

2024 WORLD CUP Open Martial Arts Championship

Saturday & Sunday, JANUARY 13th & 14th, 2024

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



WORLD CUP 2024 AWARDS DINNER BANQUET

WORLD CUP CELEBRATION AFTER PARTY

WORLD CUP GRAND CHAMPION TITLES:

10 BLACK BELT TITLES

4 UNDER BLACK BELT TITLES

9 TEAM TITLES

WORLD FORMS & FIGHTING CHAMPION JOHN CHUNG TAE KWON DO

1.800.SIDE.KICK

www.JohnChung.com



**OVER 300 DIVISIONS
AWARDS 1ST - 8TH PLACES
WORLD CUP GRAND CHAMPION TITLES**





2024 World Cup Open Martial Arts Championship

When: Saturday & Sunday,
January 13th & 14th, 2024

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

For more details, additional registrations and spectator tickets:

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



facebook.com/JohnChungTaeKwonDo

Welcome
all Martial Artists,
friends and family!

Please join us for the 2024 World Cup Finals 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 tournament will be action packed and will be held again at Hilton Washington Dulles Airport Hotel, located near our Nation's Capital, Washington, DC.

As always, we take great pride in having experienced judges and friendly staff members on hand throughout both days 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 'Martial Arts Influencer' to:

1800sidekick@gmail.com Include Your Name,

Phone Number, Nominee's Name, Phone Number & e-mail.

DATES TO REMEMBER:

Make Hotel Reservation on or before December 9, 2023.

- Mention John Chung and/or World Cup Martial Arts Championship to receive tournament rate.

Early Bird Registration:

- Must be On or before November 4, 2023.

Pre Registration: **Do Not send Registration after 01/05/2024!**

- Must be made On or before December 9, 2023.

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.*



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2024 WORLD CUP Open Martial Arts Championship



SCHEDULE OF EVENTS

Saturday, January 13th, 2024

Competition Starts: All Ranks

11:00 A.M. - 5:00 P.M.

Registrations and Will Call

11:30 A.M.

Judges Meeting

12:00 P.M.

Self-Defense & Handicapable Divisions - All Ranks

12:30 P.M.

All Weapons Divisions (Open, Extreme & Musical Only)

1:30 P.M.

All Forms Divisions (Open, Extreme & Musical Only)

3:00 P.M.

Continuous Sparring Divisions (Juniors & Adults)

4:00 P.M.

*Team Events:

*Team Demonstrations

*Team Sparring

*Team Forms & Weapons

*Team Pairs

Dinner Banquet: 7:00 P.M. World Cup Awards & Student Banquet \$135.00pp

*Nominate a Martial Arts Influencer to: *1800sidekick@gmail.com* Include Your Name, Phone Number, Nominee's Name, Phone Number & e-mail.

Sunday, January 14th, 2024

Competition Starts: All Ranks

9:00 A.M.

Registration - Until Start of the Division

9:30 A.M.

Judges Meeting

10:00 A.M.

All of the 17 yrs & Under **Traditional Weapons** Divisions

11:00 A.M.

All of the 17 yrs & Under **Traditional Forms** Divisions

12:30 P.M.

All of the 17 yrs & Under Sparring Divisions

1:30 P.M.

All Breaking Divisions (All Ranks)

2:00 P.M.

ALL JUNIOR FORMS & WEAPONS GRAND CHAMPIONSHIP

3:00 P.M.

All of the 18+ Traditional Weapons Divisions

3:30 P.M.

All of the 18+ Traditional Forms Divisions

4:00 P.M.

All of the 18+ Sparring Divisions

4:30 P.M.

ALL ADULT FORMS & WEAPONS GRAND CHAMPIONSHIP



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Welcome

email: 1800sidekick@gmail.com



Saturday
01.13.2024

2024 WORLD CUP Open Martial Arts Championship

Handicapable Divisions

Div # Saturday 01/13/24

Forms & Weapons Mixed

- 101__17< (All ranks & Black Belts)
102__18> (All ranks & Black Belts)

Self Defense Divisions

Div # Saturday

- 103__17< Black Belts
104__18+ Black Belts

- 105__17< Under Black Belts
106__18+ Under Black Belts

Team Events Saturday 01/13/24

*Team events run consecutively, not concurrently
in the same or next ring!*

Div # Team Forms & Weapons

2 Person Minimum - 10 Person Maximum (3 Minutes)

- 191__Adults & Juniors Mixed

Team Demonstration

2 Person Minimum - No Maximum (4 Minutes 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)

Musical Forms Exodus/Beethoven/Granada

Saturday 01/13/24

Under Black Belts

- 611__17 & under Exodus
612__17 & under Beethoven
613__18 & older Exodus
614__18 & older Beethoven

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!

Black Belt Extreme Weapons

Div # Saturday 01/13/24

- 107__9 & < (Boys & Girls)
108__10-13 (Boys & Girls)
109__14-17 (Boys & Girls)
110__18+ (Men & Women)

Black Belt Musical Weapons

Div # Saturday 01/13/24

- 111__9 & < (Boys & Girls)
112__10-13 (Boys & Girls)
113__14-17 (Boys & Girls)
114__18+ (Men & Women)

Black Belt Open Weapons

Div # Saturday 01/13/24

- 115__9 & < (Boys & Girls)
116__10-13 (Boys & Girls)
117__14-17 (Boys & Girls)
118__18+ (Men)
119__18+ (Women)

Junior Black Belt Forms

Div # Saturday 01/13/24

- 210__9 & < Open (Boys & Girls)
211__10-13 Open (Boys & Girls)
212__14-17 Open (Boys & Girls)

- 213__9 & < Musical (Boys & Girls)
214__10-13 Musical (Boys & Girls)
215__14-17 Musical (Boys & Girls)

- 216__9 & < Extreme (Boys & Girls)
217__10-13 Extreme (Boys & Girls)
218__14-17 Extreme (Boys & Girls)

Adult Black Belt Forms

Div # Saturday 01/13/24

- 235__18-29 Musical Women
236__18-29 Open Women
237__30+ Musical Women
238__30+ Open Women
239__18+ Extreme Women
242__18-29 Open Men
245__18-29 Musical Men
247__30+ Open Men
248__30+ Musical Men
250__18+ Extreme Men

Junior Under Black Belt Forms

Div # Saturday, 01/13/24

- 301__8 & < Extreme Forms (All ranks)
302__9-11 Extreme Forms (All ranks)
303__12-14 Extreme Forms (All ranks)
304__15-17 Extreme Forms (All ranks)
305__8 & < Open Forms (All ranks)
306__9-11 Open Forms (All ranks)
307__12-14 Open Forms (All ranks)
308__15-17 Open Forms (All ranks)
309__8 & < Musical Forms (All ranks)
310__9-11 Musical Forms (All ranks)
311__12-14 Musical Forms (All ranks)
312__15-17 Musical Forms (All ranks)

Adult Under Black Belt Forms

Div # Saturday, 01/13/24

- 351__18+ Extreme Forms (All ranks)
352__18+ Musical Forms (All ranks)
353__18-29 Open Forms (All ranks)
354__30-39 Open Forms (All ranks)
355__40+ Open Forms (All ranks)

Under Black Belt Musical Weapons

Div # Saturday 01/13/24

- 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 Weapons

Div # Saturday 01/13/24

- 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 Extreme Weapons

Div # Saturday 01/13/24

- 151__8 & < (All ranks)
152__9-11 (All ranks)
153__12-14 (All ranks)
154__15-17 (All ranks)
155__18+ (All ranks)

ALL RANKS

CONTINUOUS SPARRING

(TWO ROUNDS - 1 MINUTE)

Div # Saturday 01/13/24

- 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

- 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



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2024 WORLD CUP Open Martial Arts Championship

Sunday
01.14.2024



Black Belt Traditional Weapons

Div #	Sunday 01/14/24
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

Junior Black Belt Forms

Div #	Sunday 01/14/24
201__9 & <	Korean (Boys & Girls)
202__10-13	Korean (Boys & Girls)
203__14-17	Korean (Boys & Girls)
204__9 & <	Japanese (Boys & Girls)
205__10-13	Japanese (Boys & Girls)
206__14-17	Japanese (Boys & Girls)
207__9 & <	Soft (Boys & Girls)
208__10-13	Soft (Boys & Girls)
209__14-17	Soft (Boys & Girls)

Junior Black Belt Sparring

Div #	Sunday 01/14/24
219__9 & <	Girls
220__9 & <	Boys
221__10-11	Girls
222__10-11	Boys
223__12-13	Girls
224__12-13	Boys
225__14-15	Girls
226__14-15	Boys
227__16-17	Girls
228__16-17	Boys

Adult Black Belt Forms

Div #	Sunday 01/14/24
230__18+	Traditional Women Korean
231__18+	Traditional Women Japanese
232__18+	Traditional Women Soft
233__30-39	Traditional Women
234__40+	Traditional Women
240__18+	Japanese/Okinawan Men
241__18+	Korean TaeKwonDo/TangSooDo Men
243__18+	Chinese Wu Shu Men
244__18+	Chinese/Kung-Fu/Kenpo Men
246__30-39	Traditional Men
249__40+	Traditional Men

Adult Black Belt Sparring

Div #	Sunday 01/14/24
251__18-29	Women L (129 & >)
252__18-29	Women M (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 & >)

Under Black Belt Traditional Weapons

Div #	Sunday 01/14/24
156__8 & <	(Beginner/Intermediate)
157__8 & <	(Advance)
158__9-11	(Beginner/Intermediate)
159__9-11	(Advance)
160__12-14	(Beginner/Intermediate)
161__12-14	(Advance)
162__15-17	(Beginner/Intermediate)
163__15-17	(Advance)
164__18-29	(Beginner/Intermediate)
165__18-29	(Advance)
166__30-39	(Beginner/Intermediate)
167__30-39	(Advance)
168__40+	(All ranks)

Beginner Basics Divisions

Basics 1 - 6

Div #	Sunday 10:00 A.M., January 14th
601__4 years & <	(Boys & Girls)
602__5-6 years old	(Boys & Girls)
603__7-8 years old	(Boys & Girls)
604__9-10 years old	(Boys & Girls)
605__11 years & >	(Boys & Girls)

1-step (Blocks & Counter)

Div #	Sunday January 14th
606__4 years & <	(Boys & Girls)
607__5-6 years old	(Boys & Girls)
608__7-8 years old	(Boys & Girls)
609__9-10 years old	(Boys & Girls)
610__11 years & >	(Boys & Girls)

Junior Under Black Belt Traditional Forms

Div #	Sunday 01/14/24
313__5 & <	All ranks (Boys & Girls)
314__6-8	Beginner (Boys & Girls)
315__6-8	Intermediate (Boys & Girls)
316__6-8	Advance (Boys & Girls)
317__9-11	Beginner (Boys & Girls)
318__9-11	Intermediate (Boys & Girls)
319__9-11	Advance (Boys & Girls)
320__12-14	Beginner (Boys & Girls)
321__12-14	Intermediate (Boys & Girls)
322__12-14	Advance (Boys & Girls)
323__15-17	Beginner (Boys & Girls)
324__15-17	Intermediate (Boys & Girls)
325__15-17	Advance (Boys & Girls)

Junior Under Black Belt Sparring

Div #	Sunday 01/14/24
326__5 & <	All ranks (Boys & Girls)
327__6-8	Beginner Girls
328__6-8	Intermediate Girls
329__6-8	Advance Girls
330__6-8	Beginner Boys
331__6-8	Intermediate Boys
332__6-8	Advance Boys
333__9-11	Beginner Girls
334__9-11	Intermediate Girls
335__9-11	Advance Girls
336__9-11	Beginner Boys
337__9-11	Intermediate Boys
338__9-11	Advance Boys
339__12-14	Beginner Girls
340__12-14	Intermediate Girls
341__12-14	Advance Girls
342__12-14	Beginner Boys
343__12-14	Intermediate Boys
344__12-14	Advance Boys
345__15-17	Beginner Girls
346__15-17	Intermediate Girls
347__15-17	Advance Girls
348__15-17	Beginner Boys
349__15-17	Intermediate Boys
350__15-17	Advance Boys

Adult Under Black Belt Traditional Forms

Div #	Sunday 01/14/24
356__18-29	Beginner (Men & Women)
357__18-29	Intermediate (Men & Women)
358__18-29	Advance (Men & Women)
359__30-39	Beginner (Men & Women)
360__30-39	Intermediate (Men & Women)
361__30-39	Advance (Men & Women)
362__40+	Beginner (Men & Women)
363__40+	Intermediate (Men & Women)
364__40+	Advance (Men & Women)

Adult Under Black Belt Sparring

Div #	Sunday 01/14/24
365__18-29	Beginner Women
366__18-29	Intermediate Women
367__18-29	Advance Women
368__18-29	Beginner Men
369__18-29	Intermediate Men
370__18-29	Advance Men
371__30-39	Beginner Women
372__30-39	Intermediate Women
373__30-39	Advance Women
374__30-39	Beginner Men
375__30-39	Intermediate Men
376__30-39	Advance Men
377__40+	Beginner Women
378__40+	Intermediate Women
379__40+	Advance Women
380__40+	Beginner Men
381__40+	Intermediate Men
382__40+	Advance Men

Extreme Breaking

Sunday 01/14/24

**(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 01/14/24

**(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)

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 of may be combined.



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WCMAO RULES

Please go to www.johnchung.com for complete rule details.

All Sparring Competitors Must Wear Approved Protective gears:

Headgear, Footgear, Handgear, Mouthpiece and Groin Protector (Male Only). *NO EXCEPTIONS!

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

Light Headgear Contact is Allowed in all divisions. Face shield Contact is allowed!

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. (Face shield Contact is 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, etc... Not Allowed!) **Exceptions: Kip ups and Rolls.**

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.

