run consecutively, not concurrently in the same or next ring\*

## Under Black Belt Musical Weapons

- Div #  
141\_8 & < (All ranks)  
142\_9-11 (All ranks)  
143\_12-14 (All ranks)  
144\_15-17 (All ranks)  
145\_18+ (All ranks)

## Under Black Belt Open/Extreme Weapons

- Div #  
146\_8 & < (All ranks)  
147\_9-11 (All ranks)  
148\_12-14 (All ranks)  
149\_15-17 (All ranks)  
150\_18+ (All ranks)

## Under Black Belt Traditional Weapons

- Div #  
151\_8 & < (Beginner/Intermediate)  
152\_8 & < (Advance)  
153\_9-11 (Beginner/Intermediate)  
154\_9-11 (Advance)  
155\_12-14 (Beginner/Intermediate)  
156\_12-14 (Advance)  
157\_15-17 (Beginner/Intermediate)  
158\_15-17 (Advance)

- 159\_18-29 (Beginner/Intermediate)  
160\_18-29 (Advance)  
161\_30-39 (Beginner/Intermediate)  
162\_30-39 (Advance)  
163\_40+ (All ranks)

## \*CONTINUOUS SPARRING\* (ALL RANKS)

### (TWO ROUNDS - 1 MINUTE)

### Div # Sunday at 2:30 P.M.

- 171\_17&Under (80 lbs. & <) (Boys & Girls)  
172\_17&Under (81 - 100 lbs.) (Boys & Girls)  
173\_17&Under (101 - 120 lbs.) Girls  
174\_17&Under (121 lbs. & >) Girls  
175\_17&Under (101 - 120 lbs.) Boys  
176\_17&Under (121 - 140 lbs.) Boys  
177\_17&Under (141 - 160 lbs.) Boys  
178\_17&Under (161 lbs. & >) Boys

### Div # Sunday at 4:30 P.M.

- 179\_18+ (149 lbs. & <) Men  
180\_18+ (150 - 159 lbs.) Men  
181\_18+ (160 - 169 lbs.) Men  
182\_18+ (170 - 179 lbs.) Men  
183\_18+ (180 - 189 lbs.) Men  
184\_18+ (190 lbs. & >) Men  
185\_18+ (129 lbs. & <) Women  
186\_18+ (130 lbs. & >) Women

## Extreme Breaking

### Sunday at 2:00 P.M.

(10 Minute Max. Including Set-Up & Clean-Up)

### Div # \*No Glass or Fire Breaks\*

- 501\_17 & Under (All ranks & Black Belts)  
502\_18+ (All ranks & Black Belts)

## Breaking (Boards only)

### Sunday at 2:00 P.M.

(5 Minute Max. Including Set-Up & Clean-Up)

### Div # \*No Glass or Fire Breaks\*

- 503\_9 & < (All ranks & Black Belts)  
504\_10-13 (All ranks & Black Belts)  
505\_14-17 (All ranks & Black Belts)  
506\_18+ (All ranks & Black Belts)

## Junior Black Belt Forms

- Div #  
201\_9 & < Traditional (Boys & Girls)  
202\_10-13 Traditional (Boys & Girls)  
203\_14-17 Traditional (Boys & Girls)  
204\_9 & < Soft (Boys & Girls)  
205\_10-13 Soft (Boys & Girls)  
206\_14-17 Soft (Boys & Girls)  
207\_9 & < Open/Extreme (Boys & Girls)  
208\_10-13 Open/Extreme (Boys & Girls)  
209\_14-17 Open/Extreme (Boys & Girls)  
210\_9 & < Musical (Boys & Girls)  
211\_10-13 Musical (Boys & Girls)  
212\_14-17 Musical (Boys & Girls)

## Junior Black Belt Sparring

- Div #  
213\_9 & < Girls  
214\_9 & < Boys  
215\_10-11 Girls  
216\_10-11 Boys  
217\_12-13 Girls  
218\_12-13 Boys  
219\_14-15 Girls  
220\_14-15 Boys  
221\_16-17 Girls  
222\_16-17 Boys

## Adult Black Belt Forms

- Div #  
229\_18-29 Traditional Women Hard  
230\_18+ Traditional Women Soft  
231\_30-39 Traditional Women  
232\_40+ Traditional Women  
233\_18-29 Musical Women  
234\_18-29 Open/Extreme Women  
235\_30+ Musical Women  
236\_30+ Open/Extreme Women  
238\_18-29 Japanese/Okinawan Men  
239\_18-29 Korean Men  
240\_18-29 Open/Extreme Men  
241\_18+ Chinese Wu Shu Men  
242\_18+ Chinese Men  
243\_18-29 Musical Men  
244\_30-39 Traditional Men  
245\_30+ Open/Extreme Men  
246\_30+ Musical Men  
247\_40+ Traditional Men

## Adult Black Belt Sparring

- Div #  
251\_18-29 Women L (129 & <)  
252\_18-29 Women LM (130 & >)  
253\_30-39 Women L (129 & <)  
254\_30-39 Women M (130 & >)  
255\_40+ Women  
256\_18-29 Men L (159 & <)  
257\_18-29 Men LM (160 - 179)  
258\_18-29 Men LH (180 - 199)  
259\_18-29 Men H (200 & >)  
260\_30-39 Men L (179 & <)  
261\_30-39 Men H (180 & >)  
262\_40+ Men L (179 & <)  
263\_40+ Men H (180 & >)

## Div # Team Forms & Weapons

2 - 10 Person Maximum (3 Min. Max.)

191\_Adults & Juniors Mixed

## Team Demonstration

2 Person Min. - No Max. (4 Min. Max.)

192\_Adults & Juniors Mixed

## Team Sparring

Mixed Doubles Only! (Total Points)

One Round - 90 Seconds Each - Total Points

193\_13 & Under All Ranks (Boy/Girl)

194\_14 - 17 All Ranks (Boy/Girl)

195\_18+ All Ranks (Man/Woman)

Two-on-Two Team Sparring! (Total Points)

196\_18+ All Ranks Men

197\_18+ All Ranks Women

Team Pairs (3 Minutes Max.)

198\_17 & Under All Ranks (Boys & Girls)

199\_18+ All Ranks (Men & Women)

## Junior Under Black Belt Forms

- Div #  
301\_8 & < Open/Extreme Forms (All ranks)  
302\_9-11 Open/Extreme Forms (All ranks)  
303\_12-14 Open/Extreme Forms (All ranks)  
304\_15-17 Open/Extreme Forms (All ranks)  
305\_8 & < Musical Forms (All ranks)  
306\_9-11 Musical Forms (All ranks)  
307\_12-14 Musical Forms (All ranks)  
308\_15-17 Musical Forms (All ranks)

## Div #

- 309\_5 & < TRAD. All ranks (Boys & Girls)  
310\_6-8 TRAD. Beginner (Boys & Girls)  
311\_6-8 TRAD. Intermediate (Boys & Girls)  
312\_6-8 TRAD. Advance (Boys & Girls)  
313\_9-11 TRAD. Beginner (Boys & Girls)  
314\_9-11 TRAD. Intermediate (Boys & Girls)  
315\_9-11 TRAD. Advance (Boys & Girls)  
316\_12-14 TRAD. Beginner (Boys & Girls)  
317\_12-14 TRAD. Intermediate (Boys & Girls)  
318\_12-14 TRAD. Advance (Boys & Girls)  
319\_15-17 TRAD. Beginner (Boys & Girls)  
320\_15-17 TRAD. Intermediate (Boys & Girls)  
321\_15-17 TRAD. Advance (Boys & Girls)

## Junior Under Black Belt Sparring

### Div #

- 322\_5 & < All ranks (Boys & Girls)  
323\_6-8 Beginner Girls  
324\_6-8 Intermediate Girls  
325\_6-8 Advance Girls  
326\_6-8 Beginner Boys  
327\_6-8 Intermediate Boys  
328\_6-8 Advance Boys  
329\_9-11 Beginner Girls  
330\_9-11 Intermediate Girls  
331\_9-11 Advance Girls  
332\_9-11 Beginner Boys  
333\_9-11 Intermediate Boys  
334\_9-11 Advance Boys  
335\_12-14 Beginner Girls  
336\_12-14 Intermediate Girls  
337\_12-14 Advance Girls  
338\_12-14 Beginner Boys  
339\_12-14 Intermediate Boys  
340\_12-14 Advance Boys  
341\_15-17 Beginner Girls  
342\_15-17 Intermediate Girls  
343\_15-17 Advance Girls  
344\_15-17 Beginner Boys  
345\_15-17 Intermediate Boys  
346\_15-17 Advance Boys

## Adult Under Black Belt Forms

- Div #  
351\_18+ Open/Extreme Forms (All ranks)  
352\_18+ Musical Forms (All ranks)  
353\_18-29 TRAD. Beginner (Men & Women)  
354\_18-29 TRAD. Intermediate (Men & Women)  
355\_18-29 TRAD. Advance (Men & Women)  
356\_30-39 TRAD. Beginner (Men & Women)  
357\_30-39 TRAD. Intermediate (Men & Women)  
358\_30-39 TRAD. Advance (Men & Women)  
359\_40+ TRAD. Beginner (Men & Women)  
360\_40+ TRAD. Intermediate (Men & Women)  
361\_40+ TRAD. Advance (Men & Women)

## Adult Under Black Belt Sparring

- Div #  
362\_18-29 Beginner Women  
363\_18-29 Intermediate Women  
364\_18-29 Advance Women  
365\_18-29 Beginner Men  
366\_18-29 Intermediate Men  
367\_18-29 Advance Men  
368\_30-39 Beginner Women  
369\_30-39 Intermediate Women  
370\_30-39 Advance Women  
371\_30-39 Beginner Men  
372\_30-39 Intermediate Men  
373\_30-39 Advance Men  
374\_40+ Beginner Women  
375\_40+ Intermediate Women  
376\_40+ Advance Women  
377\_40+ Beginner Men  
378\_40+ Intermediate Men  
379\_40+ Advance Men

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