

Hurricane Taekwondo Cup

GENERAL INFORMATION

Please read this tournament handbook and become very familiar with the rules.

DATE & TIME: March 14, 2026, Doors open 8am & Competition begins at 9am

LOCATION: Florida State Fairgrounds- Special Event Center: 4800 US-301 Tampa, FL 33610

REGISTRATION: Online registration only for all participants (coaches and athletes),
www.worldchampioncenter.com/hurricane

All registration must be completed online PRIOR to the event. There will be NO onsite registrations.

REGISTRATION DEADLINE & COMPETITION FEE:

All registration deadline is March 10, 2026. There will be no onsite registration.

Early Registration	February 28, 2026	<ul style="list-style-type: none">• \$85 for Registration fee• \$20 per event• Pair Poomsae - \$30 per person• Team Poomsae \$30 per person• WT Poomsae- Black Belt (Grand Champion) \$40• WT Sparring – Red Belt & Black Belt (KPNP) \$40
Late Registration	March 1-10, 2026	<ul style="list-style-type: none">• \$95 for Registration fee• \$30 per event• Pair Poomsae - \$40 per person• Team Poomsae \$40 per person• WT Poomsae- Black Belt (Grand Championship) \$50• WT Sparring – Red Belt & Black Belt (KPNP) \$50

COMPETITOR AWARD: Medals for Individual Poomsae, Breaking, Sparring and Weapon. will be award to one 1st, one 2nd and two 3rd place winners. Trophies for Pair and Team Poomsae and Demonstration. **Hurricane Champion™ Belt** for Black Belt- WT only Poomsae, High Kick, Speed Kick, Power Hand Break.

TYPE OF COMPETITION:

Events	Age	Belts
1. Mini Ninja Course	11-year-old and under	All belts
2. WT Poomsae- Black Belt	All age	Black belt only
3. WT Poomsae - Color Belt	All age	Color belt
4. Open Form	All age	All belts
5. Pair Form- 2 athletes only	All age	All belts
6. Team/ Family Form- 3-5 athletes	All age	All belts
7. High Kick	All age	All belts
8. Set Style Breaking	All age	All belts
9. Power Hand Break	All age	All belts
10. Weapons	All age	All belts
11. Demonstration Team	All age	All belts
12. Speed Kick	All age	All belts
13. Sparring	All age	All belts

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UNIFORM & MANDATORY SAFETY EQUIPMENT: All competitors must wear a clean and wrinkle free, ironed uniform.

Mandatory Safety Equipment required for all Sparring contestants:

1. head gear
2. chest gear
3. forearm guard
4. instep and shin guard
5. Mouthpiece
6. protective cup (male only)
7. ***KPNP socks (Red Belt & Black Belts only)***

BREAKING COMPETITION BOARD FEE: \$3 each. All breaking boards must be purchased at the competition. Judges reserve the right to inspect any and all materials at the time of competition.

SPECTATOR FEE: \$15 per person; Children 5 and under- FREE
Admission tickets must be purchased at the door during the competition.

COACH PASS: \$60. Each participating school will receive 2 coach badges. Register at www.worldchampioncenter.com/hurricane by March 1, 2026.

FOOD: Concessions will be available for purchase onsite

TOURNAMENT DIRECTOR: Master Kang 813-525-8321

CUSTOMER SERVICE CONTACT: Jessica Jung 813-728-4409

SCHEDULE OF EVENTS

8:00 AM	CREDENTIAL PICK UP Receive Competition Tag, purchase boards, and prepare for competition.
	REFEREE MEETING
8:30 AM	COACH'S MEETING
9:00 AM	OPENING CEREMONY / NATIONAL ATHEM
	COMPETITION BEGINS – Competitors to Rings
	1. <u>MINI NINJA OBSTACLE COURSE COMPETITION</u> – All belt under 11 years old
	<u>POOMSAE COMPETITION</u>
	2. Black Belt- WT Poomsae- Hurricane Champion Belt <ul style="list-style-type: none">• 1st Dan- Koryo• 2nd Dan- KeumGang• 3rd Dan- TaeBaek• 4th Dan and up- Pyeong-won and Ship-jin
	3. WT Poomsae- Color Belt
	4. Open Poomsae- All Color Belt and Black Belt
	5. Pair Poomsae- All Color Belt and Black Belt
	6. Team Poomsae- All Color Belt and Black Belt
	<u>BOARD BREAKING COMPETITION</u> - All Color Belt and Black Belt
	7. High Kick- Medals & <i>Hurricane Champion™ Belt</i>
	8. Set Style Board Breaking
	9. Power Hand Break- Medals & <i>Hurricane Champion™ Belt</i>
	10. <u>WEAPON COMPETITION</u> - All Color Belt and Black Belt
	11. <u>DEMONSTRATION COMPETITION</u> - All Color Belt and Black Belt
12:00PM	LUNCH - The competition will continue throughout the day. Snacks will be available at the venue. Competitors chose their own lunch time and must prepare for the upcoming event. Rings and judges will have designated lunch time.
	12. <u>SPARRING COMPETITION</u> - All Color Belt and Black Belt
	13. <u>SPEED KICK</u> (TR Pad)- Medals & <i>Hurricane Champion™ Belt</i>

COMPETITION DIVISIONS & RULES:

1. MINI NINJA OBSTACLE COURSE

Open to all competitors aged 11 and younger and split into by age and height. Participants will be tested on how fast they can complete the obstacle course. Aside from form techniques the judges will test on the following criteria: Power, Balance, Focus, Respect, and Cleanliness/Neatness. Winner will be declared after one round of competition.

COMPETITION DIVISIONS & RULES: POOMSAE (FORMS)

The poomsae category is subdivided into 5 categories: **WT Color Belt Poomsae, WT Black Belt Poomsae, Open Poomsae, Pair Poomsae and Team Poomsae.**

JUDGING CRITERIA: Winner will be determined by show of hands.

1. Accuracy and precision of:
 - a. Stances
 - b. Hand techniques
 - c. Kicking technique
2. Presentation:
 - a. Tempo
 - b. Power
 - c. Eye Focus
3. Taekwondo spirit:
 - a. Kihap
 - b. Etiquette/ Respect
 - c. Cleanliness/ Neatness
4. **Disqualification criteria:**
 - a. Participant exceeds the 90-second time limit
 - b. Unsportsmanlike conduct

2. WT BLACK BELT POOMSAE- WT style Taekwondo only- Hurricane Champion™ Belt

Open to black belt and up and split by age groups. Competitors who sign up in this division will compete against others in the same age bracket regardless of belt rank. These competitors have the chance to compete for the Grand Champion Trophy if they earn first place in their division. After all the divisions are complete, the first-place medalists will compete against each other for one Grand Champion Trophy. If a competitor chooses a Poomsae not aligned with their belt rank, they will fall in the **Open Poomsae bracket (See Open Poomsae for more information)** and cannot compete for the **Hurricane Champion™ Trophy.**

Black Belt Dan	Form	Age
1 st Dan	Koryo	All age
2 nd Dan	KeumGang	All age
3 rd Dan	TaeBaek	All age
4 th & up Dan	Pyeong-won or Ship-jin	All age

COMPETITION DIVISIONS & RULES: POOMSAE (FORMS)

3. WT COLOR BELT POOMSAE- WT style Taekwondo only

Open to all color belts and split into age groups and by belt levels. Participants will choose and be tested on one of the designated forms according to the belt color. Winner will be declared after two rounds of competition.

Belt Rank	Form
White-Yellow Belt	Taegeuk 1 or 4
Orange-Green Belt	Taegeuk 1 or 4
Purple-Blue Belt	Taegeuk 5 or 8
Brown-Red Belt	Taegeuk 5 or 8

4. OPEN POOMSAE- All styles of Taekwondo or similar Korean martial arts

Open to all belt and age division, split by age and belt rank. Each competitor needs to demonstrate a recognized Taekwondo form. Winner will be declared after two rounds of competition.

Color belt- 7 years old and under	Black belt- 9 and under
Color belt- 8–9-year	Black belt- 10-11 years
Color belt- 10-11 year	Black belt- 12-14 years
Color belt- 12–14-year	Black belt- 15 years old and up
Color belt- 15–17-year	
Color belt- 18–32-year	
Color belt- 33 years old and older	

5. PAIR POOMSAE- All styles of Taekwondo or similar Korean martial arts

Open to all belt and age division, split by age. It will have only two competitors as a pair. Each pair need to demonstrate any recognized Taekwondo / martial arts style form. Winner will be the pair with the highest score.

Age	Poomsae
12 year old and younger	Open Choice
13 years old and older	Open Choice

6. TEAM POOMSAE- All styles of Taekwondo or similar Korean martial arts

Open to all belt and age division, split by age. It will have minimum of three competitors and a maximum of five competitors as a team. Each team need to demonstrate any recognized Taekwondo/ martial art style form. Winner will be the team with the highest score.

Age	Poomsae
12 year old and younger	Open Choice
13 years old and older	Open Choice

COMPETITION DIVISIONS & RULES: BREAKING

HIGH KICK, SPEED KICK & POWER HAND BREAKING DIVISION- Medal & Hurricane Champion™ Belt

Open to all belts and ages, split into groups of gender and age. Groups of up to four participants in a division will compete to earn a gold, silver, or bronze medal.

One Hurricane Champion™ Belt will be awarded to the best performance in each category (High Kick, Speed Kick and Power Hand Kick) regardless of age, gender and belt.

Male	Female
7 years old and under	7 years old and under
8-9 years old	8-9 years old
10-11 years old	10-11 years old
12-14 years old	12-14 years old
15-17 years old	15-17 years old
18-32 years old	18-32 years old
33 years old and older	33 years old and older
<i>*Division placement may vary based on judge's discretion. *</i>	

7. HIGH KICK (TR PAD)- Medal & Hurricane Champion™ Belt

- Thirty second execution time.
- Must perform running jumping front kick.
- Each participant has only one attempt to sufficiently contact the target.
- Once the participant passes the halfway mark, an attempt is counted.
- Participants must be wearing only their uniform and belt.
 - a. No socks, sparring gear, tape, etc.
 - b. Referee must approve any injuries that may need to be covered.
- The shortest participant will attempt to break first.
- After each round, the target height/distance will be raised incrementally at the referee's discretion.
- The last remaining participant in each division will be declared the winner.



8. POWER HAND BREAKING - Medal & Hurricane Champion™ Belt

The participant who broke the most boards in each division will be declared the winner.

Wood- The tournament uses one 9mm thick Demo wood boards. Boards will be stacked on top of cement blocks. There will be **no space between breaking boards**. To keep power breaking as fair as possible, competitors must use boards purchased from Tournament. Power breaking competitors can use any of the techniques for breaking: Hammer Fist, Palm Strike, or Knife Hand.

For fairness, all competitor must use the same style boards. Boards must be purchased from at Hurricane Cup site for three dollars per board. Competitors that bring their own boards will not be permitted to use those boards at the Tournament. Competitors must provide their own holders.

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9. SPEED KICK (TR PAD) - Medal & Hurricane Champion™ Belt

- Fifty second execution time.
- Must perform front kick at belt height.
- The kicking leg must contact the floor before the other foot can leave the floor to do its kick. Failure to do this procedure will result in disqualification.
- Participants must be wearing only their uniform and belt.
- No socks, sparring gear, tape, etc.
- Referee must approve any injuries that may need to be covered.
- The participant in each division with the highest number of kicks will be declared the winner.



10. SET STYLE BOARD BREAKING

Competitors will break boards assigned technique by color belt rank. Open to all belts, split into male and female group, as well as age and by belt.

Breaking boards must be purchased at the competition venue upon check-in. The Tournament Director must approve all breaking boards. All breaking competitors must supply their own holders.

JUDGING CRITERIA:

Gold - One failed attempt is allowed; must succeed after that.

Silver - Up to two failed attempts are allowed; must succeed afterward.

Bronze - Awarded if breaking is successful after more than two failed attempts.

1. White Belt:

- Hammer Fist
- b. Roundhouse Kick
- c. Axe Kick

2. Yellow/ Orange/ Green Belt:

- Elbow Strike
- b. Side Kick
- c. Jumping Front Kick

3. Blue/ Purple/ Red/ Brown Belt

- *Knee Kick (***Competitor will hold and break the board***)
 - c. Any Turning Kick
 - d. Flying Side Kick
- b. Jumping Front Kick

4. Deputy Black / Black Belt:

- a. Any Hand Break b. Any Jumping c. Any Spin d. Free Style

SETSTYLE BOARD BREAKING RULES

- Our referee holding breaking board. No props will be allowed.
- Sixty-second setup and execution time.
- All boards are one-fourth-inch pine boards purchased at the competition.
- Breaking boards cannot be altered in any way.
- Participant is allowed to do multiple boards for a technique.
- Participants must wear only their uniform and belt.
 - a. No gloves, sparring gear, tape, covering, etc.
 - b. Only martial arts shoes are allowed on the mats.

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- Participants may attempt to break each technique a maximum of three times.

Broken boards may not be replaced on the second or third attempt.

11. COMPETITION DIVISIONS & RULES: WEAPON

Weapon: Open to all belt and ages split into age and belt. Divisions will not be based on weapon choice.

Participants can use different weapons that include the following:

- Sword (Kum)
- Long staff (Jang bong)
- Nunchucks (E-Dan bong) Wood, Bamboo, Plastic, and light metal materials are allowed.
- Sticks
- Fans and more.

Any weapons that will be used must first be approved by the judge. No sharp weapons allowed. Judges have the right to inspect and disqualify any weapon.

- Sixty second setup and execution time.
- Divisions of one to four participants will be judged after one round of competition.
- Winner will be declared after all participants receive their score.

JUDGING CRITERIA:

1. **Execution:** The act or process of performing (executing) the techniques of the weapon routine. The execution stage of judging is the most critical and should weigh the most in the judge's final score.

Elements of Execution: balance, power, speed, stability, proper technique formation, coordination, flexibility, stamina, timing, technique skill, etc.

2. **Presentation:** the image or impression of the competitor as reflected in his/her performance of the weapon routine. The presentation stage is the second most important or critical and should be weighted accordingly in the judge's final score.
3. **Difficulty:** the complexity and intricacy of the form or weapon routine. The difficulty category is the least critical of the three judging categories, but could become the deciding factor of winning or losing if a judge feels that two competitors are equally as good in the execution and presentation categories. Value should never be awarded for difficulty techniques or forms performed poorly. Difficulty alone, without proper execution, should always be downgraded.

Elements of Difficulty: Complexity of techniques, flexibility, balance, versatility of techniques, stamina, length, ambidexterity, etc.

Important elements of weapon judging, in addition to execution, presentation and difficulty, are:

The competitor's control of the weapon. The weapon should be seen as an extension of the competitor's arms and hands. The absolute control of the weapon at all times within the routine is essential. The transition and combination of regular martial arts techniques with the weapon (i.e., kicking, blocking, etc.).

The percentage of weaponry movements to non-weaponry movements: The majority of any weapon form should consist of the use of the weapon.

Safety: No reckless or careless use of the weapon that would harm the competitor, another competitor, the judges or spectators

12. COMPETITION DIVISIONS & RULES: DEMONSTRATION

Demonstration competition is a performance highlighting the many aspects of Taekwondo art, such as poomsae, breaking, acrobatic kicks, and self-defense techniques, power breaking, with the addition of music and choreography.

DEMONSTRATION RULE

- a. Ten to thirty-five members with one alternate member.
- b. Seventy percent of the team members must participate in another event in the competition.
- c. Performance time limits:
 - Set-up maximum 1 minute.
 - Performance maximum 6 minutes.
 - Clean-up maximum 1 minute.
- d. Performance area:
 - 10m x 10m contest area.
 - Any performance outside of the boundary will not be considered.
- e. Team uniforms - All contestants must wear appropriate sport attire, a proper Taekwondo uniform, or team track suit. A Taekwondo belt is required to be worn.
- f. Performance music:
 - The deadline is on or before March 10th, 2026. Submit music to Contact@worldchampioncenter.com.
 - Music mixed with political and religious elements, abusive language, or obscene language is not allowed.
 - Competitors must provide their own speaker to play music at the mat area.
- g. Props for the purpose of holding may be used. No other props will be allowed.
 - No props elevating a person are allowed. (No chairs, tables, stairs, etc.)
- h. Any striking or kicking technique may be used, except for head strikes, which are a 0.3 deduction each.
- i. Boards should be brought by the Demo Team. If you need to purchase boards from the vendor, you can do so but are not required to.

13. COMPETITION DIVISIONS & RULES: SPARRING

Open to ALL students in ALL level and split by gender, belt rank, age and weight. For sparring competition, it will be conducted in accordance to modified 2026 World Taekwondo Federation and USA Taekwondo rules for competition. ***There is head contact during competition and all participants are required to wear WT–Mandatory Safety Equipment.*** Winner will be declared after up to 3 rounds of competition with 30 second breaks.

SPARRING MANDATORY SAFETY EQUIPMENT

- head gear
- chest gear (Blue or Red),
- forearm protectors
- Instep and shin protectors
- Mouthpiece (clear only)
- Groin protector (male only)
- ***KPNP socks (Red Belt & Black Belts only)***

HEAD CONTACT

- Head contact is allowed for all ages and color belt and black belt.
- Color belt- all ages- must wear face shield and light head contact (Junior Safety Rule)
- Red Belt & Black belt- 14 and younger- light head contact (Junior Safety Rule)
- ***All Red Belt & Black Belt participants- KPNP Electronic scoring.*** All Black Belt Divisions will use the KPNP Electronic chest protectors. KPNP electronic chest protector will be provided at tournament.

POINT SYSTEM

For divisions allowing full head contact, the WT/USAT scoring criteria will be used:

- 3 points for head contact; additional 3 points for spinning technique to the head;
- 4 points for turning/spinning kick to the body;
- 2 points for kick to the body
- and 1 point for all other legal scoring actions.
- Twelve-point gap and five penalty rules enforced.

**The Tournament Director reserves the right to add, combine, or modify any divisions.*