



*A day to
celebrate your
progress and
spirit!*

DISCIPLINE • CONFIDENCE • A STRONGER TOMORROW

THE ONE INVITATIONAL TAEKWONDO CHAMPIONSHIP

TRAIN • CHALLENGE • GROW



SAT, NOV 14, 2026



Free Home Gym

12501 Cumming Hwy, Canton, GA 30115

ALL STUDENTS ARE WELCOME!



SPARRING

Show your
skill and courage!



POOMSAE

Demonstrate
your focus
and discipline!



BREAKING

Test your
power!



FAMILY FORM

Stronger
together!



SPEED KICKING

How many
can you do?



HIGH KICKING

Reach
new heights!



DEMO TEAM

Show what
Taekwondo
is all about!



Scan for details and Registration

TheOneChampionship.com

Call/Text 770.240.1833

COMPETE. SUPPORT. ENCOURAGE. CELEBRATE.

Event at a Glance

EVENT DATE

Saturday, November 14, 2026

REGISTRATION DEADLINE

Friday, November 13, 12:00 PM

VENUE NAME

Free Home Gym

VENUE ADDRESS

12501 Cumming Hwy, Canton, GA 30115

DOORS OPEN / CHECK-IN

8:00 AM

PARKING

Free parking on site

Directions: maps.app.goo.gl/sGh5EBV4pa5gyoqr6 (also on the Location page of theonechampionship.com)

Tournament Day Schedule

8:00 AM**Doors Open • Check-in**

Competitors check in; coaches collect their school's athletes.

9:00 AM**Opening Ceremony & Coaches Meeting**

All school owners and coaches please attend.

9:15 AM**Poomsae & Board Breaking**

All ages, grouped by age and belt rank.

11:00 AM**Demo Team Performance & Family Poomsae**

Midday showcase; families compete together.

12:00 PM**High Kicking & Speed Kicking**

All ages.

1:00 PM**Sparring Divisions**

All ages. Body-only point sparring, full protective gear.

Times are for the start of each block. Divisions run continuously within each block; please keep your athletes near staging when their event group is called.

Events, Fees & Registration

Events Offered

Poomsae

Any form • Chung / Hong head-to-head

Board Breaking

All ages

Family Poomsae

Family members perform together

High Kicking

All ages

Speed Kicking

All ages

Sparring

Body-only point sparring

Demo Team

Performance showcase at 11:00 AM • 10-minute time limit • participation medal for every member

Competitors are grouped by age and belt rank. Full rules for every event are on pages 4 to 6.

Entry Fees

FIRST DIVISION

\$80

EACH ADDITIONAL DIVISION

\$10

Payment is made securely by card at the end of online registration. A competitor's spot is confirmed once payment goes through.

How Registration Works for Your School

1

Your school is listed

Invited schools appear on the **Invited Schools** page. If your school is listed, your students are eligible to register.

2

Families register online

Parents go to theonechampionship.com, tap **Register Now**, choose your school from the list and select their events.

3

Pay by card to confirm

Payment is taken at the end of registration. The spot is confirmed as soon as payment goes through.

4

You get your roster automatically

Every registration from your school triggers an email to you with your school's **roster link**, so you always see who is in.

5

Waivers handled for you

The parent or guardian receives a waiver confirmation by email. Students bring the signed confirmation on tournament day.

Competition Rules

POOMSAE

Chung / Hong • max 4 per group

- **Maximum of 4 competitors per group**, placed by age and belt rank. Competitors perform **head-to-head in Chung (blue) / Hong (red)** pairs, side by side. Semifinal winners meet in the final.
- **Judges give a hand signal to the winner.** The competitor who receives **2 or more of the 3 judges' signals** wins.
- **Any form may be performed**; it does not have to match the competitor's belt level. Judges look at accuracy, balance, power, speed, rhythm and spirit.
- **Commands:** Cha-Ryut (Attention) • Kyung-Nae (Bow) • Joon-Bi (Ready) • Si-Jahk (Begin)

AWARDS: 1st Gold Medal • 2nd Silver Medal • 3rd Bronze Medal

BOARD BREAKING

3 boards • any technique • boards provided

- Each competitor breaks individually. The award is set by **which attempt** achieves the break, not by ranking against others.
- **Boards will be provided at each ring.** Competitors do not need to bring their own.
- **Every competitor breaks 3 boards, using any technique** of their choice.
- **Participants are strongly recommended to bring their own holder**, as the holder may affect the result.

AWARDS: Break on **1st attempt:** Gold Star Trophy • **2nd attempt:** Silver Star Trophy • **3rd attempt or more:** Bronze Star Trophy

FAMILY FORM

Team performance • all teams awarded

- Family members perform a poomsae together as one team, for recognition rather than ranking. Any form may be chosen.

AWARDS: Every participating family team receives a **Team Trophy**.

DEMO TEAM

Performance only • not competitive

- Demo Teams **perform, not compete**; no scores or placements are given. **Time limit: 10 minutes** per team.
- Teams bring their own props and clear the floor promptly after performing.

AWARDS: Every Demo Team member receives a **Participation Medal**.

Competition Rules

SPEED KICKING

Max 4 per group • most kicks wins

COMPETITION TIME

20 SEC

Ages 4-5 Little Tigers

30 SEC

Ages 6-12 Kids color belts

60 SEC

Ages 13+ and all Black Belts

- Competitors are placed in groups of a **maximum of 4**.
- **Targets are held by referees** at a consistent height for every competitor in the division.
- The competitor kicks the target as many times as possible within their age group's competition time. The referee starts and stops the clock.
- Only clean kicks that make **solid contact with the target** are counted.
- **Ties:** competitors with the same number of kicks are placed at the **same rank**.

AWARDS: 1st Gold Medal • 2nd Silver Medal • 3rd Bronze Medal

HIGH KICKING

Max 4 per group • last one standing wins

- Competitors are placed in groups of a **maximum of 4**. **Targets are held by referees**, who raise the target after each round.
- **Touch the target:** the competitor advances to the next attempt at the new height.
- **Miss the target, or fall down** (any part of the body other than the feet touching the ground): the competitor is out. No further attempts.
- The **last competitor remaining is the winner**. If competitors tie in the same round (all remaining miss, or all remaining succeed at the final height), they receive **another attempt** until the tie is broken.
- Placings follow elimination order: last remaining is 1st (Gold), last eliminated is 2nd (Silver), and the other two competitors each receive 3rd (Bronze).

AWARDS: 1st Gold Medal • 2nd Silver Medal • 3rd Bronze Medal

Competition Rules

SPARRING

Chung / Hong • best-of-rounds

1 MIN

per round

30 SEC

rest between rounds

2 OF 3

rounds wins the match

NO HEAD

contact, every belt & age

Match Format & Scoring

- Matches are **Chung (blue) vs. Hong (red)**. Each round is **1 minute** with a **30-second rest**. The competitor who wins **2 rounds** wins the match; a third round is fought only if the first two are split.
- **Scoring: Body kick = 1 point, Body punch = 1 point.** Points are **scored manually by the referees** using a scoring system. Kicks and punches must land cleanly on the chest protector; punches are straight, closed-fist techniques to the trunk only.
- **No head contact for all color belts and black belts, at all ages.** Any kick or strike to the head or face earns a penalty, and excessive or repeated contact may result in disqualification.
- **Tie: Golden Point.** If the score is tied, the round continues and **the first competitor to score a point is the winner.**

AWARDS: 1st Gold Medal • 2nd Silver Medal • 3rd Bronze Medal

Prohibited Acts (Penalty)

- Any contact to the head or face
- Attacking below the belt
- Grabbing, holding or pushing the opponent
- Knee strikes, elbow strikes or open-hand strikes
- Attacking after the referee calls **Kal-yeo** (break) or attacking a fallen opponent
- Stepping out of the ring or intentionally falling down
- Poor sportsmanship by a competitor or coach

Required Equipment

Every sparring competitor must wear **all** of the following. Competitors without full gear cannot compete.

- Headgear
- Chest protector (hogu), Chung / Hong
- Forearm guards
- Shin guards
- Mouthguard (checked by the referee each round)
- Groin protector (under the dobok)

Hand and foot protectors: not required, but **strongly recommended.**

Gear must fit properly and be in good condition. No jewelry, watches or hard hair accessories; fingernails and toenails trimmed.

General Rules, Gear & Spectators

— General Rules

- Competitors are grouped by **age and belt rank**.
- Full event-by-event rules are on pages 4 to 6. The referee's decision on the ring is final.
- Poomsae: **any form** may be performed; it does not have to match belt level.
- Respect to referees, coaches and opponents is required at all times.
- **Coaches and masters are responsible for their students' conduct.**

— What Competitors Bring

- Full uniform (dobok) and belt
- Sparring gear: headgear, chest protector, forearm and shin guards, mouthguard, groin protector (hand and foot protectors strongly recommended)

— Spectators

- Family and friends are welcome; seating is first come, first served.
- Photography is welcome. No flash during sparring matches.
- Please keep walkways and warm-up areas clear.
- Outside food is allowed; please clean up your area.

School Owner Checklist Before Tournament Day

- ☐ Request to participate online, then confirm your school appears on the Invited Schools page
- ☐ Share the registration link theonechampionship.com with your families
- ☐ Review your roster link: correct events and belt levels for every student
- ☐ Review pages 4-6 with coaches: event formats, competition times, no head contact
- ☐ Make sure all students register by Fri, Nov 13 at 12:00 PM
- ☐ Plan to arrive by 8:00 AM and attend the 9:00 AM Coaches Meeting
- ☐ Nominate black belts to referee and parents to volunteer (see next page)

Referees & Volunteers

Every great tournament runs on people who give their day to the sport. We warmly invite your **black belts to referee** and your **students, parents and instructors to volunteer**. Signing up takes about two minutes at theonechampionship.com (Referees & Volunteers page).

REFEREE

Black belts who keep the matches safe and fun

- Black belts only
- Quick training before the event; no prior experience needed
- Experienced masters on hand to help with any question
- A friendly, local event, not a national trial

VOLUNTEER

The people who make the day run

- Open to students, parents and instructors
- Roles: check-in, staging, awards, floor crew
- Full training the morning of the event
- No experience needed, just energy

What Every Referee & Volunteer Receives

Official event shirt & badge

A championship shirt and credential to keep.

Meals & snacks all day

Breakfast, lunch and drinks from check-in to the final medal.

Referee training

Learn to score a ring in one relaxed session.

Leadership & confidence

Directing athletes, coaches and parents builds real skills.

Behind-the-scenes experience

Staging, brackets, scoring and awards from the inside.

A team like family

Work alongside masters, parents and students from across the region.

"For many athletes at an invitational, this is the biggest stage they've ever stepped on." Your leaders can be the reason a student's day is made.

SCAN TO SIGN UP • REFEREES & VOLUNTEERS

Join the championship day team

theonechampionship.com/staff-signup • takes about two minutes



School Participation Request

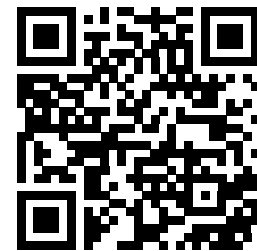
We would love to have your school join us on **Saturday, November 14, 2026**. Please send your participation request online. It only takes a few minutes.

STEP 1 • REQUEST ONLINE

Request to participate

theonechampionship.com/schools

Scan the code to go straight to the **Are you a school owner?** request form.



What Happens Next

2

We confirm your school

Once approved, your school is added to the **Invited Schools** list on the website.

3

Share the link with your families

Parents register and pay online at theonechampionship.com and choose your school.

4

Track your roster

You get an email with your school's **roster link** each time one of your students registers.

5

Register by the deadline

All registrations close **Friday, November 13 at 12:00 PM**.

Questions? Contact Us

EMAIL

info@theonetkd.com

CALL / TEXT

770-240-1833