THE ONE TAEKWONDO

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

LB "The Buzz" Ahrens
Recreation Center
7345 Cumming Highway, 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
LB "The Buzz" Ahrens Recreation Center

VENUE ADDRESS
7345 Cumming Highway, Canton, GA 30115

DOORS OPEN / CHECK-IN
1:00 PM

PARKING
Free parking on site

DIRECTIONS

Scan for directions to The Buzz

Opens Google Maps • also on the Location page of theonechampionship.com

Tournament Day Schedule

1:00 PM	**Doors Open • Check-in**	Competitors check in; coaches pick up their school's athlete ID badges.
2:00 PM	**Opening Ceremony & Coaches Meeting**	All school owners and coaches please attend.
2:15 PM	**Poomsae & Board Breaking**	All ages, grouped by age and belt rank.
4:00 PM	**Demo Team Performance & Family Poomsae**	Afternoon showcase; families compete together.
5:00 PM	**High Kicking & Speed Kicking**	All ages.
6:00 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**
- **Board Breaking**
- **Family Form**
- **High Kicking**
- **Speed Kicking**
- **Sparring**
- **Demo Team**
  Performance showcase at 4:00 PM · 10-minute time limit · participation medal for every member

Competitors are grouped by age and belt rank; genders may be combined when a group is small. **Little Tigers, White and Yellow belts do not compete in Sparring or High Kicking.** Full rules: pages 4 to 6.

Entry Fees

FIRST DIVISION	EACH ADDITIONAL DIVISION
$80	$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 (School Owners & Families)

1. **Check that your school is listed**
   Students can register only if their school appears on the **Invited Schools** page. School owners who are not listed can request to participate (see the last page).
2. **Families register online**
   Parents go to theonechampionship.com, tap **Register Now**, choose their school from the list and select their events.
3. **Pay by card to confirm**
   Payment is taken at the end of registration, and the spot is confirmed as soon as it goes through. Registration closes **Fri, Nov 13 at 12:00 PM**.
4. **School owners get the roster automatically**
   Each registration sends the school owner an email with the school's **roster link**, so owners always see who is competing.
5. **Waivers are handled online**
   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 (genders may be combined when a group is small). Competitors perform **side by side in Chung (blue) / Hong (red) pairs**. Semifinal winners meet in the final.
- **Judges give a hand signal to the winner**; **2 or more of the 3 judges' signals** wins. **Any form may be performed**; it does not have to match belt level.
- **Little Tigers (ages 4-5) do not perform a form.** Instead they perform basic motions: **10 punches in horse-riding stance**, then **5 front kicks with each leg from kicking stance**. The same pairing, commands, judging and awards apply.
- **Commands:** Cha-Ryut (Attention) • Kyung-Nae (Bow) • Joon-Bi (Ready) • Si-Jahk (Begin) • Ba-Roh (Return to Joon-Bi)

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.
- **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**: Black 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	30 SEC	60 SEC
Ages 4-5 Little Tigers	**Ages 6-12** Kids color belts	**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

- **Not offered for Little Tigers, White belts or Yellow belts.**
- 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	30 SEC	2 OF 3	NO HEAD
per round	rest between rounds	rounds wins the match	contact, every belt & age

Match Format & Scoring

- **Not offered for Little Tigers, White belts or Yellow belts.**
- 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. Spinning kicks score no extra points**; they are 1 point like any body kick. 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 belts and 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.

Medals & Trophies



1st Place
Gold Medal



2nd Place
Silver Medal



3rd Place
Bronze Medal



Demo Team
Participation Medal



Gold Star Trophy
Breaking: 1st attempt



Silver Star Trophy
Breaking: 2nd attempt



Black Star Trophy
Breaking: 3rd attempt or more



Team Trophy
Family Form

Awards by Event

Poomsae	1st Gold Medal • 2nd Silver Medal • 3rd Bronze Medal
Speed Kicking	1st Gold Medal • 2nd Silver Medal • 3rd Bronze Medal
High Kicking	1st Gold Medal • 2nd Silver Medal • 3rd Bronze Medal
Sparring	1st Gold Medal • 2nd Silver Medal • 3rd Bronze Medal
Board Breaking	Gold, Silver or Black Star Trophy, by attempt
Family Form	Team Trophy for every family team
Demo Team	Participation Medal for every member

General Rules, Gear & Spectators

General Rules

- Competitors are grouped by **age and belt rank**. Boys and girls **may be grouped together** when a group is small.
- **Little Tigers, White and Yellow belts** do not compete in Sparring or High Kicking. Little Tigers perform basic motions instead of a form.
- 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

- **There is no spectator fee.** Admission is free for family and friends.
- 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 1:00 PM and attend the 2:00 PM 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
A championship shirt 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.

Volunteer hours opportunity
Earn volunteer hours for helping on championship day.

The ONE Team: All Leadership Team members will receive **10 volunteer hours** for this event. You must **stay until the end of the day** to receive the hours.

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