

Welcome to WOT 2025



On behalf of the The 2025 WOT Championships, we are pleased to welcome you to the great state of Arizona. We are inspired by the new wave at which Taekwondo is dynamically adapting. The development of Taekwondo is moving fast and we plan to keep up.

Most importantly, we hope that this event will play an integral role for the development of each Taekwondo practitioner. Through competition, students will build confidence, sportsmanship and the athletic skills necessary to compete at the AZ State Championships. WOT Championships will serve to be a season opening event for athletes preparing for State and National Championships, but most importantly a great grassroots level tournament experience for first time competitors.

We wish you success in displaying your abilities to the fullest. Through fair play, respect, and discipline, this will set course for your life's achievements. You are on the path to greatness both in sport and in life.

Best regards,

Master Johnny Nguyen
Tournament Director
NB Taekwondo & Fitness Center

General Information

March 29, 2025 WOT Championships

(Doors open 9am)

Tournament Venue: Basha High School 5990 S Val Vista Dr, Chandler, AZ 85249

REGISTER ONLINE www.wotchampionships.com

Early Bird Registration ends **Jan 11th** 11:59pm MT

One Event \$90 - \$10 for Each Additional Event

Coaching Pass - \$30

Early Registration ends **Feb 15th** 11:59pm MT

One Event \$105 - \$10 for Each Additional Event

Coaching Pass - \$30

Late Registration ends **Mar 8th** 11:59pm MT

One Event \$125 - \$10 for Each Additional Event

Coaching Pass - \$30

Final Registration ends **Mar 26th** 11:59pm MT

One Event \$140 - \$10 for Each Additional Event

Coaching Pass - \$30

Final Registration Deadline by Mar 26th 11:59pm MT

Coaching Pass: All schools will receive one pass FREE - Additional Coaching passes must be purchased online before March 26th. Coaches must be certified Black Belt.

*Dojang Owner VIP pass will grant access to coaching privileges.

Spectator Admission: \$15.00 5 yrs old and up cash only – 4 yrs and under FREE

Times: Doors Open 9am | Detailed Schedule Pg. 7

Awards: Medals will be awarded to places 1st through 3rd place. Cash Scholarships awarded at opening ceremonies. For more information on Scholarship applications, contact

wotchampionships@gmail.com

Events:

Sport Poomsae (Black Belts only) | Traditional Poomsae (All Belts including Black Belts) |

Olympic Sparring | High Kix (Jumping Front Kick)

Prerequisites

Coaching Education – Coaching certification is not required but HIGHLY recommended. Coaches are expected to comprehensively understand the rules and regulations found here: [CLICK HERE](#)

All Coaches should attend Coaches Meeting before the start of sparring competition at Tournament Venue.

All registered coaches must be Black Belt Certified.

Competition Rules

All sparring athletes will be responsible for supplying their own headgear, gloves (optional), foot pads, arm and shin guards, mouth guards and all necessary taping. Gear requirements are found in the competition rules packet link above.

Weight Divisions & Competition Format

WOT Championships will not require an official weigh in. All athletes to be true to their weight upon registration. Holding Area Manager may conduct random weigh-ins during the event.

Events

Jump Kix

Students will be matched up by size and rank and will see who can kick the highest! The foot must make contact with the paddle in order to advance to the higher rounds. Join us for one of the most exciting events of the competition!



Traditional Poomsae

Traditional Bracket Format will be used for all Color Belts. Athletes will perform one recognized poomsae in ordnance of their rank and will be scored in accordance with Power, Grace, Rhythm, and Energy Expression.

Black Belts will compete with the poomsae in accordance to their rank (EX: 1st Dan will perform Koryo, 2nd Dan will perform Keumgang)

Color Belt Division	Compulsory Poomsae
WHITE - YELLOW	Taeguk 1 or 2
ORANGE - GREEN	Taeguk 3 or 4
PURPLE - BLUE	Taeguk 5 or 6
BROWN - RED	Taeguk 7 or 8



Olympic Sparring

BLACK BELT OLYMPIC SPARRING

Youth, Cadet, Jr, Sr, Executive

Best of 3 rounds X 1 min | 30 sec break (1:30 sec round for finals)

Headshots allowed

Junior Safety Rules (Light contact to the head) for all divisions EXCEPT for World Class Black Belt

Divisions - Full Contact)

1 Protest Card per match



COLOR BELT OLYMPIC SPARRING

Best of 3 rounds X 1 min | 30 sec break

Ages: 5 and under, 6-7yr, 8-9yr, 10-11yr,

Cadet 12-14yr, Junior 15-17yr, Senior 18-32, Executive 1 33+, Executive 2 50+

Ranks: BEGINNERS (White-Orange) | INTERMEDIATE (Green-Blue) | ADVANCED (Brown-Red)

Divisions may be combined at the tournament director's discretion)

Headshots allowed

Junior Safety Rules (Light contact to the head) for all Color Belt Sparring

1 Protest Card per match

Sport Poomsae

Individual Sport Poomsae (Black Belts youth and up)

Rules are set forth by World Taekwondo. Please see rules on pg. 3 for more information

Black Belt Sport Poomsae will follow WT Cut-Off System. Prelim and Semis - 1 Poomsae | Finals 2 Poomsae | Designated Poomsae will be posted 1 week before competition date on WOT 2025 Social Media.

Cash Prize Main Event

2 Special Guest Fighters will compete in the Main Event Fight Off. Fighters will be announced Feb 1, 2025.

Modified rules will be implemented**

- no penalties for unintentional falling
- no instep guards
- no gloves
- 10 sec kick clock
- 2 rounds of 90 seconds



Competition Schedule/Report Times

(SUBJECT TO CHANGE)

Athletes arrive 15 minutes before Report Time. Failure to do so may lead to disqualification.

Schedule of Events

March 29, 2025 Saturday

9am: Doors Open - Registration and Admission

10am | Traditional Poomsae

10:45am | Jump Kix

11am | Sport Poomsae

11:30am-12pm | Lunch Break

12pm-12:30pm | Opening Ceremony

12:30pm | Olympic Sparring

ORDER OF BLACK BELT DIVISIONS:

1. Senior and Ultra (Report to holding area 12:30pm)
2. Youth
3. Cadet
4. Junior

ORDER OF COLOR BELT DIVISIONS

1. 7 yrs old and under (Report to holding area 12:30pm)
2. 8-11 yrs old
3. 12 -17 yrs old
4. 18 yrs and up