

ELITE CORE MARTIAL ARTS &
AAA US Taekwondo College *present*

**ELITE CORE'S 8TH ANNUAL
MULTI-SCHOOL
IN-HOUSE
TOURNAMENT**



Hosted by: Grandmaster Kwang Hyun Lee
Saturday, October 18, 2025 @ 10:00 am

Doors open 9:00 am

FORMS * BREAKING * SPARRING * WEAPONS

Must register by October 4th - No registration at door

(410) 561-3553

EliteCoreMartialArts@gmail.com

2183 Greenspring Drive, Timonium, MD 21093

8th Annual Elite Core In-House Tournament

Saturday, October 18th , 2025

Elite Core Martial Arts
2183 Green Spring Drive
Timonium MD 21093

Welcome to the Elite Cores 8th Annual In House Tournament!

We would like to express our deepest appreciation to those who have helped to make this event possible. To all of our sponsors, talented staff, and dedicated volunteers, we are very grateful.

This Tournament will showcase the accomplishments of all the Masters, Instructors, and Students who have spent so much of their time and effort to prepare. We will demonstrate the lifestyle promoted by the art of Taekwondo, and in doing so, we will bring to life the Tenants of Taekwondo: Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit.

We encourage all Masters, Instructors, and Students of Taekwondo to gather for the 2025 Elite Core Martial Arts In House Tournament. Join us as we celebrate, not the color of our medals and trophies, but the spirit of Taekwondo. We look forward to seeing everyone there!

Sincerely,



Tournament Director
Master Lizzie McMillan



Tournament Chairman
Grand Master Kwang Hyun Lee



Referee Chairman
Master David McMillan

8th Annual In-House Tournament
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Elite Core Martial Arts
2183 Greenspring Drive, Timonium, MD 21093
Phone: (410) 561-3553
Email: elitecoremartialarts@gmail.com

GENERAL INFORMATION

Competition Fees: Pre-Registration:
\$70 for one event + \$15 for each additional event (Cash or Card only, **NO** Personal Checks will be accepted on site.)

Deadline For Pre-Registration: October 4th , 2025

Applications: Mail all Pre-Registration Applications to
Elite Core Martial Arts
2183 Greenspring Drive, Timonium, MD 21093
(Acceptable payment methods are cash, money order, and school check payable to Elite Core Martial Arts. There is Credit Card at the door but there is a 3.5% Credit Card Fee)
You can also Email us at elitecoremartialarts@gmail.com

Time Schedule:

9:00AM	Door Open / Weigh In
9:30AM-10:00AM	Black Belt Meeting / Judge & Referee Meeting
10:00AM-10:30AM	Black Belt Forms
10:30AM-11:00AM	Color Belt Forms
11:00AM- 11:30PM	Weapons
11:30AM- 12:00PM	Black Belt Breaking
12:00PM	Lunch
12:30PM-1:00PM	Color Belt Breaking
1:00PM-1:30PM	High Kick Breaking
1:30PM-1:40PM	Sparring Ring Set-up
1:40PM-2:30PM	All Color Belt Sparring
2:30PM—4:30PM	All Black Belt Sparring

Competitor Awards: Beautiful Medals will be awarded to each competitor according to winning results.
1st, 2nd, and 3rd place.

There will be breaking boards and additional supplies available. Boards are \$4.00 each. All boards are inspected and certified for tournament use. No outside boards will be permitted.

2025 Elite Core In-House Tournament

Forms and Breaking Rules

General Competition Rules:	<p>WT/Kukkiwon rules and regulations will govern this tournament for all competitions. The organizing committee reserves the right to adopt changes as they deem necessary.</p> <ul style="list-style-type: none"> A. Competitors participating in individual events must wear a standard V-neck or fold-over uniform in good condition. (No rips, tears, or special augmentation) B. Feet and hands may not be covered by any shoes, tape, bandages, or any other material while competing except for requisite sparring gear in sparring competitions. C. Competitors in individual events will be grouped according to gender, age, belt (rank), and weight. One competition group will generally be 4 competitors.
Forms Competition Rules:	<ul style="list-style-type: none"> A. Competitors will be judged on their ability to perform the form associated with their current rank. B. Any style of forms will be acceptable. This includes but is not limited to Taegeuk and Palgwe form sets. C. A form should be around 30 to 90 seconds. The maximum time allowed will be 180 seconds, but any time over 90 seconds will result in a reduced score. D. Scoring will be based on: Concentration, Balance, Spirit (Yelling), Strength, Correct & Orderly Execution of Movement. E. Judge(s) will score with 1-point increments from 1 to 10. Based on score provided by judge(s), a sum will be tallied to give the competitors' total score. In the event of a tie, the judge(s) will convene to determine the winner.
Jumping High Kick Breaking Competition Rules:	<ul style="list-style-type: none"> A. A board will be set up at a predetermined height (this height will differ depending on the age of the division). Each competitor in the division has a maximum of 30 seconds to attempt to break the board with a running jumping front snap kick. B. Each competitor will only receive one opportunity to try to break the board. C. After all competitors in a division have attempted to break the board at a given height, the competitors who succeeded will move on and the board will be raised incrementally at the referee's discretion and the competitors will attempt to break it again. D. This will continue until only one competitor is able to break at a given height. E. If there is a tie for 1st place (e.g. two competitors break at one height, but neither can break at the next incremental height), then 1st place will be awarded to the shorter competitor. In the case of ties for 2nd or 3rd place, multiple 2nd and 3rd places will be awarded. F. In order for a break to count, it must be broken by a front snap kick and not by any other technique. Additionally, if the competitor lands on any part of the body besides the feet (e.g. knees, back, hands), then the break will not count. G. A marking will be placed halfway between the starting point and the board. Once a competitor steps over the marking, the attempt has begun and the competitor may not return to the starting position.
Creative Breaking Competition Rules:	<ul style="list-style-type: none"> A. Regulation breaking board size for this competition is 11"X8" (1/4" or 3/4" thick) wood breaking board. (Boards provided by tournament committee and breaking boards must be bought at tournament) B. There will be a maximum of 3 targets for colored belts and 5 targets for black belts that can be broken by each competitor. Boards can be stacked for each target. C. Competitors may only attempt to break each target 3 times. After the third attempt, they must move on. D. No props allowed. Only the competitor and board holders are allowed on the mat. E. All competitors will be given up to 120 seconds to set up and complete their routine. F. Scoring will be based on: Accuracy & Focus, Techniques, Power & Energy (Board Thickness, Yelling Ki hap), Smooth Flow of Routine, Creativeness & Showmanship. G. Judge(s) will score with 1-point increments from 1 to 10. Based on score provided by judge(s), a sum will be tallied to give the competitors' total score. In the event of a tie, the judge(s) will convene to determine the winner.

2025 Elite Core In-House Tournament

Forms and Breaking Rules

Weapons Forms Competition Rules:	<ul style="list-style-type: none"> A. Competitors will be judged on their ability to perform the weapon form that they choose to present. B. Any single (or pair of) melee weapon(s) will be acceptable as long as it (they) can be safely kept within the competition area. This includes but is not limited to sword, bo staff, nunchakus, sais, kamas, etc. C. Ranged weapons (e.g. bows or throwing stars) and other props will not be acceptable. D. Competitors may not switch what weapon(s) they are using part way through the form. E. A weapon form should be around 30 to 90 seconds. The maximum time allowed will be 180 seconds, but any time over 90 seconds will result in a reduced score. F. Scoring will be based on: Concentration, Balance, Spirit (Yelling), Strength, Correct & Orderly Execution of Movement. G. Judge(s) will score with 1-point increments from 1 to 10. Based on score provided by judge(s), a sum will be tallied to give the competitors' total score. In the event of a tie, the judge(s) will convene to determine the winner.
Sparring Competition Rules:	<ul style="list-style-type: none"> A. Sparring will be conducted under a modified WT (World Taekwondo) Olympic style competition format. All competitors must wear proper safety gear to compete. Each competitor is permitted one coach at ringside. B. All sparring Competitors must weigh-in at the holding area at check-in. C. Sparring Competitors must provide their own safety/sparring equipment: mouth guard, forearm guards, chest protector, groin protector (males), shin and instep protector, and head gear. Gloves are optional. All gear must be in good condition. D. Colored belt and black belt sparring is 2 rounds. Each round is 1 minute. There will be a 30 second rest period between each round. E. No head contact is allowed for color belts. Light head contact is permitted for black belts 12 years and older. Only kicks are legal strikes to the head, punches to the head are not allowed. Intentional striking of any kind to the face is not allowed. F. If a competitor is knocked out by being struck (punched or kicked) in the head, his/her opponent (the one doing the striking) will be disqualified. No head contact that powerful will be tolerated. G. Warnings will be given for the first instance of each of the following fouls: kicking below the belt, kicking to the head (except for 12+ black belts), grabbing, falling down, and leaving the ring. H. 1-point deductions will be given for repeat instances of each of the above fouls as well as for every instance of the following fouls: intentional striking to the face, any punching to the head, running away to avoid combat, disobedience to referee instructions, disruption by coach, and striking with illegal techniques (elbow, knee, knife hand, backfist, palm, finger, wrist, and y-hand striking). I. A competitor may be disqualified for repeatedly committing the following fouls: kicking the head (except for 18+ black belts), punching to the head, kicking to the legs, using illegal techniques, running away, and disobedience to referee instructions. J. Point System: 1 point—valid punch on chest protector, 2 points—valid kick on chest protector, 3 points—valid kick to the head (12+ black belts only), 4 points—valid spinning kick on chest protector, 5 points – valid spinning kick to the head (12+ black belts only). At end of first round, 12-point difference rule will be in effect. K. In the event of a tie score, one (1) minute of sudden death overtime will be used. The first point called by the referee will be the winning point. In the event of a tie at the end of the sudden death round, the judges will convene to determine the winner.

-DIVISION-

(Division may be modified during tournament day)

Belt Division Male & Female				
Form	White-Green	Blue-Purple	Brown-Red	Black
Breaking	White-Green	Blue-Purple	Brown-Red	Black
Sparring	White-Green	Blue-Purple	Brown-Red	Black

Age Division Male & Female							
Form	7 & Under	8-9	10-11	12-14	15-17	18-29	30- Up
Breaking	7 & Under	8-9	10-11	12-14	15-17	18-29	30- Up
Sparring	7 & Under	8-9	10-11	12-14	15-17	18-29	30- Up

Weight Division for all Belts Male & Female

Division	Light	Middle	Heavy
Ages 7 & Under	0 lbs -50 lbs	50 lbs – 60 lbs	60 lbs and Up
Ages 8-9	0 lbs - 55 lbs	55 lbs – 66 lbs	66 lbs and Up
Ages 10-11	0lbs – 77 lbs	77 lbs – 88 lbs	88 lbs and Up

Ages 12-14	Division	Males Weight	Females Weight
	Fly	Not exceeding 81 lbs	Not exceeding 73 lbs
	Feather	82 lbs – 99 lbs	74 lbs- 90 lbs
	Welter	100 lbs – 117 lbs	90 lbs- 103 lbs
	Middle	118 lbs – 134 lbs	104 lbs – 121 lbs
	Heavy	135 lbs and Up	122 lbs and Up
Ages 15-17	Fly	Not exceeding 106 lbs	Not exceeding 97 lbs
	Feather	107 lbs- 121 lbs	97 lbs -108 lbs
	Welter	122 lbs- 139 lbs	109 lbs – 121 lbs
	Middle	140 lbs -161 lbs	122 lbs – 139 lbs
	Heavy	162 lbs -Up	140 lbs - Up
Ages 18-32	Fly	0 lbs – 128 lbs	0 lbs – 108 lbs
	Feather	129 lbs – 150 lbs	109 lbs – 128 lbs
	Middle	150 lbs – 176 lbs	128 lbs – 146 lbs
	Heavy	177 lbs - Up	147 lbs - Up
Ages 33-Up	Light	0 lbs – 145 lbs	0 lbs -125 lbs
	Middle	146 lbs – 170 lbs	126 lbs- 156 lbs
	Heavy	171 lbs - Up	157 lbs - Up

Elite Core Martial Arts Multi-School In-House Tournament Application

Date: Saturday, October 18th 2025
Time: 10:00 AM (Doors open 9:00)
Place: Elite Core Martial Arts
Timonium, MD 21093
Phone: (410) 561-3553
Cost: \$70 for one event
\$15 each additional event

NAME	RANK	SEX	AGE	WEIGHT

CIRCLE THE EVENTS IN WHICH YOU PLAN TO PARTICIPATE				
FORM	WEAPONS	CREATIVE BREAKING	JUMPING HIGH KICK BREAKING	SPARRING

Payment Received: _____

Liability Waiver: In consideration of your acceptance of my entry, I do hereby, for myself, my heirs, executors, and administrators waive, release, and forever discharge any and all rights and claims for damages which I may accrue to me against the Elite Core Martial Arts School, Inc., its organizing committee, and against other competitors or their schools, heirs, executors, and administrators, for any and all damages which may be sustained by me in connection with my association with or entry in the above athletic meet. I understand that Taekwondo is a body-contact sport, and I further understand all the contents of the rules and general information announced by the sponsors and I agree with them entirely. I hereby agree to all the terms and conditions of the liability waiver above.

Competitor's Signature _____

Parent/Guardian's Signature _____

***All applications must be received**

no later than

Saturday, October 4th 2025.

NO registration at the door.

Note: spectator space is limited.

Name: _____

Age: _____ Gender: _____ Weight (lbs): _____

Height: _____ Blt Clr: _____ Dan/Poom: _____

Circle the event(s) you will compete in.

Forms

Weapons

Jumping High Kick
Breaking

Creative Breaking

Sparring