



UNITED STATES TAEKWONDO ACADEMY
USTACADEMY.COM

USTA ANNUAL FRIENDSHIP CHAMPIONSHIP-2026

You are invited to USTA Tae Kwon-Do Championship on Saturday August 29th. 2026. This is an un-biased and safe event for all students to participate, which will allow them to show off their skills! It is also a great opportunity for those who have never competed before to ease into the competition arena. Please accept our warmest invitation. Competitors will be positioned in divisions according to their belt rank and age, beginning at four years of age. A Gold medal will be awarded to the first place winner, a silver medal will be awarded to the 2nd place winner, and Bronze medal will be awarded to all third place winners.

This tournament is certain to be a memorable experience for all competitors. Your participation will make this championship a successful event. Please join us and help create a tradition based on trust, fairness, respect and spirit.

Should you have any questions, or need further information, please call (Garland 972-238-7073/ Allen 469-632-0828, 972 678-0449. Thank you

DATE: SATURDAY, AUG. 29TH, 2026

AWARDS:

A GOLD Medal will be awarded to all first places.
Silver Medals will be awarded to all second places.
Bronze Medals will be awarded to all third, fourth and fifth places.





GOOD SPORTSMANSHIP A RESPONSIBILITY OF EVERYONE (MUST READ)

The best coaches — and parents — encourage their kids to play fair, to have fun, and to concentrate on helping other players while polishing their own skills.

Developing Good Sportsmanship

Remember the saying "Actions speak louder than words"? That's especially true when it comes to teaching your children or students the basics of good sportsmanship. Your behavior during practices and games will influence them more than any pep talk you give them.

Here are some suggestions to help improve sportsmanship in yourself and your own kids:

- Unless you're coaching your child, you need to remember that you're the parent. Provide words of encouragement, not directions, from the sidelines (there is a difference!).
- If you are involved in the same training with your son/ daughter, do not expect too much out of them.
- Keep your comments positive. Don't bad-mouth instructors, other students, or referees.
- After a competition, it's important not to dwell on who won or lost. Instead, try asking, "How did you feel you did during the tournament or during the breaking?" If your child feels weak at a particular skill, like forms or sparring, encourage them to work on it before the next tournament.
- Congratulate good performance by other students.
- Set a good example with your courteous behavior toward the parents of kids on the other side. Congratulate them on their kids' accomplishments.
- Keep your perspective. It's just a game. Even if you or your kid loses every event, it's unlikely to ruin your life or your child's life or chances of success.
- Look for examples of good sportsmanship in other students and point them out to your kids. Talk about the bad examples, too, and why they upset you.
- Finally, don't forget to have fun. Even if your child isn't the star, enjoy the game while you're thinking of all the benefits your child is gaining — new skills, new friends, character building and attitudes that can help all through life



Attitude can make, break a student:

We need to keep in mind that the psychological side of being an athlete is something that is just as important as your fast kicks, sharp forms, perhaps even more so.

Athletes are intensely competitive. That's what helped us most when we used to compete- if skill fails, the desire to win can take over and get the job done. But then we had many other matches of losses where it brought to us a better understanding of competition, it became clear that the best sense of satisfaction is when knowing that you have done your best and your best is better than the rest.

Another thing that distinguishes good athletes from great athletes is the level of commitment. We don't just mean maintaining class attendance. It means an attitude where you take full responsibility for success and failure, and continuing training as part of your life. This takes a lot of personal confidence.

To become a successful student, you must understand this commitment and have the confidence to abide by it. The psychology of sport is the element which sets athletes apart from non-athletes and good athletes apart from great athletes.

The Competitor

1. Treats opponents with respect
2. Plays hard while playing within the rules
3. Exercises self-control at all times
4. Sets a positive example for others to follow
5. Respects officials and accepts their decisions without argument or gesture
6. Wins without boasting and loses without excuses
7. Always remembers it is a blessing to have the tools to compete athletically
8. Stands as a symbol of pride for family, school and community

The Coaches

1. Treats his/her own players and opponents with respect
2. Inspires within his/her players a love for the game and a desire to compete fairly
3. Is a positive role model who others want to follow
4. Provides discipline for unsporting behavior
5. Respects the judgment and interpretation of the officials
6. Realizes that being a teacher extends into the athletic arena



The Official

1. Has knowledge of the rules of play and understands the intent of the rules
2. Places the welfare of the participants above all other considerations
3. Treats players and coaches with respect and expects the same in return
4. Works cooperatively with fellow officials and other game personnel
5. Is firm, but fair, in all decisions without regard for previous game incidents
6. Maintains confidence, poise and self-control throughout the contest
7. Never allows outside influences to interfere with game situations

The Spectator

1. Attempts to understand the rules of play, and their intent
2. Appreciates good play, and applauds it, regardless of who performs it
3. Cooperates with, and responds enthusiastically with positive cheering
4. Shows compassion for injured players
5. Never jeers, heckles or attempts to distract players
6. Never uses profane or obnoxious language or behavior
7. Respects the judgment and strategy of coaches, and never criticizes players or coaches
8. Respects the authority of those who administer the competition
9. Attempts to censure those whose behavior is unruly



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Schedule of Events - Absolutely NO Same Day Registration!

Aug. 29th 2026

- **Check-in:** 08:40
- **Volunteers Meeting:** 09:00am – 09:20am
- **Preparing students for Forms:** 09:20am- 09:30am
- **Forms Competition:** 09:30am-10:10am
- **Board Breaking:** 10:15am – 11:00am
- **Short Break & Prepare for Sparring:** 11:00am- 11:05am
- **Sparring:** 11:05am- 12:00pm

- **ENTRY FEES: 1 Event \$110.00**
- *Additional Event: Add \$20/ Each*
- *For example: 3 Events= \$150*

ENTRY DEADLINE: All applications must be submitted no later than Monday Aug. 17th 2026.

Early Registration: 45% off on tournament T-Shirt, for only \$15.00 (value \$25.00).

LATE FEES: After Aug. 17th 2026 registration will be accepted, until Aug. 24th 2026 and will incur a \$20 late fee NO EXCEPTIONS.

Applications submitted after **Aug. 24th 2026 WILL NOT be accepted.**

PAYMENT INFO: All payments must be in the form of a personal check made payable to: USTA, or cash.

UNIFORM REQUIREMENTS: All contestants must wear a clean WHITE Dobok (uniform) only.

FORMS (Poomse)

All individual Poomse contestants must perform the official Poomse required for their current rank or one rank below their current rank.

Form Rules & Scoring Criteria

1. Students must wear full TKD uniform
2. Students are allowed to perform their form belt level or one rank below
3. Forgetting part of the form will result in one full point deduction
4. Scoring high grade will be judged on: Balance, Stances, Power, Accuracy, Kicks.
5. Trophies will be awarded the end of each group

Board Breaking (Difficulty)

6. Each Student will receive ONE BOARD
7. Students must wear full TKD uniform
8. The more advance the technique, the higher the score (e.g., Side kick is more advance than Axe Kick)

(RISK V. REWARD)

9. A Kick is more advance than hand technique
10. Breaking from first attempt will score higher than 2nd attempt or 3rd. (Hand breaking from 1st attempt will score higher than a kick with two or more attempts)
11. Showing confidence in yelling louder encourages higher score.
12. Trophies will be handed over at the end of each division.

Power Breaking

1. Competitors must use cement bricks.
2. Students may purchase bricks to challenge others.
3. Students must break a stack of bricks with one single technique
4. The more bricks students break, the higher the score.
5. Cement bricks will score higher than wooden boards
6. Breaking from 1st attempt will score higher than multiple tries.
7. Trophies will be handed over at the end of each division.

Sparring Rules

1. Students must wear full TKD uniform
2. Any Student with 2 Gold medals at the end of the B.BR, Report to Registration table before starting sparring
3. All competitors must have their weight checked and recorded at USTA using the same scale
4. Students must have all protective gears.
5. Students are not allowed to kick to head (-1point if happened)
6. Each match will have 2 rounds of 1 minute each, and 30sec. break.
7. Students are not allowed to object to referees decisions.
8. Any roundhouse kick will score 1 point
9. Any turning kick to chest will score 2 points
10. Students listed on the top of each bracket will wear BLUE chest gear. Bottom Bracket will wear Red



Tournament Schedule 2026

Time	Event
09:00am- 9:20am	Judges & Volunteers meeting
09:20am- 9:30am	Preparing Students for Forms
09:30am- 10:10am	Forms (For All Divisions)
10:15am- 11:00am	Board Breaking (For All Divisions)
11:00am- 11:05am	Short Break and prepare for Sparring or all divisions
11:05am-12:00pm	Sparring for all Divisions



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Sat. Aug. 29th 2026

All Color Belts

Absolutely NO Same Day Registration!

Name: _____

DOB _____ Age _____ Weight (**at the academy**) _____ : Sex _____

Belt Rank: Belt Color: _____ Phone: _____

Divisions:

Color Belts (All Ages)

- ☐ **Forms (Poomse)** WHAT FORM ARE YOU DOING?
- ☐ **Board Breaking**
- ☐ **Sparring**

Entry Fees:

- 1 event: **\$110.00**
- **Additional Event: Add \$20/ Each**
- **For example: 3 Events= \$150**
- **+ \$15** for Tournament T-shirt at time of registration (value \$25) **T-Shirt Size :.....**

AMOUNT ENCLOSED: _____

Registration Fee after Aug. 17th /2026 and before Aug. 24th /2026 + \$20.00 Late fee

***REGISTRATION FORMS MUST BE Submitted BY Aug. 17th 2026**

- | | |
|--|--------------------------|
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ATHLETE WAIVER/RELEASE FORM ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in any USTA of the U.S. Inc. activity ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of the Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further agree and warrant that if at anytime I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
 2. FULLY UNDERSTAND that: (a) ATHLETIC ACTIVITIES INVOLVE RISK AND DANGER OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COST, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.
 3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the United States TKD Academy of the U.S. Inc. (USTA), Foundation Masters of Taekwondo directors, agents, employees, and assigns of each, and the USTA Associations, clubs, coaches, officials, referees, administrators, members, volunteers, participants, sponsors, advertisers, and if applicable, owners and lessors of the premises on which the Activity takes place, and any other indemnified and held harmless by the USTA, each considered one of the "RELEASES" herein FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASES" OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS, NEGLIGENCE SECURITY, TRAVEL, AND RECREATIONAL OPERATIONS AND ACTIVITIES; AND I FURTHER AGREE that if, despite the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OR RISK, AND HARMLESS EACH OF THE RELEASES from any litigation expenses, attorney fees, loss, liability, damager, or cost which any may incur as the result of such claim.
- I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OR ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOT WITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.
- PRINT NAME OF PARTICIPANT: _____ PARTICIPANT'S SIGNATURE (only if age 18 or over): _____ Date: _____

MINOR RELEASE

AND I, THE MINOR'S PARENTS AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF ALTHETIC ACTIVIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACITIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE'S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, ORDAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEE'S" OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATION AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM. PRINTED NAME OF PARENT/GUARDIAN: _____ ADDRESS: _____ City, State, Zip _____ PHONE: (____) _____ - _____ DATE: _____ PARENT/GUARDIAN SIGNATURE (only if participant is under the age of 18): _____