



2026 K-TAEKWONDO LEAGUE 5th INTERNATIONAL CHAMPIONSHIP

General Information

Online Registration can be done through scanning QR Code or www.Globaltkd.com
Registration can also be done through each respective school

(NON-REFUNDABLE)

- **Hosted by:** K-Taekwondo League
- **Date:** June 7th, 2026 (Sunday)
- **Location:** **Fairleigh Dickinson University Bogota Savings Bank Center**
(100 University Plaza Drive, Hackensack, NJ 07601)
- **Registration Deadline:** Early Registration: Before May 1st, 2026
Registration Deadline: May 30th, 2026
- **General Admission:** Adults (Cash Only): \$15
Children (5 and Under): Free
- **Individual Awards:** 1st place Individuals: Gold Medal + Certificate
2nd place Individuals: Silver Medal + Certificate
3rd place Individuals: Bronze Medal + Certificate
- **Demonstration Team:** 1st Place Team: \$1500, 1st Place Plaque
2nd Place Team: \$800, 2nd Place Plaque
3rd Place Team (2): \$500, 3rd Place Plaque
- **Coach:** \$50 per Pass

<u>Grassroot Division</u>	<u>World Class Division</u>
WT Form, Sparring (KPNP), Breaking, Demonstration, Obstacle Course (9 and Under)	Sport Poomsae (Indiv / Pair / Teams), Freestyle Poomsae (Indiv), World Class Sparring (KPNP)
One Event: \$120 Two Events: \$135 Three Events: \$150 Four Events: \$165 Five Events: \$180	\$150 + \$50 per World Class Division +\$10 Per Grassroot Division

Competition Rules and Regulations

K-Taekwondo League will govern all rules and regulations for all Grassroot and World Class divisions.

World Taekwondo Form (Poomsae)

All Form divisions will be divided by belt ranking, age, and sex. Two competitors will perform their form simultaneously and at completion, referees will raise blue or red flag to determine the winner. No music will be allowed to be played. All forms must be completed within 100 seconds. Competitors must perform the correct poomsae appropriate for their belt rank. If failing to do so, it will result in immediate forfeit of competition.

Form Judging Guidelines:

Accuracy:

Measuring any mistakes that were made during the poomsae.

Speed & Power:

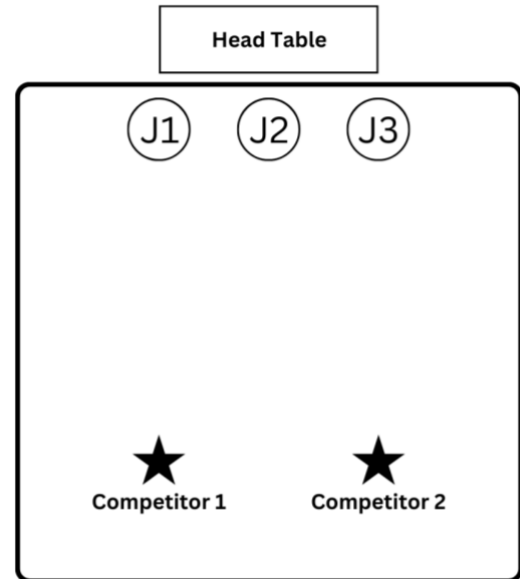
Measuring the speed and power of each motion.

Rhythm & Tempo:

Measuring the flow and smoothness of the transition.

Expression of Energy:

Measuring the confidence and energy displayed by the competitor.



Olympic Style Sparring (Kyorugi)

Each match will be single elimination that consist of round system with duration of 1-minute rounds and 30 seconds of rest in between. Competitors must win 2 out of the 3 rounds and 3rd round only occurs if it ends up 1-1 by second round. If 5 Gamjeoms or a 12-point gap occurs during the match, the winner will be decided immediately stopping the match from continuing. Competition will continue until a winner has been established. All competitors must bring their own safety gear including headgear, shin/instep guards, forearm guards, protective cup, mouthpiece and traditional uniform in good condition. Black trim around the collar is allowed for black belts. Both World Class and Grassroot Sparring competitors must have KPNP E-socks which is available for purchase or rental for \$20. Electronic Hogu and Electronic Helmet will be provided at the World Class ring.

***All color belt head contact is not allowed**

***All regular Black Belt division head contact must be discussed between coaches**

***To purchase or rent KPNP E-Socks, please reach out to us at KTKDLeague@gmail.com**

List of Forms

Division Belt Rank	Forms
<u>Beginner</u> White, Yellow, Orange or any other stripe belts in between	Any Basic Form Taegeuk 1-2 Jang
<u>Intermediate</u> Green, Blue, Purple or any other stripe belts in between	Taegeuk 2-5 Jang
<u>Advanced</u> Red, Brown, Bodan or any other stripe belts in between	Taegeuk 5-8 Jang
<u>1st Dan</u>	Koryo
<u>2nd Dan</u>	Keumgang
<u>3rd Dan</u>	Taebaek
<u>4th Dan</u>	Pyongwon
<u>5th Dan</u>	Sipjin
<u>6th Dan</u>	Jitae
<u>7th Dan</u>	Chonkwon
<u>8th Dan</u>	Hansu
<u>9th Dan</u>	Ilyeo

Weight Class Category

Age	Category	Male	Female
7 and Under	Light	Under 40 lbs.	Under 40 lbs.
	Middle	40 lbs. ~ 65 lbs.	40 lbs. ~ 65 lbs.
	Light Heavy	65 lbs. ~ 90 lbs.	65 lbs. ~ 90 lbs.
	Heavy	Over 90 lbs.	Over 90 lbs.
8 – 9 years old	Light	Under 55 lbs.	Under 55 lbs.
	Middle	55 lbs. ~ 80 lbs.	55 lbs. ~ 80 lbs.
	Light Heavy	80 lbs. ~ 105 lbs.	80 lbs. ~ 105 lbs.
	Heavy	Over 105 lbs.	Over 105 lbs.
10 – 11 years old	Light	Under 65 lbs.	Under 65 lbs.
	Middle	65 lbs. ~ 90 lbs.	65 lbs. ~ 90 lbs.
	Light Heavy	90 lbs. ~ 115 lbs.	90 lbs. ~ 115 lbs.
	Heavy	Over 115 lbs.	Over 115 lbs.
12 – 14 years old (Cadet)	Fin	Under 72.8 lbs.	Under 63.9 lbs.
	Fly	72.8 lbs. ~ 81.6 lbs.	63.9 lbs. ~ 72.8 lbs.
	Bantam	81.6 lbs. ~ 90.4 lbs.	72.8 lbs. ~ 81.6 lbs.
	Feather	90.4 lbs. ~ 99.2 lbs.	81.6 lbs. ~ 90.4 lbs.
	Light	99.2 lbs. ~ 108.0 lbs.	90.4 lbs. ~ 97.0 lbs.
	Welter	108.0 lbs. ~ 116.8 lbs.	97.0 lbs. ~ 103.6 lbs.
	Light Middle	116.8 lbs. ~ 125.7 lbs.	103.6 lbs. ~ 112.4 lbs.
	Middle	125.7 lbs. ~ 134.5 lbs.	112.4 lbs. ~ 121.3 lbs.
	Light Heavy	134.5 lbs. ~ 143.3 lbs.	121.3 lbs. ~ 130.1 lbs.
	Heavy	Over 143.3 lbs.	Over 130.1 lbs.
15 – 17 years old (Junior)	Fin	Under 99.2 lbs.	Under 92.6 lbs.
	Fly	99.2 lbs. ~ 105.8 lbs.	92.6 lbs. ~ 97.0 lbs.
	Bantam	105.8 lbs. ~ 112.4 lbs.	97.0 lbs. ~ 101.4 lbs.
	Feather	112.4 lbs. ~ 121.3 lbs.	101.4 lbs. ~ 108.0 lbs.
	Light	121.3 lbs. ~ 130.1 lbs.	108.0 lbs. ~ 114.6 lbs.
	Welter	130.1 lbs. ~ 138.9 lbs.	114.6 lbs. ~ 121.3 lbs.
	Light Middle	138.9 lbs. ~ 149.9 lbs.	121.3 lbs. ~ 130.1 lbs.
	Middle	149.9 lbs. ~ 160.9 lbs.	130.1 lbs. ~ 138.9 lbs.
	Light Heavy	160.9 lbs. ~ 172.0 lbs.	138.9 lbs. ~ 149.9 lbs.
	Heavy	Over 172.0 lbs.	Over 149.9 lbs.
18+ years old (Senior)	Fin	Under 119.0 lbs.	Under 101.4 lbs.
	Fly	119.0 lbs. ~ 127.9 lbs.	101.5 lbs. ~ 108.0 lbs.
	Bantam	127.9 lbs. ~ 138.9 lbs.	108.0 lbs. ~ 116.9 lbs.
	Feather	138.9 lbs. ~ 149.9 lbs.	116.9 lbs. ~ 125.7 lbs.
	Light	149.9 lbs. ~ 163.1 lbs.	125.7 lbs. ~ 136.7 lbs.
	Welter	163.1 lbs. ~ 176.4 lbs.	136.7 lbs. ~ 147.7 lbs.
	Middle	176.4 lbs. ~ 191.8 lbs.	147.7 lbs. ~ 160.9 lbs.
	Heavy	Over 191.8 lbs.	Over 160.9 lbs.

Board Breaking (Kyuk Pa)

Competitors must purchase the Competition-Approved Boards at the tournament. Using weaker boards than your Age Division will result in deductions. Boards can be held by Coaches and Referees. **If the coaches are not present within 2 minutes, the referees will hold the boards by default. Maximum 3 attempts per station.** Any rules and regulations are not followed by the competitor; it will result in immediate forfeit of competition.

Board Break Judging Guidelines Base Score: 6.0 Maximum Total Score: 9.5 No Bonus Points on any variation of technique *Roundhouse Kick O Jumping Roundhouse Kick / Tornado Kick X No Bonus Points UNLESS ALL Stations have maximum number of boards	<u>Deduction</u> Any Board Movement each attempt: -0.5 Any Mistake each attempt: -0.5 If ALL three attempt are used: -1.5 <u>Bonus Points</u> Expression of Energy (Kihap): +1.5 / +1.0 / +0.5 / +0.0 Board Height at athlete's face level: +0.5 Maximum boards at ALL THREE Station: +1.5 *12 and Under use 3/8" Boards 13 and Above use 1/2" Boards
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Breaking Techniques by Belt Division

Beginner

(White, Yellow, Orange or any other stripe belts in between)

Station 1: Front Kick / Roundhouse Kick / Axe Kick (Choose One Technique)

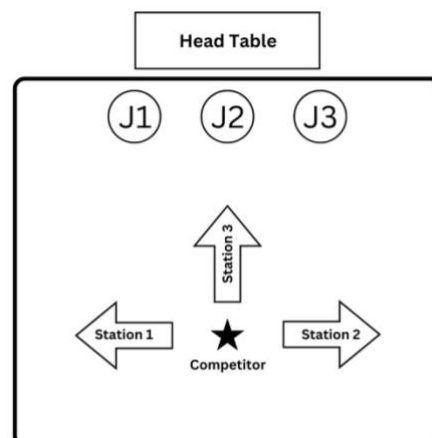
Three Boards Maximum

Station 2: Front Kick / Roundhouse Kick / Axe Kick (Choose a different technique)

Three Boards Maximum

Station 3: Any Hand Power Breaking

Three Boards Maximum

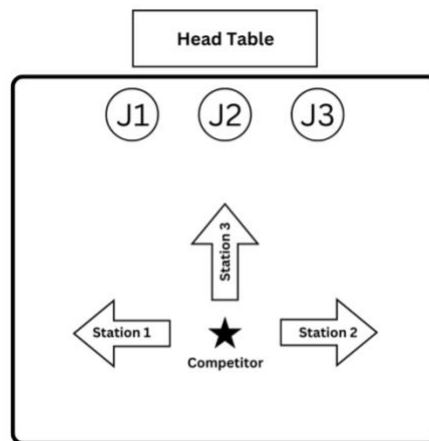


Intermediate
(Green, Blue, Purple or any other stripe belts in between)

Station 1: Roundhouse Kick / Side Kick / Back Kick (Choose One Technique)
Three Boards Maximum

Station 2: Roundhouse Kick / Side Kick / Back Kick (Choose a different technique)
Three Boards Maximum

Station 3: Any Hand Power Breaking
Three Boards Maximum

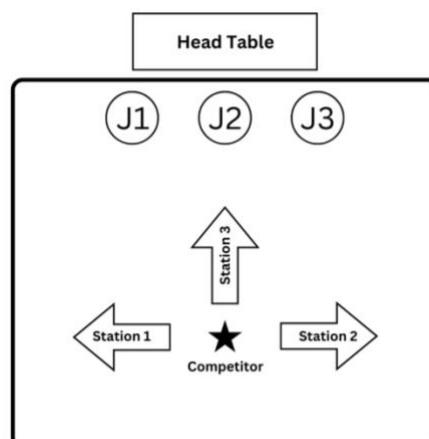


Advanced
(Red, Brown, Bodan or any other stripe belts in between)

Station 1: Back Kick / Hook Kick / Tornado Kick (Choose One Technique)
Three Boards Maximum

Station 2: Back Kick / Hook Kick / Tornado Kick (Choose a different technique)
Three Boards Maximum

Station 3: Any Hand Power Breaking
Three Boards Maximum

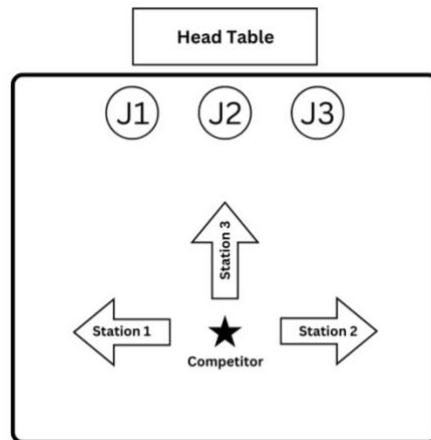


Black Belt (All Black Belts)

Station 1: Running Jump Kick Breaking: **Five Boards Maximum**
(Ex: Jumping Side Kick, Double Front Kick, Triple Roundhouse Kick, etc)

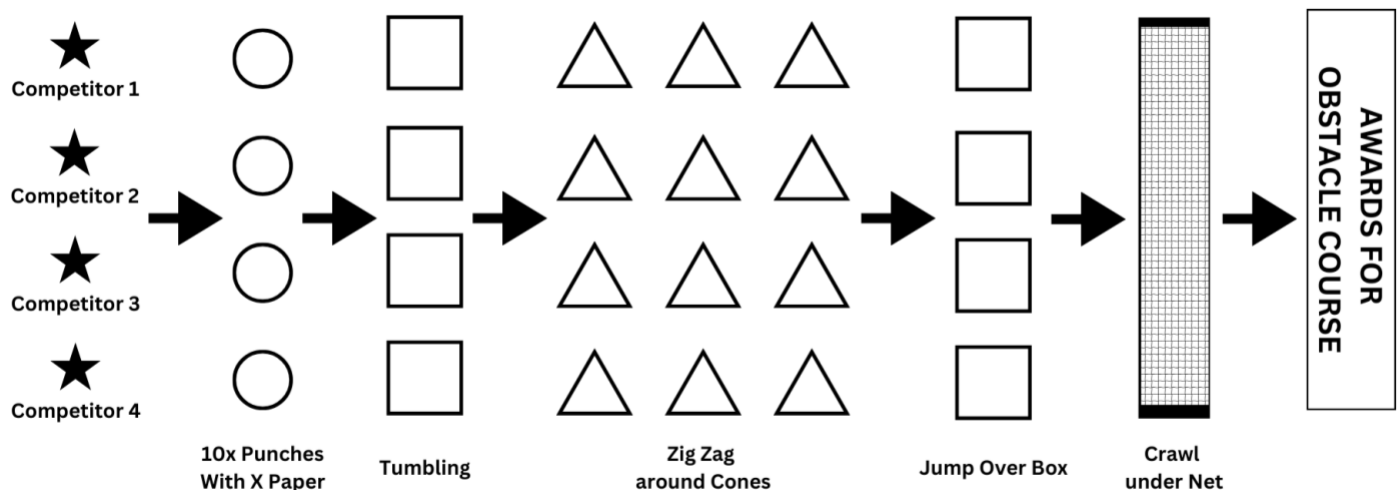
Station 2: Gradient Kick Breaking: **Five Boards Maximum**
(Ex: Tornado Kick, Volley Kick, 540 Hook Kick, etc)

Station 3: Power or Acrobatic Breaking: **Five Boards Maximum**
(Ex: Hammer Punch Power Break, Back Flip Front Kick, etc)



Event Games: Obstacle Course

Competitors age 9 and under will be divided into different age groups and will complete the obstacle course shown below. When competitors line up at the starting line, they will go up against one to three other competitors. Upon completion, competitors will receive their medal.



Demonstration Competition (Demo Team)

1. Duration: Maximum 5 minutes 30 seconds
2. Number of Team competitors: Minimum of 8 people
3. Technical Regulations:
 - Poomsae, breaking, and self-defense elements required.
 - Equipment and costumes can be chosen by the performers.
 - No Weapons allowed.
 - Music and Sound effects can be used.
 - Masters will be allowed to participate in the demonstration

Scoring:

1. Each Judge will score from 6.9 to 9.0 points.
2. Five judges will score each performance; final score will be the average between 5 judges.
3. Deduction:
 - a. Exceeding time limit:
 - i. Over 5 minutes and 30 seconds will be a -0.5 point deduction from overall score.
 - ii. Over 6 minutes will be a -1.5 point deductions from overall score.
 - iii. Over 6 minutes and 30 seconds will lead to disqualification.
 - iv. Violating technical regulations.

1st Place Team: \$1,500

2nd Place Team: \$800

3rd Place Team (2): \$500

Sport Poomsae

1. Ring Format: 10m x 10m
2. Referee Format: Three judges seated at the front of the ring.
3. Uniform: All contestants must wear a white Taekwondo black-collared V-Neck KTL approved uniform (dobok) or WT approved Poomsae competition uniform in good condition, and appropriate to the contestants' division.
 - a. Patches, embroidery, logos, team name, country names, competitor names, and stripes are permitted on the uniform.
 - b. Shoes may not be worn. No jewelry or ornaments may be worn. No hats or items may be worn on the head except for religious coverings or soft ties to contain the hair.
 - c. No tape will be allowed on any part of the uniform.
4. Competition Format: Based on the number of competitors per division, number of poomsae to perform will differ in Preliminary, Semifinal and Final round.
 - a. Division with more than 18 competitors will start from Preliminary round where competitors perform one (1) poomsae. Top 18 competitors will move onto Semifinal round and perform one (1) poomsae. Top 8 competitors from Semifinal will move onto Final round and perform two (2) poomsae.
 - b. Division with less than 18 and more than 8 competitors will start from Semifinal round and perform two (2) poomsae.
 - c. Division with less than 8 competitors will start from Final round and perform two (2) poomsae.
5. Scoring: Poomsae competitions will be scored using Total TKD electronic scoring system.
 - a. Scoring criteria is out of 10 points and scored on two major areas of poomsae: Accuracy and Presentations. Breakdown of each area is provided below.

Criteria	Details of Criteria	Points
Accuracy (4.0)	Accuracy of basic movements	4.0
	Accuracy of details of each Poomsae	
	Balance	
Presentation (6.0)	Speed and Power	2.0
	Rhythm & Tempo	2.0
	Expression of Energy	2.0

6. Deduction:
 - a. Major mistake in accuracy points shall deduct 0.3 points when incorrect actions or techniques are performed, or correct techniques or actions are omitted.

- b. Minor mistakes in accuracy points will deduct 0.1 points when competitors make small errors; does not perform the basic movements accurately, as well as mistakes shown in stance, hand or foot technique not performed in regulations to WT Sports Poomsae guidelines.
7. Compulsory Poomsae: Designated Poomsae will be released one week prior to the competition. Poomsae to be performed will be selected randomly according to each age division. Refer to the chart below to see which poomsae should be known for each age division.

Age Division	Compulsory Poomsae
Tiger (8 – 9)	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
Youth (10 – 11)	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
Cadet (12 – 14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
Junior (15 – 17)	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon
Senior I (18 – 30)	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae

8. Eligibility: Black Belts from the age 8 to 30 years
9. Award: First Place of Cadet and Junior Male/Female Individual division shall receive \$200. If there is only one competitor in a division, KTL will refund the Registration Fee.
10. Check in: All Sports Poomsae athletes must check in to the World Class/Sports Poomsae ring by 8:00AM. Failure to show up to check-ins will result in automatic disqualification.

World Class Sparring (KPNP)

1. Ring Format: 10m x 10m
2. Referee Format: Two corner judges seated and one center referee.
3. Duration:
 - (Age 8 – 11): 1 minute rounds, 30 seconds break
 - (Age 12 – 14): 1:30 minute rounds, 30 seconds break
 - (Age 15+): 2 minute rounds, 1 minute break
4. Uniform: All contestants must wear a white Taekwondo black-collared V-Neck KTL approved uniform (dobok) or WT approved competition uniform in good condition, and appropriate to the contestants' division.
 - a. Patches, embroidery, logos, team name, country names, competitor names, and stripes are permitted on the uniform.
 - b. Shoes may not be worn. No jewelry or ornaments may be worn. No hats or items may be worn on the head except for religious coverings or soft ties to contain the hair.
 - c. No tape will be allowed on any part of the uniform.
 - d. KPNP electronic socks required. There will be a KPNP booth for e-socks to be purchased as well as e-socks tester.
5. Competition Format: Brackets will be released the day of competition. All divisions will become combined weight division. Two/Three weight class division will be merged into one.
(Fin/Fly) (Bantam/Feather) (Light/Welter/Light Middle) (Middle/Light Heavy/Heavy)
6. Eligibility: Black Belts from the age 8 to 32 years
7. Award: First Place of combined weight class division in Cadet and Junior shall receive \$200. If the competitor does not get to have a match, KTL will refund the Registration Fee.
8. Weigh in: Weigh in Schedule will be emailed to each coach/school for more detailed information.

Freestyle Poomsae

1. Ring Format: 10m x 10m
2. Referee Format: Three judges seated at the front of the ring.
3. Uniform: All contestants must wear a white Taekwondo black-collared V-Neck KTL approved uniform (dobok) or WT approved Poomsae competition uniform in good condition, and appropriate to the contestants' division.
 - a. Patches, embroidery, logos, team name, country names, competitor names, and stripes are permitted on the uniform.
 - b. Shoes may not be worn. No jewelry or ornaments may be worn. No hats or items may be worn on the head except for religious coverings or soft ties to contain the hair.
 - c. No tape will be allowed on any part of the uniform.
4. Competition Format: Freestyle Poomsae will be divided by gender and age.

Under 17 Male/Female Individual, Over 17 Male/Female Individual

 - a. Each division will be called and perform their freestyle poomsae once and will be awarded based on score.
5. Scoring: Freestyle Poomsae competitions will be scored by three judges.
 - a. Scoring criteria is out of 10 points and scored on two major areas of poomsae: Technical Skills and Presentations. Breakdown of each area is provided below.

Criteria	Details of Criteria		Points
Technical Skills (6.0)	Level of Difficulty of Foot Techniques (5.0)	Jumping Side Kick (1.0)	5.0
		Multiple Kicks in a Jump (1.0)	
		Gradient of Spins in a Spin Kick (1.0)	
		Kyorugi Style Consecutive Kicks (1.0)	
		Acrobatic Kicking Technique (1.0)	
	Basic Movements & Practicability (1.0)		1.0
Presentation (4.0)	Creativity (1.0)		4.0
	Harmony (1.0)		
	Expression of Energy (1.0)		
	Music and Choreography (1.0)		

6. Deduction:

- a. Mistakes will be deducted by each judge individually from technical sub-total when competitors make small errors; does not perform the basic movements accurately, both feet out of bounds, as well as mistakes shown in stance, hand or foot technique not performed in regulations to WT Sports Poomsae guidelines.

7. Eligibility: Black Belts from the age 8 to 30 years

8. Music: All athletes must bring their own music that can be connected either via Bluetooth or connected through aux cord.

9. Check in: All Freestyle Poomsae athletes must check in to the World Class/Sports Poomsae ring by 8:00AM. Failure to show up to check-ins will result in automatic disqualification.

Schedule of Event

7:30AM	Door Open	Staff Meeting at 7:15AM Masters Meeting at 8:15AM
8:30AM	Demonstration Competition Opening Ceremony	Must Report to the ring when announced
11:00AM	Obstacle Course (Age 9 and Under) Freestyle Poomsae (Under 17, Over 17) Sports Poomsae (Tiger, Youth, Cadet, Junior, Senior Black Belt) World Class Sparring (Tiger, Youth, Cadet, Junior, Senior Black Belt)	Must Report to the ring when announced
11:30AM	WT Form, Breaking (Age 7 and Under All Belt) (Age 32 and Above All Belt)	Must be at Waiting Area by 11:00AM
1:00PM	WT Form, Breaking (Age 8 to 9 All Belt) Sparring (Age 7 and Under All Belt) (Age 32 and Above All Belt)	Must be at Waiting Area by 12:30PM
2:30PM	WT Form, Breaking (Age 10 to 11 All Belt) Sparring (Age 8 to 9 All Belt)	Must be at Waiting Area by 2:00PM
4:00PM	WT Form, Breaking (Age 12 to 14 All Belt) Sparring (Age 10 to 11 All Belt)	Must be at Waiting Area by 3:30PM
5:00PM	WT Form, Breaking (Age 15 to 17 All Belt) Sparring (Age 12 to 14 All Belt)	Must be at Waiting Area by 4:30PM
6:00PM	WT Form, Breaking (Age 18 and 31 All Belt) Sparring (Age 15 and 31 All Belt)	Must be at Waiting Area by 5:30PM

***Times are tentative to change**