

2024 SIDEKICK INTERNATIONAL

Open Martial Arts Championship

Saturday, JUNE 29th, 2024

New Location

Douglass Community Center

407 E. Market St.

Leesburg, VA 20175

703.771.5913

Washington, DC Metropolitan Area



Register NOW!
For Your Chance to WIN

\$500

Total Cash Prize

**OVER 200 DIVISIONS
AWARDS 1ST - 4TH PLACES
GRAND CHAMPION TITLES**

GRAND CHAMPION TITLES: (CASH PRIZES)
JUNIORS & ADULTS
BLACK BELT TITLES
UNDER BLACK BELT TITLES

WORLD FORMS & FIGHTING CHAMPION JOHN CHUNG TAE KWON DO

1.800.SIDE.KICK

www.JohnChung.com





Welcome
all Martial Artists,
friends and family!

Please join us for **2024 SIDEKICK International Open Martial Arts Championship** where Martial Artists of all skill levels will gather to compete in this prestigious action packed tournament. This competitive one day event will be on:

Saturday, June 29, 2024 at the **Douglass Community Center,**
407 E. Market St., Leesburg, VA 20175

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.

Early Bird Registration by: 04/26/2024

Fee: \$50.00-first division, \$25/each additional

Pre-Registration by: 05/24/2024

Fee: \$65.00-first division, \$30/each additional

Registration After: 05/25/2024
or at the Door (Cash Only!)

Fee: \$80.00-first division, \$40/each additional

Payment to: www.PayPal.me/sidekick

Mail Check to: P.O. Box 3276 , McLean, VA 22103

E-mail: 1800sidekick@gmail.com



WCMAO RULES

Please go to 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*!**

All Junior Competitors: **Chest Protector & Face Shield are also REQUIRED!**
Light Headgear Contact is Allowed in all divisions.

Please Note: No Groin techniques! No Ground Fighting!

***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: (MAY WEAR BOXING GLOVES)

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 DIVISION:

3 Minute Time Limit.

Must Comply With the Rules of the Divisions or may cause Disqualification or Deduction from the Judge's Scores.

OPEN/EXTREME DIVISION: (No Music Allowed)

3 Minute Time Limit.

Judged on Creative Martial Arts Techniques.

MUSICAL DIVISION: (Music Required)

3 Minute Time Limit.

Judged on Choreography and Creative Martial Arts Techniques.

TRADITIONAL DIVISION:

3 Minute Time Limit.

Must comply with Traditional Style of the division.

TIME OUT: (SPARRING DIVISIONS ONLY)

A competitor and/or a coach may call 1 - 10 second time out per each sparring match.



Saturday, June 29, 2024

Douglass Community Center, 407 E. Market St.,
Leesburg, VA 20175 Phone: (703) 771 - 5913

SIDEKICK International

Open Martial Arts Championship

9:00am Door Opens
10:00am Weapons Division
11:00am Forms Division
1:00pm Sparring Division
3:00pm Grand Championship



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

Bring your required equipment as needed for event* *Some of the divisions may be combined*

Contact John Chung: 1800sidekick@gmail.com or CALL 1-800-SIDE-KICK

	Early Bird	Before 04/26/24		Pre Registration	Before 05/24/24		After 05/25/24 or	at the Door	Cash Only!	Circle	Your	Division
	Count	Cost	Total	Count	Cost	Total	Count	Cost	Total	Traditional Weapon	Traditional Form	Point Sparring
1st Division	1	\$50	\$50	1	\$65		1	\$80	\$80			
Additional Division		X \$25	\$		X \$30	\$		X \$40	\$	Open/ Extreme Weapon	Open/ Extreme Form	Continuous Sparring
Spectator		X \$20	\$		X \$25	\$		X \$30	\$	Musical Weapon	Musical Form	
Total												

Competitor's Information:

Make a Payment to: www.PayPal.me/sidekick

NAME	GENDER	DATE OF BIRTH/AGE
TELEPHONE #	STYLE/SCHOOL	BELT
E-MAIL	HEIGHT	WEIGHT

Please read the following and sign. All participants under 18 years of age must have parent/guardian's signature. The participant/parent/guardian agrees to comply with the rules of the SIDEKICK International Open Martial Arts Championship. Participant/Parent/Guardian acknowledges that competition in this event involves physical contact and other activity which may cause injury to the participant. In consideration for allowing Participant/Parent/Guardian to compete in this event, Participant/Parent/Guardian hereby releases and waives any and all claims or causes of action against SIDEKICK, INC., The County of Loudoun, Douglass Community Center, their directors, officers, employees, agents, and/or their insurance carriers, or any other person connected with the SIDEKICK International Open Martial Arts Championship including but not limited to John Chung for any injuries of whatever nature the participant may sustain while participating in, spectating, attending and/or leaving the SIDEKICK International Open Martial Arts Championship. Participant/Parent/Guardian acknowledge that he/she/his or her child has had and passed a complete physical examination from a licensed physician within the past 12 months and that the participant is physically and mentally fit to participate in the SIDEKICK International Open Martial Arts Championship. Should any liability be imposed upon SIDEKICK, INC., The County of Loudoun, Douglass Community Center, their directors, officers, employees, agents, and/or their insurance carriers, or any other person connected with the SIDEKICK International Open Martial Arts Championship including but not limited to John Chung by a court of competent jurisdiction, it is expressly agreed that the amount of such liability shall not exceed the out of pocket costs for medical treatment or \$2,000.00, which ever is less. All monies paid are non refundable. Lastly, participant/parent/guardian hereby waives any compensation whatsoever for use of pictures, videotape, media coverage, statements, interviews, etc., utilized by those producing or directing this event at any time.

Signature _____ (Parent or Legal Guardian if under age 18 years old)

Print Name _____ Date _____

Competitor's Name _____

WE HAVE THE RIGHT TO REFUSE YOUR PARTICIPATION IN ALL MANNERS AND THE RIGHT TO ASK YOU TO LEAVE THE TOURNAMENT



Saturday
06.29.24

2024 SIDEKICK INTERNATIONAL OPEN Martial Arts Championship

Handicapable Divisions

Div # Saturday at 10:00 A.M.

Forms & Weapons Mixed

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

Black Belt Musical Weapons

- Div #**
111__9 & < (Boys & Girls)
112__10-13 (Boys & Girls)
113__14-17 (Boys & Girls)
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 #**
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 #**
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

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.

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 & >)

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

