



1ST SUNSHINE TAEKWONDO OPEN CHAMPIONSHIP

November 1st, 2025

48 E Bath Road, Cuyahoga Falls, OH 44223



SUNSHINE TAEKWONDO OPEN TOURNAMENT 2025



November 1st, 2025

Contact: 6022453403 | 6146415120 | 6142644592 | 4803766378

Early Registration \$ 80.00 per Event and \$10.00 for Additional

Events: Olympic Style Sparring | WT- Traditional Poomsae | Board Breaking

Organized By:



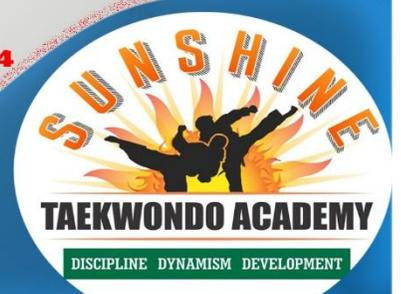
REGISTER NOW



**OPEN AT
8 AM**

<https://uventex.com/events/event/334324>

Venue:
Emidio & Sons Banquet Center
48 E Bath Rd, Cuyahoga Falls, OH 44223





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INVITATION LETTER

Dear Grandmasters, Masters, Coaches, Athletes, and Taekwondo Families,

It is with great honor and enthusiasm that we extend our formal invitation to you and your athletes to participate in the 1st Sunshine Taekwondo Open Championship 2025, proudly hosted by the Sunshine Care Foundation in collaboration with Sunshine Taekwondo Academy. This inaugural event will be held in Akron, Ohio, and represents a significant milestone in our shared commitment to promoting excellence, unity, and sportsmanship within the Taekwondo community.

We welcome participation from all Taekwondo schools, regardless of team size or competitive experience. Our championship is designed to bring together practitioners of all ages and skill levels in a professionally organized, inclusive, and respectful environment. It is our sincere hope that this event will foster camaraderie, encourage personal growth, and build lasting connections among athletes locally and nationally. Above all, your safety, enjoyment, and sense of belonging are our highest priorities. This tournament is a celebration of your unwavering dedication, tireless training, and the passion that drives you toward excellence—whether on the mat or in life.

To secure your spot, please complete your registration at: <https://uventex.com/events/event/334324>.

We would be honored to have your school represented at this meaningful event. Your presence will contribute to the spirit and success of the championship, and we look forward to creating lifelong memories together as one united Taekwondo family.

Thank you for your continued support. We look forward to welcoming you to Akron!

With deepest respect,

Master Kaushila Khanal Karmacharya

President, Sunshine Care Foundation

Founder & CEO, Sunshine Taekwondo Academy

Ass. Master Som Acharya

Secretary, Sunshine Care Foundation

Sunshine Taekwondo Academy



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IMPORTANT INFORMATION

This is a 1-day event.

Saturday, November 1st, 2025

WEIGH-IN PROCEDURES

No Weigh -In for all Color Belts Division and Black Belts Open Sparring Division:

There will be no weight in for all Open division. You must enter your correct weight during registration. If there seems to be a purposeful falsifying of weight information, you will risk disqualification. Competitors unable to meet the weight division listed during registration will not be allowed to compete and will be disqualified. (Competitors will not be moved up or down divisions due to falsification.)

- If there are less than 4 athletes in the weight division, the organizing committee may combine weight divisions.
- Athletes aged 15-17 (World Class Sparring Division Only) may compete in their own division or an older age division for their respective weight.
- Athletes 18 years and up (World Class Sparring Division Only) have the option to compete in their own division.

Weigh-ins are required for all sparring competitors. **Weigh-ins will be held Friday, October 31st from 4-8 PM EST. at Sunshine Taekwondo Academy, 1520 Home Ave, Akron Ohio 44310.**

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

COMPETITION RULES AND REGULATIONS

Sparring Competition Rules	
All Matches will be single elimination and the most recent WT best of Three system will be used for all divisions. Black belt Cadets (12-14) and Juniors (15-17) will have one and a half (1.5) minute rounds and Senior Black belt competitors (18-32) will have two (2) minutes rounds. For (8-11) Black Belts competitors and Open division all Black belts and all Color belts will have one (1) minute rounds.	
Age	Rules
11 & Under	USAT/ WT Modified Rules. No Head contact for all Open division Color Belts & Black Belts Junior Safety Rules for Black belts (ages 8-11) World Class Division
12 - 14	USAT/ WT Modified Rules. No Head contact for all Open division Color Belts & Black Belts Senior rules for Black Belts and Junior Safety Rules for Color Belts (World Class Division)
15 - 17	USAT/ WT Modified Rules. No Head contact for all Open division Color Belts & Black Belts Senior rules for Black Belts and Junior Safety Rules for Color Belts (World Class Division)



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18 & up	USAT/ WT Modified Rules. No Head Contact for all Open Division Color Belts & Black Belts Senior rules for all Black Belts & Color Belts (World Class Division)
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COMPETITION REGISTRATION FEES & DEADLINES

All competitors and coaches must complete their registration online through our official tournament portal at www.usasunshinecarefoundation.org/register This digital registration system ensures accurate division placement based on age, weight, and rank while allowing for necessary pre-tournament safety checks.

Payments must be made by registration due dates. If registration is not finalized by Wednesday, October 29th, 2025 at 23:59, your registration and information will not be sent to us, and your registration will not be processed.

Registration Type	Event	Additional Event	Final Registration
Athlete	\$80	\$10	Wednesday, October 29 th , 2025 at 23:59
Coach			Wednesday, October 29 th , 2025 at 23:59

Therefore, no pending registration will be accepted after the close of registration date: Wednesday, October 29th, 2025 at 23:59.

**** No onsite registration for athletes or coaches. This includes adding events. Any changes onsite will incur a minimum charge of \$50 per change. All fees must be paid prior to the change being made (Cash Only).**

Check-in

ALL COMPETITORS must check-in at registration for credential pick-up to be included in their division brackets. **Please check-in between 8:00-9:15 AM on October 1st, 2025.**

Registration Checklist

Completing all items on this list will help ensure a speedy check-in and weigh-in process at the 2025 USATKD Ohio State Championships.

- Ensure you registered online & input your correct weight. NO ONSITE registrations will be allowed.
- **A valid form of ID:** ID, U.S. Birth Certificate, Passport Book or Card, School ID or Report Card, Valid Driver’s License or Government Issued ID, or Military ID.
- Sparring competitors: bring appropriate attire - refer to “Weigh-In Rules.”
- Poomsae ONLY competitors must still check-in by 9:15 am on Saturday in order to be on brackets, if not, they may be disqualified.
- Coaches must pick up during credential pick up times only.

Weigh-in Rules



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- ALL sparring competitors **MUST** weigh-in the **DAY BEFORE** the scheduled competition. A maximum of two (2) weigh-ins are allowed per athlete. The 2nd weigh-in must occur before registration is officially closed.
- Contestants are required to show a valid form of ID to weigh-in.
- Any irregular action by the competitor or coach during the weigh-in may result in disqualification from event participation.
- Weigh-ins, for both males and females, shall be done in athletic clothing. A total of 0.2 kgs will be deducted from the weight on the scale. Under **NO** circumstance may an athlete weigh-in in the nude in the U.S.
- **There will be a \$50 fee to change weight divisions, so please ensure your weight/division is correctly entered when registering.**

Coach Requirements

In addition to the coach's attire and conduct requirements as outlined in the rules, there will be the following requirements:

- Coach courtesy hold and match management:
 - First-round we will make accommodation for coaches with multiple athletes in separate rings.
 - Due to the scale and scheduling of this event, referees will be instructed to hold matches for a maximum of one minute prior to starting the match.
 - Once the division brackets and match orders are set by officials, no changes will be accepted on the floor.
- Coach etiquette:
 - No recording video or pictures ringside or on the competition floor.
 - No phones, headsets, earbuds, etc. on the ringside or on the competition floor.
 - No loitering behind the ring table.
 - No questions during the competition

Violations of etiquette may be penalized with a yellow card (sanction).



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TOURNAMENT DIVISIONS - SPARRING

Open Sparring – All Ages

Age	4-5	6-7	8-9	10-11	12-14	15-17	18-32	33-39	40-49	50 & Up
Rank/ Belt	White / Yellow/ Orange				Green	Blue / Purple		Brown / Red		Black
Weight	Light				Middle			Heavy		
Gender	Male						Female			

World Class Sparring – All Divisions and Weight Categories Male & Female

Classes	Age Divisions	Belt Color	Weight (Lbs)	Weight Classes
World Class	8 -9	Black	U41, U55, U66 & O66	FIN, LIGHT, MIDDLE, HEAVY
World Class	10 -11	Black	U66, U77, U88 & O88	FIN, LIGHT, MIDDLE, HEAVY

Daedo Sparring – Ages (12-14) Black Belts

Divisions	Men's Weight	Women's Weight
Fin	000.0 - 72.8 lbs.	000.0 - 63.9 lbs.
Fly	72.9 - 81.6 lbs.	64.0 - 72.8 lbs.
Bantam	81.7 - 90.4 lbs.	72.9 - 81.6 lbs.
Feather	90.5 - 99.2 lbs.	81.7 - 90.4 lbs.
Light	99.3 - 108.0 lbs.	90.5 - 97.0 lbs.
Welter	108.1 – 116.8 lbs.	97.1 - 103.6 lbs.
Light Middle	116.9 - 125.7 lbs.	103.7 - 112.4 lbs.
Middle	125.8 - 134.4 lbs.	112.5 - 121.3 lbs.
Light Heavy	134.5 - 143.3 lbs.	121.4 - 130.1 lbs.
Heavy	143.4 - 999.9 lbs.	130.2 - 999.9 lbs.

Daedo Sparring – Ages (15 -17) Black Belt

Divisions	Men's Weight	Women's Weight
Fly	105.8 & Under	97.0 & Under
Feather	105.9-121.3	97.1-108.0
Welter	121.4-138.9	108.1-121.3



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Middle	139.0-160.9	121.4-138.9
Heavy	161.0 & Over	139.0 & Over

Daedo World Class Sparring – Ages (18-32) Black Belts

Divisions	Men's Weight	Women's Weight
Fin/Fly	127.9 & Under	108.0 & Under
Bantam/Feather	128.0 – 149.9	108.1 – 125.7
Light/Welther	150.0 – 176.4	125.8 – 147.7
Middle/Heavy	176.5 & Up	147.8 & Up

Note: Competitors cannot compete in two sparring Divisions

ALL DIVISIONS ARE SUBJECT TO CHANGE TOURNAMENT DIVISIONS POOMSAE & BREAKING ALL AGES

Traditional Taekwondo Poomsae (Forms) – All Ages

Age	4-5	6-7	8-9	10-11	12-14	15-17	18-32	33-39	40-49	50 & Up
Rank/Belt	White	Yellow/Orange		Green	Blue/Purple		Brown/Red		Black	
Gender	Male					Female				

TRADITIONAL TAEKWONDO POOMSAE:

Traditional Poomsae will be available for all Color belts & Black belts. Competitors must perform only the Poomsae designated for their specific rank. All Taekwondo Poomsae will be allowed. Scores will be based on proper technique, power, rhythm, accuracy, coordination and expression of energy.

BREAKING ALL AGES

Age	4-5	6-7	8-9	10-11	12-14	15-17	18-32	33-39	40-49	50 & Up
Rank/Belt	White	Yellow/Orange		Green	Blue/Purple		Brown/Red		Black	
Gender	Male					Female				



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Referee Requirements

All referees must be certified to referee at a Sunshine Taekwondo Open Championship or approved Sanctioned Event.. This seminar will ensure all referees participating in the event are up to date on certification and rule changes.

SCHEDULE OF EVENTS

REPORT TIME	EVENT
8:00 AM	Check-in for athletes, coaches, and referees Board Sales – Under 10 years old - $\frac{3}{8}$ " \$5 10-14 years old - $\frac{1}{2}$ " \$5.50 15 years and older-1" \$6
8:30 AM	Referee & Coach Meeting
9:00 AM	Opening Ceremony
9:20 AM	Competition begins for all competitors

**** Call times will be released prior to the event.**

COMPETITION FORMAT INFORMATION

Competitor Awards

Medals will be awarded to one 1st, one 2nd and two 3rd place winners.

Competition Area & Rules

The competition area is open only to the following personnel. Everyone else must watch from the designated spectator areas.

- Registered & certified coaches.
- Registered & certified referees.
- Registered athletes.
- Ohio State Taekwondo Association staff & volunteers

Your cooperation helps us run a smooth & professional event. Thank you for your support.

Daedo PSS Scoring requirements.

Gen 2 Daedo PSS hogus and electronic head gear will be used for 8-9 year old Black belts, 10-11 year old black belts, and 12 years and over all belts. Athletes will need their own Gen 2 Daedo electronic socks. Electronic hogus will be provided. These are sparring competitors in divisions using Junior Safety Rules or Senior Rules where head contact is allowed.



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All Color belts 11 and under and Black belts under age 8 will need to bring their own hogu and head gear. Daedo e-socks are not required. These are sparring competitors in divisions with no head contact allowed.

Athletes must compete in the age category according to the age he/she will be. of December 31, 2025.

SPARRING INFORMATION

Sparring Match Format

Best of 3 System (win by rounds) shall be followed for all matches. We will use USATKD up-to-date rules and regulations, Best 2 of 3 rounds will be criteria used for sparring.

Qualification of Contestants

- Age limit: The age limit is based on the year, not on the date.
- All black belt contestants must submit a copy of their Dan/Poom Certificate and birth certificate at the time of registration with the Tournament Organizing Committee.
- To be eligible for Senior competition, contestants must be at least 17 years old in the year the pertinent tournament is held. Contestants must be between 15-17 years old for Junior Taekwondo Championships, and 12-14 years old for Cadet Championships.

Official Uniform (Dobok)

- All contestants must wear a white Taekwondo V-neck WT uniform (dobok) in good condition. Black belts must wear black-collared uniforms. Poom rank (15 and under black belts) may wear poom uniforms with black and red collars. Color belts must wear white-collared uniforms; color belts cannot wear black-collared uniforms.

Protective Equipment

- Contestants shall wear an approved trunk protector, head protector, groin guard (mandatory for both male and female competitors), gloves (see below), forearm protector, shin protectors, instep protectors or sensing socks (if using an electronic Protector and Scoring System) and a mouth guard before entering the Contest Area. The head protector must be firmly tucked under the left arm when entering the Contest Area and shall be put on the head after bowing to the opponent before the start of the contest.
- The groin, forearm, and shin protectors must be worn inside the Taekwondo uniform. Wearing of any other items on the head other than head protector shall not be permitted, except for religious reasons. A previously approved religious item shall be worn beneath the head protector and inside the dobok and shall not cause harm or obstruct the opposing contestant.



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Personal Requirements

- All competitors shall keep their nails cut short and shall not wear any articles that may injure or endanger an opponent. Any competitor whose hair, in the opinion of the referee, is so long as to risk causing inconvenience to other competitors or interfere with the PSS system, shall be required to tie it back securely. Long hair must be tucked inside the headgear.

Metallic Articles

- Contestants are not allowed to wear any kind of metallic articles or hard objects, such as rings, eyeglasses (including prescribed safety or sport eyeglasses or eye goggles), necklaces, watches, bracelets, earrings, hair clips, etc.

Taping

- Taping on the foot and hand shall be allowed for the protection of athletes. For an injury, the minimum amount of tape that will protect the area should be used. Taping of feet and hands will be strictly checked during the athlete inspection process; if there is a question, the inspector or referee should have the wrapping examined and approved by the Tournament Medical Staff. Under no circumstances will a hard splint or cast—no matter how small—be allowed.

Any violators of this article will be required to correct the violation within one minute, or face disqualification.

Medical Control

- The organizing committee shall be responsible for making arrangements to carry out medical testing.

Explanation: Taekwondo Equipment Standards

Belt Colors: Only WT belt colors will be allowed—black, poom (black and red), red, blue, green, yellow. Belts with stripes will be allowed.

Gloves: World Class Cadet Black Belts (12-14), Junior Black Belts (15-17) and Senior Black Belts are required to wear WT-approved Taekwondo gloves. Gloves may be red, blue, or white. If the competitor chooses to wear red or blue gloves, they must correspond with the color of the chest protector. Gloves must be open finger style. For all other divisions, gloves are optional and must comply with the above rule. Cloth gloves or hand covers are not allowed.

Properly fitting head protector: Unless electronic PSS head protectors are used, all participants must provide their head protector with no markings other than corporate logos. World Class Cadet Black Belts (12-14), Junior Black Belts (15-17) and Senior Black Belts are required to wear red or blue head protectors, corresponding with the color of the chest protector. White head protectors may be used. Cracks or defects in the headgear will not be allowed.

Mouth guard: All athletes are required to use a mouth guard, with a minimum thickness of 3mm. Mouth guards may be any color except solid red. Use of a mouth guard may be exempted upon submission of a medical doctor's statement that its use might cause harm to the contestant. Athletes with dental braces must wear special mouthguards for braces that cover both upper and lower teeth.



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Groin guard: All athletes (male and female) are required to wear a groin guard, which must be inside the pants during competition.

Properly fitting chest protector: Where an electronic Protection and Scoring System (PSS) is being used, all athletes will be provided full-body WT trunk protector. When an electronic Protection and Scoring Systems (PSS) is not being used, all athletes must provide their own WT-approved trunk protector. The trunk protector must cover the entire valid scoring area. All trunk protectors must wrap around and cover the back of the athlete in the valid scoring area.

Shin and instep protection: Shin and instep protectors are required, and they must be made of foam, cloth or vinyl. PSS sensor socks with built-in instep padding are also allowed. The instep protector may be red, blue, or white, but must correspond with the color of the chest protector, if choosing to wear blue or red protectors; any color shin protector is allowed.

Forearm guard: Forearm guards are required and they must be made of foam, cloth or vinyl. Any color forearm guard will be allowed.

Please Note: Sunshine Taekwondo reserves the right to disallow any uniform or equipment if it is found to be unsafe, offensive or degrading.

JUNIOR SAFETY RULES

Attacks to the head with light contact are allowed. The Referee will penalize the athlete for excessive contact. The referee can decide the winner of RSC (Referee Stop Contest) in case of a significant difference of competing ability between two athletes.

POOMSAE COMPETITION INFORMATION

TRADITIONAL POOMSAE

- **Dobok/Uniform:** Colored-uniformed will be allowed in this event
- **Color Belts:** You will choose ONE of the listed poomsae corresponding to the belt you registered

Division	Allowed Poomsae
Yellow	Taeguek 1 OR 2
Green	Taeguek 1, 2, 3, OR 4
Blue	Taeguek 3, 4, 5, OR 6
Red	Taeguek 4, 5, 6, 7, OR 8

- **Black Belts:** You can perform your current rank poomsae OR one rank below

1 st Poom/Dan	Taeguek 8 OR Koryo
2 nd Poom/Dan	Koryo OR Keumgang



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3rd Poom/Dan	Keumgang OR Taebaek
4th Poom/Dan	Taebaek OR Pyongwon

CREATIVE BREAKING COMPETITION INFORMATION

Overview & General Guidelines

- Use Taekwondo hand and foot techniques to break a maximum of 15 pine boards; head strikes are permitted but incur a 0.3-point deduction for each strike.
- Competitors must bring their own board holders to the event; credentials need to be picked up and returned, and they do not provide access to the competition area.
- There is a total of 3 minutes allotted for setup, performance, and cleanup; each 10 seconds exceeded results in a 0.3-point deduction.
- Props such as chairs, trampolines, glitter, or sound makers are not allowed; however, blindfolds are permitted, and holders can act as human launch pads during the performance.
- Multiple attempts to break boards are allowed; each failed break results in a 0.3-point deduction, and any unattempt boards also incur a 0.3-point deduction each.
- A board is deemed “broken” if it is fully separated or held loosely by strands that fall away naturally.
- Competitors must remain within the designated 8m x 8m competition ring; crossing both feet outside the area results in a 0.3-point deduction per violation, while board holders may cross freely.
- Ensure safety by avoiding flying boards that could potentially endanger others.
- Competitors may perform as many techniques as desired as long as they stay within the time limit.



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Athletes' Entry Form

COMPETITOR INFORMATION:

First: _____ Middle I: _____ Last: _____

Gender: M F Weight (lbs): _____ (Required for Kyorugi) Height: _____ ft _____ in

Belt Color: White/Yellow Green/Blue Red Dan: _____

GUARDIAN/PARENT DETAILS: [MARK SELF IF 18 AND ABOVE]

Full Name: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Phone #: _____ - _____ - _____ Email: _____

TAEKWONDO ACADEMY INFORMATION

Academy Name _____

Master/Instructor Name _____

Address: _____ City: _____ State: _____ Zip Code: _____

EVENTS SELECTION (Check Box)

Kyorugi [WTF Sparring] Poomsae [World TKD Official Poomsae] Breaking

Date: November 1st, 2025. **Location:** 48 E Bath Road, Cuyahoga Falls, OH 44223.
Registration Fee: \$80 for one and \$10 for each additional Event.
Online Registration: <https://www.usasunshinecarefoundation.org/registration>
Call or Text: 602-245-3403, 614-264-4592, 614-641-5120 **Email:** sunshinetkdacademy@gmail.com

HOLD HARMLESS AND LIABILITY RELEASE THE WAIVER AGREEMENT

I, _____, parent or legal guardian of the competitor (if a minor), voluntarily submit this registration for participation in the 1st Sunshine Taekwondo Open Tournament, hosted by Sunshine Taekwondo. I understand that Taekwondo is a full-contact martial art involving physical activity that may result in injury. I acknowledge that Sunshine Taekwondo, its instructors, staff, tournament organizers, officials, volunteers, and other participants are not responsible for any injuries, accidents, or damage that may occur before, during, or after the event.

By signing this waiver, I freely and voluntarily assume all risks involved in participation and release Sunshine Taekwondo and all affiliated individuals and organizations from any and all liability, including injury, loss, or damage, whether caused by negligence or otherwise. I affirm that I am legally authorized and competent to sign this release, and that I do so willingly and with full understanding of its terms. I further confirm that the participant is in good health and physically capable of safely competing under tournament conditions.

Signature of Competitor or Parent/Legal Guardian: _____

Print Name: _____ Date: _____



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COACH APPLICATION FORM

COACH INFORMATION

Full Name: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Phone #: ____ - ____ - _____ Email: _____

Dan: _____ Gender: Male _____ Female _____

Emergency contact:

First Name: _____ Middle Initial: _____ Last: _____

Phone #: ____ - ____ - _____ Email: _____

TAEKWONDO ACADEMY INFORMATION

Master/Instructor Name: _____

TKD Academy Name: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Make sure all your athletes must have a proper uniform and their own sparring equipment.

Date: November 1st, 2025. **Location:** 48 E Bath Road, Cuyahoga Falls, OH 44223.
Online Registration: <https://www.usasunshinecarefoundation.org/registration>
Call or Text: 602-245-3403, 614-264-4592, 614-641-5120 **Email:** sunshinetkdacademy@gmail.com

COACH LIABILITY WAIVER:

I hereby submit my application to participate as a coach in the 1st Sunshine Taekwondo Open Tournament. I understand that Taekwondo is a full-contact sport involving physical risk, including the possibility of injury. I accept full responsibility for any accidents, injuries, damages, or losses that may occur to me during physical exercises, competitions, or demonstrations throughout the tournament.

I agree to indemnify and hold harmless the tournament organizing committee, including organizers, staff, volunteers, venue personnel, referees, Masters, instructors, coaches, and fellow competitors—except myself—from any claims or liability arising from such incidents. I also acknowledge that any medical treatment provided by the organizing committee will be limited to first aid only. Furthermore, I consent to any photographs, videos, or recordings taken of or by me during the event being used by the tournament director for promotional or publicity purposes without compensation now or in the future.

Signature _____

Print Name: _____ Date: _____