



2026 USAT Minnesota State Championships

Tournament Packet

Grandmasters, Masters, Black Belts, Coaches, Parents, and Competitors I cordially invite you to and welcome you to the 2026 USAT 12.0 Minnesota State Championships & National Qualifier. This packet contains all the event information, registration details, and planning needed for you and your athlete for competition.

Event Name: 2026 USAT Minnesota State Championships

Date: Saturday, May 16th, 2026: 9:00am Start Time

Location: Anoka Middle School-2127 N 6th Ave, Anoka, MN 55303, USA

Weigh ins: Friday, May 15th, 2026 4pm-8pm

Location: MN Star Martial Arts-3369 Coon Rapids Blvd NW, Minneapolis, MN 55433

Event Status: USAT 12.0 Event (Those of you planning to attend the 2026 USAT Nationals in Charlotte, NC must medal at this event.)

****All athletes, coaches, referees, and volunteers must have a current active USAT membership. USAT membership WILL NOT be included with your registration fee, and your membership must be obtained prior to competition. Anyone aged 18 and older must have completed a current SafeSport course and background screening before registering for this event. You may complete this section once you become a USAT member. Those who do not have this finished cannot compete, coach, ref, or volunteer on the competition floor. ****

Thank you for understanding. These are REQUIREMENTS for our state championships. With your USAT membership, members are insured under USAT for any injuries or accidents that may occur during the event.

Event Details for the 2026 USA Taekwondo Minnesota State Championships

Link to sign-up as a USAT member: <https://usataekwondo.sport80.com/public/wizard/e/510>

Events Offered (Links to view all rules for each event): <https://usatk.org/usatk-competition-rules>

-Traditional Poomsae (Palgwe, Taegeuk, Yudanja Poomsae)

-Sport Poomsae (Individual, Pairs (One Male, One Female), Teams (Three Male, Three Female))

-WT Olympic Kyrougi (Use of **Gen 2** will be in use at our MN state qualifier)

COMPETITORS MAY COMPETE IN BOTH TRADITIONAL AND SPORT POOMSAE BOTH A STATE AND NATIONAL LEVEL

****PLEASE NOTE: IF GOING TO NATIONALS YOU MUST HAVE GEN 3 EQUIPMENT READY BEFORE COMPETING AT NATIONALS. GEN 2 EQUIPMENT WILL NOT BE USED AT NATIONALS THIS YEAR.****

Entry Fees: \$80 Regular Registration + \$20 per event and Processing Fees

\$30 Coaches registration

USATKD DOES NOT allow for on-site registration for coaches, or referees. Athletes, with existing incomplete registration, may NOT complete their pre-registration on site. Athletes that have not started registration in the tournament database system will not be allowed to enter the competition on-site. If the member attempting to register on-site does not meet the criteria above, they will be refused the ability to participate.

Important Dates:

: Final registration closes May 5th at 11:59pm

: Designated Sport Poomsae Forms will be released (All World Class Divisions will have their forms selected the day of in real time.)

May 15th : Weigh-Ins 4:00pm to 8:00pm **Athletes sparring MUST weigh-in the day before competition**

May 16th: USAT Minnesota State Championships (9:00am start time)

Tournament Day Information

Rules & Competition Standards: This is a national qualifying event. All divisions will follow current USAT Taekwondo rules and regulations. Certified referees and judges will be used to ensure fairness and safety for all players. This, along with creating a professional environment and experience for all in attendance, will be our main priority at this event.

Coaches Volunteers, & Athlete Expectations: All coaches, MUST be USAT members and are responsible for athlete conduct and equipment compliance. Sportsmanship and professionalism are expected from all the participants, coaches, volunteers, and spectators and will follow all SafeSport guidelines to all in attendance.

Venue Information: Anoka Middle School will be hosting this event. There will be a concession stand at the venue, but outside food not permitted.

****PLEASE KEEP THE VENUE FREE FROM TRASH. NO FAST FOOD INSIDE THE COMPETITION AREA****

Doors will be open at 8:00am

Spectator Fees

Ages five and under: Free

Ages 6 to 64: \$5 Spectator Fee

Ages 65 and Older: Free

Nearby Hotel Recommendations:

The following hotels are located within 10–15 minutes of the Anoka Middle School and are used by most teams and families attending events in the area:

Communication & Updates:

Official updates and advertising will be posted through the Minnesota Sport Taekwondo Association Facebook Page and Sport80. All are encouraged to follow our page to monitor for updates leading to the big event. Like and follow our page using the link below:

<https://www.facebook.com/mnsporttkd>

Contact Information

Tournament Director: Lucas Holzhueter

Email: mnsporttkd@gmail.com

Phone: (218)-234-5890

Thank you all for supporting Taekwondo in Minnesota, Taekwondo in our region, and most importantly supporting your Taekwondo athletes. We look forward to bringing USAT National Qualifiers and Sanctioned events back to Minnesota. Please feel free to reach out with any questions, comments, or concerns.

Minnesota Sport Taekwondo Association Board of Directors

President-Grand Master Lucas Holzhueter **Vice President**-Grand Master James Franklin

Secretary- Master Ricardo Aguilera **Treasurer** - Master Cameron Kerns