2025 WORLD CUP Open Martial Arts Championship

Saturday, JANUARY 11th, 2025





Welcome all Martial Artists, friends and family!

Please join us for the 2025 World Cup Finals Open Martial Arts Championship where Martial Artists of all skill levels from across the globe will gather once again to compete 2025 World Cup Open Martial Arts Championship

When: Saturday, January 11th, 2025

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

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 'Outstanding Martial Arts Competitor' 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 7, 2024.

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

Early Bird Registration:

- Must be On or before November 9, 2024.

Pre Registration: Do Not send Registration after 12/07/2024

- Must be made On or before December 7, 2024.

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.









Open Martial Arts Championship



SCHEDULE OF EVENTS: Hilton Washington Dulles Airport: 13869 Park Center Road, Herndon, VA 20171

Saturday, January 11th, 2025 8:00 A.M. Registration - Until Start of the Division

8:30 A.M. Judges Meeting

Competition Starts: All Ranks 9:00 A.M.. *Team Events:

*Team Demonstrations *Team Sparring *Team Forms & Weapons *Team Pairs

<u>9:30 A.M.</u> Self-Defense & Handicapable Divisions - All Ranks

10:00 A.M. All of the 17 yrs & Under **Weapons** Divisions 11:00 A.M. All of the 17 yrs & Under **Forms** Divisions

12:30 P.M. All of the 17 yrs & Under Point Sparring Divisions

1:30 P.M. All Breaking Divisions (All Ranks)2:00 P.M. Continuous Sparring Divisions (Juniors)

2:30 P.M. All of the 18+ Weapons Divisions3:00 P.M. All of the 18+ Forms Divisions

3:30 P.M. All of the 18+ Sparring Divisions

4:00 P.M. Continuous Sparring Divisions (Adults)

*Nominate a Outstanding Martial Arts Competitor to:

1800sidekick@gmail.com

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

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

<u>Ticket to the Banquet includes admission and Ringside Seat to the Finals Showcase</u>

Reserve a Table for 10 for \$900 before 11/09/24

Before 11/09/2024 - \$95/pp, after 11/09 and before 12/07 - \$115/pp, after 12/07/2024 - \$135/pp

8:00 P.M. Finals Showcase Grand Championships

JUNIOR FORMS & WEAPONS GRAND CHAMPIONSHIP ADULT FORMS & WEAPONS GRAND CHAMPIONSHIP









2025 WORLD CUP Open Martial Arts Championship

Handicapable Divisions

Forms & Weapons Mixed*

_17< (All ranks & Black Belts)

102 18> (All ranks & Black Belts)

Self Defense Divisions

Div

103___17< Black Belts 18+ Black Belts 104

__17< Under Black Belts

106___18+ Under Black Belts

Team Events

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

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 ringly

Black Belt Extreme Weapons

Div#

107_9 & < (Boys & Girls) 108_10-13 (Boys & Girls) 109_14-17 (Boys & Girls) 110 18+ (Men & Women)

Black Belt Musical Weapons

Div#

111_9 & < (Boys & Girls) 112__10-13 113__14-17 (Boys & Girls) (Boys & Girls) 114__18+ (Men & Women)

Black Belt Open Weapons

Div#

115_9 & < (Boys & Girls) 116_10-13 (Boys & Girls) 117_14-17 118_18+ (Boys & Girls) (Men) 119 18+ (Women)

Junior Black Belt Forms

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 (Bovs & Girls) 217_10-13 Extreme (Boys & Girls) 218__14-17 Extreme (Boys & Girls)

Adult Black Belt Forms

Div#

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 Musical Men 245 18-29 247_30+ Open Men 248 30+ Musical Men 250_18+ Extreme Men

Junior Under Black Belt Forms

Div# 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) Open Forms 308_15-17 (All ranks) 309 8 & < Musical Forms (All ranks) 310__9-11 Musical Forms (All ranks)

Musical Forms Adult Under Black Belt Forms

Musical Forms

Div#

311_12-14

312_15-17

351 18+ Extreme Forms 352 18+ Musical Forms (All ranks) 353 18-29 Open Forms (All ranks) 354 30-39 Open Forms (All ranks) 355_40+ Open Forms

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) (All ranks) 145_18+

Under Black Belt Open 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 Extreme Weapons

Div#

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#

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

_17&Under (101 - 120 lbs.) Bovs

176__17&Under (121 - 140 lbs.) Bovs

Boys 177__17&Under (141 - 160 lbs.)

178__17&Under (161 lbs. & >) Boys

179 18+ (149 lbs. & <) Men 180__18+ (150 - 159 lbs.) Men

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 ranks)

(All ranks)

2025 WORLD CUP Open Martial Arts Championship Saturday





Black Belt Traditional Weapons

<u> </u>	
12613 & < Soft	(Boys & Girls)
12714-17 Soft	(Boys & Girls)
1289 & <	(Boys & Girls)
12910-11	(Boys & Girls)
13012-13	(Boys & Girls)
13114-15	(Boys & Girls)
13216-17	(Boys & Girls)
13318-29	Women
13430-39	Women
13540+	Women
13618+ Soft	Women
13718+ Soft	Men
13818-29	Men
13930-39	Men
140 40+	Men

Under Black Belt Traditional Weapons

_8 & <(Beginner	/Intermediate)
_8 & <	(Advance)
_9-11(Beginner/	Intermediate)
_9-11	(Advance)
_12-14(Beginne	r/Intermediate)
_12-14	(Advance)
_15-17(Beginne	r/Intermediate)
_15-17	(Advance)
_18-29(Beginne	r/Intermediate)
_18-29	(Advance)
_30-39(Beginne	r/Intermediate)
_30-39	(Advance)
_40+	(All ranks)
	8 & <(Beginner, 8 & < 9-11(Beginner, 9-11 12-14(Beginne 12-14 15-17(Beginne 15-17 18-29(Beginne 18-29 30-39(Beginne 30-39

Beginner Basics Divisions

Basics 1 - 6

604__9-10 years old (Boys & Girls)

605__11 years & > (Boys & Girls)

1-step (Blocks & Counter)

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)

4 years & < (Boys & Girls) 602__5-6 years old (Boys & Girls) 603__7-8 years old (Boys & Girls

601

Junior Under Black Belt **Traditional Forms**

Div #		
313_5 & <	All ranks	(Boys & Girls)
3146-8	Beginner	(Boys & Girls)
3156-8	Intermediate	(Boys & Girls)
3166-8	Advance	(Boys & Girls)
3179-11	Beginner	(Boys & Girls)
3189-11	Intermediate	(Boys & Girls)
3199-11	Advance	(Boys & Girls)
32012-14	Beginner	(Boys & Girls)
32112-14	Intermediate	(Boys & Girls)
322_12-14	Advance	(Boys & Girls)
32315-17	Beginner	(Boys & Girls)
32415-17	Intermediate	(Boys & Girls)
32515-17	Advance	(Boys & Girls)

Junior Under Black Belt

Sparring

		Sparring	5
Div#			
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 #		
35618-29	Beginner	(Men & Women)
35718-29	Intermediate	(Men & Women)
35818-29	Advance	(Men & Women)
35930-39	Beginner	(Men & Women)
36030-39	Intermediate	(Men & Women)
36130-39	Advance	(Men & Women)
36240+	Beginner	(Men & Women)
36340+	Intermediate	(Men & Women)
36440+	Advance	(Men & Women)

Adult Under Black Belt Sparring

DIV #		
36518-29	Beginner	Women
36618-29	Intermediate	Women
36718-29	Advance	Women
36818-29	Beginner	Men
36918-29	Intermediate	Men
37018-29	Advance	Men
37130-39	Beginner	Women
37230-39	Intermediate	Women
37330-39	Advance	Women
37430-39	Beginner	Men
37530-39	Intermediate	Men
37630-39	Advance	Men
37740+	Beginner	Women
37840+	Intermediate	Women
37940+	Advance	Women
38040+	Beginner	Men
38140+	Intermediate	Men
38240+	Advance	Men

Extreme Breaking

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

Div # *No Glass or Fire Breaks*

501__17 & Under(All ranks & Black Belts) (All ranks & Black Belts)

Breaking (Boards only)

(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 Belt

505_14-17 (All ranks & Black Belts) 506 18+ (All ranks & Black Belts)

Junior Black Belt Forms

<u>DIV #</u>	
2019 & < Korean	(Boys & Girls)
20210-13 Korean	(Boys & Girls)
20314-17 Korean	(Boys & Girls)
2049 & < Japanese	(Boys & Girls)
20510-13 Japanese	(Boys & Girls)
206_14-17 Japanese	(Boys & Girls)
2079 & < Soft	(Boys & Girls)
20810-13 Soft	(Boys & Girls)
209 14-17 Soft	(Rovs & Girls)

Junior Black Belt Sparring

<u>DIV #</u>	
2199 & <	Girls
2209 & <	Boys
22110-11	Girls
222_10-11	Boys
223_12-13	Girls
22412-13	Boys
22514-15	Girls
22614-15	Boys
22716-17	Girls
22816-17	Boys

Div#

262_40+

263__40+

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.

Adult Black Belt Forms

Traditional Women Korean
Traditional Women Japanese
Traditional Women Soft
Traditional Women
Traditional Women
Japanese/Okinawan Men
Korean TaeKwonDo/TangSooDo Men
Chinese Wu Shu Men
Chinese/Kung-Fu/Kenpo Men
Traditional Men
Traditional Men

Adult Black Belt Sparring

Div #		
25118-29	Women L	(129 & >)
25218-29	Women M	(130 & <)
25330-39	Women L	(129 & <)
25430-39	Women M	(130 & >)
25540+	Women	
050 40 00	Man I	(450.9 <)
25618-29	Men L	(159 & <)
25718-29	Men LM	(160 -179)
25818-29	Men LH	(180 -199)
25918-29	Men H	(200 & >)
26030-39	Men L	(179 & <)
261 30-39	Men H	(180 & >)
20130 33	MEH H	(100 Q Z)

Men L

Men H

(179 & <)

(180 & >)







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.

World Forms & Fighting Champion John Chung Tae Kwon Do 1.800.SIDEKICK www.JohnChung.com

2025 WORLD 0	UP OPEN	MAKIIA	L ANTO CH	Auni ioitoiiii			(,	oundary ritin, a	1020)
Last Name		First Na	ame and M.I.			Age	DOB	Gender	⊕ M ⊕ F
Address					Countr	y/City		State	Zip Code
Beginner Advan	cod	Belt Co	olor			Area Coo	le		
Intermediate Black		(Rank)				Phone	No. 1		
				<u>E</u> -	Mail:				
Martial Arts				Martial I	Arts			/4	LD
School:				Instruct				, O	V75
e-mail Registration w	CK, Inc. o	or JOHN t Card m	CHUNG, Pumber infor	P.O. Box, 3276 mation to 180	6, McLear Oosidekick	n, VA 221 @gmail.c	103-3276 om before 12/	07/2024	A OF SAME
You Events: Self Defense: Tradit Handicapable: Ext	rtial Arts Charticipant. In ses of action a serson connect in white particle articipate in that directors, off limited to Johnston or \$2,000, ideotape, mediardian if undare the Rigit may element of the Rigit may element o	ampionship. consideration against WCl ted with the cipating in, s and and pass and and pass be World Cup flicers, empl an Chung, b 00, which et dia coverage er age 18 year or age 18 year nter in see (Pa)	Participant/Paron for allowing I MAO, SIDEKIC World Cup Op- spectating, atten- ed a complete p- p Open Martial I oyees, agents, an y a court of corr ver is less. All i e, statements, in ser your participant Traditional Open Extreme Musical	ent/Guardian acker Participant/Parent CK, INC, Hilton V en Martial Arts C ding and/or leavin ding and/or leavin ding and/or leavin Arts Championsh arts Championsh ind/or their insurar apetent jurisdictio monies paid are noterviews, etc., uni Print Name Pri	nowledges the Available to Vashington E hampionship ing the World in From a lice ip. Should an nee earriers, on, it is expreson refundable lized by those MANNERS AND ONS AS	at competitio compete in the following but for the following but f	in in this event involution in this event, Participant, their directors, offit not limited to John lartial Arts Champio itan within the past It imposed upon WC serson connected with the amount of sutticipant/parent/guardor directing this event	ves physical contact t/Parent/Guardian h icers, employees, ag n Chung, for any inju- niship. Participant/f 12 months and that t MAO. SIDEKICK. th the World Cup O th liability shall not dian hereby waives a nt at any time. Date UE THE TOURNAMEN COMPETE	and other activity ereby releases and ents, and/or their aries of whatever arent/Guardian he participant is INC, Hilton pen Martial Arts exceed the out of any compensation
Team Nan	ne:			9	Team Repr	esentative/	Coach:		
0	n or before	Novembe	r 09, 2024	After 11/09	2/24, before	12/07/24:	After 12/07/24	or At the door (C	ash Only):
	Count	Cost	Total	Count	t Cost	Total	Coun	t Cost To	tal
1st Event	1	x \$65	\$65	1	x \$75	\$75	1	x \$90 \$90	•
Additional Event (s)		x \$35	\$		x \$45	\$		x \$60 \$	
Spectators					Section Control Contro				
		x \$20	\$		x \$25	\$		x \$30 \$	
Banquet Dinner		x \$20 x \$95	\$		-	\$		x \$30 \$ x \$135 \$	
Banquet Dinner Total			\$		-			-	
		x \$95	\$		x \$115			x \$135 \$	TOTAL MOUNT
Total		x \$95	\$	F	x \$115 \$ PayPal		Security Code:	x \$135 \$	

e-mail Application to: 1800sidekick@gmail.com

Please Wear Your Participation Wrist Band At All Times!

Open Martial Arts Championship

Saturday, JANUARY 11th, 2025

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



Washington DC Metropolitan Area

(minutes from Dulles Airport)



facebook.com/JohnChungTaeKwonDo

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Saturday, January 11th, 2025

8:00 P.M. Finals Showcase Grand Championships

JUNIOR FORMS & WEAPONS GRAND CHAMPIONSHIP ADULT FORMS & WEAPONS GRAND CHAMPIONSHIP

