

MOUNTAIN KIM MARTIAL ARTS 69TH TOURNAMENT

November 16th, 2025



PRE-REGISTRATION ENDS NOV. 14TH, 2025

Pre-registration	One-Event	\$95
	Two-Events	\$105
	Three-Events	\$115
At the door (all registrations after Nov. 14th)	One-Event	\$115
	Two-Events	\$125
	Three-Events	\$135

General Admission: \$10, cash / check ONLY
(free for under 5 & over 65)

All fees are NON-REFUNDABLE

PLEASE CIRCLE EACH CATEGORY			
DIVISION			
Men / Boys		Women / Girls	
EVENT			
Poomsae (Forms)	Board Breaking	Kyorugi (Sparring)	
BELT LEVEL			
Black (9:00AM)			
White - Yellow Stripe (10:30AM - 12:30PM)		Brown - Brown Stripe (3:00PM - 4:00PM)	
Green - Blue Stripe (1:30PM - 3:00PM)		Red (4:00PM - 6:00PM)	

AGE GROUP & RING ASSIGNMENT			
Ring #1	Ring #2	Ring #3	Ring #4
3 / 4 / 5	6	7	8 / 9
Ring #5	Ring #6	Ring #7	Ring #8
10 / 11	12 / 13	14 / 15	16 & up

Note: Depending on the number of participants, age groups and/or belt levels may be combined for forms and board breaking. Sparring will not be combined at any level.

Black Belt Meeting: 8:30AM; all black belts (referees, judges, competitors) are expected to attend this meeting

Name _____

Belt Color _____ Age _____

Phone _____

Email _____

Do Jang (school location) _____

Emergency Contact _____

Emergency Phone _____

I hereby submit my application for registration in the 2025 Mountain Kim Martial Arts 69th championship. I agree to waive all claims against anyone associated with the championship for injuries I may sustain, and likewise will assume full responsibility for all my actions in connection with the Championship.

I shall strictly observe and obey the rules and regulations, printed, verbal or otherwise, governing this championship. I further agree that any pictures taken of me in connection with the Championship can be used by the Championship director(s) for publicity or promotion without compensation at this or any other time.

Signature _____ Date _____

Parent/Guardian (IF UNDER 18 YEARS OF AGE) _____

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Please mail payments to:

Mt. Kim
P.O. Box 7
Clifton, VA 20124

OR

Scan in your banking app:



zelle

or type in info@mtkim.com as the recipient

If using Zelle as a method of payment, please be sure to email your registration form to info@mtkim.com

Tournament Location:
Annandale High School
4700 Medford Drive
Annandale VA, 22003

For more information:
(703) 255 - 0202
mtkimvienna@gmail.com

**** Please refer to back side for COMPETITION RULES ****

MOUNTAIN KIM MARTIAL ARTS COMPETITION RULES

Purpose: The purpose of the Competition Rules is to provide a set of standardized rules for all levels of Championships promoted and/or recognized by Mountain Kim Martial Arts. The Competition Rules are intended to ensure that all matters related to the competition are conducted in a fair and orderly manner. In addition, the Mountain Kim Martial Arts Championship Event is a student-friendly competition. All Competition Rules are applied to prioritize students' safety and to provide them a fair and educational experience.

DESIGNATED POOMSAE (FORMS) PER BELT LEVEL					
Belt Level	Recognized Poomsae		Belt Level	Recognized Poomsae	
White	Gibon Hyung #1 (or any other basic form of student's dojang)		Brown	Taegeuk 7 Jang	(Taegeuk 6 Jang)
White Stripe	Gibon Hyung #2 (or any other basic form of student's dojang)		Brown Stripe	Taegeuk 8 Jang	(Taegeuk 7 Jang)
Yellow	Taegeuk 1 Jang	(Gibon Hyung #2)	Red	Koryo	(Taegeuk 8 Jang)
Yellow Stripe	Taegeuk 2 Jang	(Taegeuk 1 Jang)	1st degree Black	Koryo	(Geumgang)
Green	Taegeuk 3 Jang	(Taegeuk 2 Jang)	2nd degree Black	Geumgang	(Taebaek)
Green Stripe	Taegeuk 4 Jang	(Taegeuk 3 Jang)	3rd degree Black	Taebaek	(Pyongwon)
Blue	Taegeuk 5 Jang	(Taegeuk 4 Jang)	4th degree Black	Free choice	
Blue Stripe	Taegeuk 6 Jang	(Taegeuk 5 Jang)			

if a non-WT form is performed, the competitor will begin with a disadvantage

BOARD BREAKING REQUIREMENTS							
Ring #1 Age 3-5	Ring #2 Age 6	Ring #3 Age 7	Ring #4 Age 8-9	Ring #5 Age 10-11	Ring #6 Age 12-13	Ring #7 14-15	Ring #8 16 & up
½ inch board		3 inch		5 inch	7 inch	9 inch	

**NO SAND BLOCKS/BRICKS. WOODEN BOARDS ONLY, spacers recommended

-All competitors are required to bring their own **boards** (available for purchase at the championship entrance, if needed (**cash / check ONLY**))

**Color Belts AND Black Belts: 3 targets

KYORUGI (SPARRING)	
All competitors are expected to bring their sparring equipment : mouth guard, groin cup, head gear, instep & shin guards, hand & forearm guards, chest protector	
Traditional WT rules (modified by Mountain Kim Martial Arts) apply; two points for controlled head kick; one point for chest guard strike with kick or noticeable reverse punch	
Color Belts : two rounds of 45 seconds	Black Belts : two rounds of 60 seconds

All required sparring gear will be available for purchase at the championship entrance (cash / check ONLY**)**

All contestants must wear a **WHITE TAEKWONDO UNIFORM or a **WT-APPROVED POOMSAE COMPETITION UNIFORM****

