



2026 Dallas Open International Taekwondo Championships USA Taekwondo Sanctioned 10.0

March 14, 2026

Loos Field House
3815 Spring Valley Rd.
Addison, Texas 75001

PRESENTED BY:
2026 Dallas Open International
Taekwondo Championships

TOURNAMENT DIRECTOR:
Grandmaster Inseon Kim

TOURNAMENT ORGANIZER:
Dennis Pinaroc

INFORMATION:
www.dallastkdopen.com

www.usa-taekwondo.us www.txtkd.org
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ONLINE REGISTRATION ONLY:
<http://usataekwondo.sport80.com>



Invitation Letter

Dear Grandmasters, Masters, Coaches, Athletes, and Taekwondo Families,

On behalf of the organizing committee, it is my great honor to invite you to participate in the **2026 Dallas Open International Taekwondo Championships**, to be held on **March 14–15, 2026**, in **Dallas, Texas, USA**.

The 2026 Dallas Open will be a **two-day championship event** designed to provide high-level competition opportunities for athletes of all ages and divisions.

- **Saturday, March 14, 2026**, will be conducted as a **USA Taekwondo–sanctioned 10.0 event**, allowing eligible athletes the opportunity to earn **official USA Taekwondo ranking points**.
- **Sunday, March 15, 2026**, will feature an **Open Taekwondo Championship**, welcoming competitors from all organizations to compete in a spirit of excellence, sportsmanship, and international friendship.

The Dallas Open has a strong tradition of hosting outstanding competition and bringing together athletes, coaches, and officials from across the United States and around the world. **Belgium, the United Kingdom, Japan, Pakistan, India, Vietnam, Aruba, Mexico, Barbados, and other countries have already indicated their plans to attend**, further highlighting the truly international scope of this championship.

Our team is committed to delivering a professionally organized event with fair officiating and a positive competitive environment for all participants.

We sincerely hope you will join us in Dallas for this exciting international taekwondo event. Additional details regarding divisions, schedules, and registration will be announced soon.

Thank you for your continued support of Taekwondo. I look forward to welcoming you to Dallas in March 2026.

Respectfully,

Grandmaster Inseon Kim

A handwritten signature in black ink.

Director - 2026 Dallas Open International Taekwondo Championships





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IMPORTANT INFORMATION

This will be a 1-day event. (Weigh in: Friday, March 13th)

- Saturday Sparring Athlete MUST weigh in Friday March 13th **6:00pm-10:00pm**
- Weigh-ins include: Ages 6-7, 8-9, 10-11, 12-14, 15-17, 17-32, 32+ All belts sparring

Day 1 (Saturday, March 14th) PSS - KPNP ALL DIVISIONS

- **COMPETITION**- All Color Belt competitions: ages 6-7, 8-9, 10-11, 12-14, 15-17, 17-32, 32+ All belt sparring
- **COMPETITION**- Ages 6-32 and 32+ All Black Belt sparring competitions
- **CHECK IN** – Poomsae Athletes (**7:00am-8:00am**)

Note: Exhibition matches will be allowed as time permits AT THE END OF ALL REGULAR COMPETITION and with permission of both competitors coaches. A list of single competitors will be posted on the website after registration closes. Please see the schedule for exhibition timing.

Weigh-ins are required for all sparring competitors.

FRIDAY 6:00pm-10:00pm NO EXCEPTIONS

Poomsae Competition

Note: For Poomsae, all color belt and 6-11 year old Black Belt divisions have only two rounds, prelim and final. For any division with more than 9 competitors, the top 8 competitors will advance to the final round. For any division with less than 9 competitors, all competitors will advance straight to the final round. Competitors will perform one Poomsae for prelim and one Poomsae for the final round. **Designated Poomsae will be released closer to the tournament date.**

All the other black belt divisions (individual age 10+, pairs and teams) will do WT cut off format performing one Poomsae for prelim, one Poomsae for semi-final round and two Poomsae for the final round. **Designated Poomsae will be released closer to the tournament date.**

All Black Belts ages 10 and over will compete in the Individual Recognized Poomsae format. No exceptions.

All registrations must have been completed online PRIOR to the event.
There will be NO onsite registrations accepted.

Please check online at: www.dallastkdon.com
for official updates and notifications about this competition.



GENERAL INFORMATION

Event Contact

info@kimsusa.net - Overall Event questions

Registration Help Contact

mnewman@usatkd.org

Competition Venue

Loos Field House
3815 Spring Valley Rd.
Addison, Texas 75001

Check-in & Weigh-ins

Host Hotel
DoubleTree by Hilton Hotel Dallas Near the Galleria
4099 Valley View Lane
Dallas, Texas, 75244, USA

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4099 Valley View Lane
Dallas, Texas, 75244, USA

Event Spectator Tickets

1 day pass - \$20.00
Children under 4 years – FREE

Admission tickets may be purchased with **Cash Only** and will be available at the time of weigh-in/credential pickup as well as at the door during the competition.



COMPETITION REGISTRATION FEES & DEADLINES

Competitor Events: ALL participants (coaches and athletes) must register at:
<http://usataekwondo.sport80.com>. Final registration deadline is **Wednesday, March 4th**

This competition is for ages 6 and over and Yellow belt and higher.

Events	Ages	Belts
Individual Recognized Poomsae	All Ages	All Belts
Recognized Pairs Poomsae (Mixed)	Youth, Cadet, Junior, U30, U50, U60, O60	Black Belt only
Recognized Team Poomsae (M, F)	Youth, Cadet, Junior, U30, U50, U60, O60	Black Belt only
Individual Freestyle Poomsae	8-11, 12-17, 18 & over	Black Belt only
Freestyle Pairs Poomsae (Mixed)	8-11, 12-17, 18 & over	Black Belt only
Freestyle Team Poomsae (Mixed)	8-11, 12-17, 18 & over	Black Belt only
Sparring	All Ages	All Belts

Color Belt and U9 black belt designated poomsae is posted on page 13 of this document.
The compulsory poomsae for black belt ages 10 and over is found on page 14. The designated poomsae will be posted on March 4, 2026.



Athlete Fees

Registration Type	Tournament Registration Fee	Registration Deadline	Plus Each Event (Additional)
Athlete	\$130	March 4, 2026	\$25

In order to register on Sport80, make sure you choose the correct age (date of birth) and you must choose a rank (Color Belt) to let you choose a division and make a payment. Payments must be made by registration due dates. If registration is not finalized by March 4, 2026, your registration and information will not be sent to us, and your registration will not be processed. Therefore, no pending registration will be accepted after the close of registration date: March 4, 2026.

Check-in & Weigh-ins

Host Hotel

DoubleTree by Hilton Hotel Dallas Near the Galleria
4099 Valley View Lane
Dallas, Texas, 75244, USA

ALL COMPETITORS must check-in at registration for credential pick-up to be included in their division brackets. All competitors must be checked in to be included in the brackets.

Registration Checklist

Completing all items on this list will help ensure a speedy check-in and weigh-in process at the 2026 Dallas Open Taekwondo International Taekwondo Championships 10.0 Event.

- Ensure you registered online & input your correct weight. NO ONSITE registrations will be allowed.
- A valid form of ID: ID, U.S. Birth Certificate, Passport Book or Card, School ID or Report Card, Valid Driver's License or Government Issued ID, or Military ID.
- Sparring competitors: bring appropriate attire – refer to "Weigh-In Rules."
- Poomsae ONLY competitors must still check-in order to be on brackets, if not, they may be disqualified.
- Bring payment if required: cash only. No Checks or Credit Cards.
- Coaches must pick up credentials during credential pick up times only.

Weigh-in Rules

- ALL sparring competitors MUST weigh-in the **DAY BEFORE** the scheduled competition. A maximum of two (2) weigh-ins are allowed per athlete. The 2nd weigh-in must occur before registration is officially closed.
- Contestants are required to show a valid form of ID to weigh-in.
- Any irregular action by the competitor or coach during the weigh-in may result in disqualification from event participation.
- Weigh-ins, for both males and females, shall be done in athletic clothing. A total of .2 kgs will be deducted from the weight on the scale. Under NO circumstance may an athlete weigh-in in the nude in the U.S. No sports bras or crop tops. All females and males must wear a T-shirt and Shorts.



Coach Fees

Registration Type	Tournament Registration	Registration Deadline
Coach	\$65	March 4, 2026

Coaches must have current and up-to-date Safe Sport training and background check in order to participate in this event. All coaches must follow rules and regulations, keep in Martial Arts conduct, and abide by USATKD rules and regulations.

No onsite registration for athletes or coaches. This includes adding events. Any changes on site will have a minimum charge of \$50 cash paid on site.

Coach Requirements

In addition to the coach's attire and conduct requirements as outlined in USAT, there will be the following requirements:

- Coach courtesy hold and match management:
 - First-round we will make accommodation for coaches with multiple athletes in separate rings.
 - Due to the scale and scheduling of this event, referees will be instructed NOT to hold matches until Black Belt Finals
 - Once the division brackets and match orders are set by officials, no changes will be accepted on the floor.
- Coach etiquette:
 - No recording video or pictures ringside or on the competition floor.
 - No phones, headsets, earbuds, etc. at ringside or on the competition floor.
 - No loitering behind the ring table.
 - No questions during the competition.

Violations of etiquette may be penalized with a yellow card (sanction).



2026 Dallas Open Taekwondo International Taekwondo Championships 10.0 Event
March 14, 2026



SCHEDULE OF EVENTS

FRIDAY March 13, 2026

Location:

Double Tree Hilton Near the Galleria
4099 Valley View Lane, Dallas, Texas 75244

REPORT TIME	EVENT
6:00pm -10:00pm	ONLY SPARRING COMPETITORS Weigh in & Credential Pick Up

SATURDAY March 14, 2026

Location:

Loos Field House
3815 Spring Valley Rd., Addison, Texas 75001

REPORT TIME	EVENT
7:00am to 8:00am	ONLY POOMSAE COMPETITORS Check In & Credential Pick-up
8:00am	Poomsae Competitors Report to Holding
8:30am	Poomsae Competition Begins
12:00pm	Sparring Competitors Report to Holding
12:30pm	Sparring Competition Begins

PLEASE NOTE:

A more detailed schedule will be released after early registration closes on March 4th



COMPETITION FORMAT INFORMATION

Competitor Awards

Medals will be awarded to one 1st, one 2nd and two 3rd place winners.

Competition Area & Rules

Per USAT regulations, the competition area is open only to the following personnel. Everyone else must watch from the designated spectator areas.

- Registered & certified coaches
- Registered & certified referees
- Registered athletes
- 2026 Dallas Open International Taekwondo Championship staff & volunteers

Anyone on the competition floor must have Safe Sport Background Check membership.

Your cooperation helps us run a smooth & professional event. Thank you for your support.

2026 Dallas Open International Taekwondo Championships follows all rules endorsed by USA Taekwondo found on their website at: <https://www.teamusa.org/usa-taekwondo/v2-events/competition-rules>

Mandatory Competition Equipment

OFFICIAL POOMSAE UNIFORM (DOBOK)

- All contestants must wear a white Taekwondo V-neck PATU/WT approved uniform or WT approved Poomsae competition uniform in good condition, and appropriate to the contestants' division.
- Black Belts must wear black-collared white uniforms or WT approved Poomsae competition uniform.
- Only black belt athletes 14 and under may wear a poom belt. If an athlete wears a poom collar uniform they must wear a poom belt.
- Color belts may not wear black-collared uniforms.

OFFICIAL SPARRING UNIFORM (DOBOK)

- All contestants must wear a white Taekwondo V-neck PATU/WT uniform (dobok) in good condition.
- Black belts must wear black-collared uniforms.
- Poom rank (14 and under black belts) may wear poom uniforms with black and red collars.
- Color belts must wear white-collared uniforms; color belts cannot wear black-collared uniforms.
- No tape will be allowed on any part of the uniform.



All sparring competitors must wear (USAT approved):

- White or red or blue headgear (red & blue headgear must be matched with chest protector color); Ages 12-32 World Class Black Belt Sparring competitors must have a Red or Blue headgear.
- Red and blue reversible chest protector (hogu)
- Forearm guards
- Shin and instep guards
- Groin cup (male AND females, All Ages)
- White or Transparent Mouthpiece. Competitors with braces need to cover both upper and lower teeth when braces are present on both.
- Ages 12-32 World Class and Grassroot Black Belt Sparring competitors must also wear WT approved TKD Gloves.
- **PSS Scoring requirements**

PSS

We will be using the KPNP PSS system for the 2026 Dallas Open International Taekwondo Championships. All color and black belts (all ages) will require KPNP PSS electronic socks. The Organizing Committee will provide Chest Guards and Helmets for all sparring competitors.

NO SOCKS WILL BE AVAILABLE ONSITE YOU MUST PURCHASE YOUR SOCKS PRIOR TO THE COMPETITION

Points Ranking System

The 2026 Dallas Open International Taekwondo Championships will use the current Tusah U.S. National Rankings to seed each division at the event. Seeding for events will be based off the current posted rankings on the USATKD website as of 7pm CST the Thursday prior to the tournament.



SPARRING INFORMATION

We will use USATKD up-to-date rules and regulations, Best 2 of 3 rounds will be criteria used for sparring. We will not use the Cadet Weight/Height delineations for Cadet divisions (only weight).

Female Sparring Age Divisions & Weight Categories

AGE CLASSES	AGE DIVISIONS	BELT COLOR	*WEIGHT CATEGORIES	WEIGHT CLASSES
DRAGONS	6-7 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U19, U23, U27, O27	FIN, LIGHT, MIDDLE & HEAVY
TIGERS	8-9 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U21, U25, U30 & O30	FIN, LIGHT, MIDDLE & HEAVY
YOUTH	10-11 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U30, U35, U40 & O40	FIN, LIGHT, MIDDLE & HEAVY
CADET	12-14 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U29, U33, U37, U41, U44, U47, U51, U55, U59, O59	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LT. MIDDLE, MIDDLE, LT. HEAVY & HEAVY
JUNIOR	15-17 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U42, U44, U46, U49, U52, U55, U59, U63, U68 & O68	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LT. MIDDLE, MIDDLE, LT. HEAVY & HEAVY
SENIOR	17-32 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U46, U49, U53, U57, U62, U67, U73, O73	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, MIDDLE & HEAVY
ULTRA	33+ YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U49, U57, U67, O67	FIN, LIGHT, MIDDLE & HEAVY

*U=Under, O=Over

Male Sparring Age Divisions & Weight Categories

AGE CLASSES	AGE DIVISIONS	BELT COLOR	*WEIGHT CATEGORIES	WEIGHT CLASSES
DRAGONS	6-7 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U19, U23, U27, O27	FIN, LIGHT, MIDDLE & HEAVY
TIGERS	8-9 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U21, U25, U30 & O30	FIN, LIGHT, MIDDLE & HEAVY
YOUTH	10-11 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U30, U35, U40 & O40	FIN, LIGHT, MIDDLE & HEAVY
CADET	12-14 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U33, U37, U41, U45, U49, U53, U57, U61, U65 & O65	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LT. MIDDLE, MIDDLE, LT. HEAVY & HEAVY
JUNIOR	15-17 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U45, U48, U51, U55, U59, U63, U68, U73, U78 & O78	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LT. MIDDLE, MIDDLE, LT. HEAVY & HEAVY
SENIOR	17-32 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U54, U58, U63, U68, U74, U80, U87 & O87	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, MIDDLE & HEAVY
ULTRA	33+ YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U58, U68, U80 & O80	FIN, LIGHT, MIDDLE & HEAVY

*U=Under, O=Over



Sparring Match Format

Best of 3 System (win by rounds) shall be followed for all matches

AGE	BELT COLOR	APPLICABLE RULES	DURATION OF ROUNDS ROUND-TIMES-REST
Dragon 6-7 years	Yellow Green Blue Red Black	No Head Contact	All Divisions Best of 3 rounds – 60 seconds – 30 seconds rest
Tigers 8-9 years	Yellow Green Blue Red Black	No Head Contact Modified Head Contact	All Divisions Best of 3 rounds – 60 seconds – 30 seconds rest
Youth 10-11 years	Yellow Green Blue Red Black	No Head Contact Modified Head Contact	All Divisions Best of 3 rounds – 60 seconds – 30 seconds rest
Cadet 12-14 years	Yellow Green Blue Red Black (World Class)	Modified Head Contact Full Head Contact	All Divisions Best of 3 rounds – 60 seconds – 30 seconds rest
Junior 15-17 years	Yellow Green Blue Red Black (World Class)	Modified Head Contact Full Head Contact	All Divisions Best of 3 rounds – 60 seconds – 30 seconds rest
Senior 17-32 years	Yellow Green Blue Red Black (World Class)	Modified Head Contact Full Head Contact	All Divisions Best of 3 rounds – 60 seconds – 30 seconds rest
Ultra 33+ years	Yellow Green Blue Red Black	Modified Head Contact	All Divisions Best of 3 rounds – 60 seconds – 30 seconds rest



Modified Head Contact RULES

Attacks to the head with light contact are allowed. The Referee will penalize the athlete for excessive contact. No extra points for spinning head kicks.

Turning kick to the head is not considered as a valid turning kick in determining penalty for falling down and superiority (Articles 14.4.1.2 and 15.5 of the Kyorugi Competition Rules)

The referee can decide the winner of RSC (Referee Stop Contest) in case of a significant difference of competing ability between two athletes.

POOMSAE INFORMATION

Individual Color Belt Poomsae

Consists of 1 Male or 1 Female with belts from YELLOW to RED for the following age divisions: Dragon (6-7), Tiger (8-9), Youth (10-11), Cadet (12-14), Juniors (15-17), Senior (-30,-40,-50,-65,+65)

DIVISION	SEMI - FINALS	FINALS
Yellow (7 th & 8 th Geup) All ages	Taegeuk 2 Jang	Taegeuk 1 Jang
Green (5 th & 6 th Geup) All ages	Taegeuk 4 Jang	Taegeuk 3 Jang
Blue (3 rd & 4 th Geup) All ages	Taegeuk 6 Jang	Taegeuk 5 Jang
Red (1 st & 2 nd Geup) All ages	Taegeuk 8 Jang	Taegeuk 7 Jang

COLOR BELT DESIGNATED POOMSAE

DIVISION	SEMI - FINALS	FINALS
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BLACK BELT DESIGNATED POOMSAE

Black Belts ages 6 -7*	Taegeuk 8 Jang	Koryo
Black Belts ages 8-9*		



Individual, Pair, & Team Recognized Poomsae

INDIVIDUAL POOMSAE

Designated Poomsae for Recognized Sports Individual Poomsae will be posted on TXTKD Website by March 8th, 2025.

Consists of 1 competitor for the following age divisions: Youth (10-11), Cadet (12-14), Juniors (15-17), U30 (18-30), U40 (31-40), U50 (41-50), U60 (51-60), U65 (61-65) O65 (66+)

PAIRS POOMSAE (CO-ED)

Consists of 1 Male & 1 Female Black Belt competitors for the following age divisions: Youth (10-11), Cadet (12-14), Juniors (15-17), U30 Pairs (18-30), U50 Pairs (31-50) & U60 (51-60) Pairs O65 Pairs Poomsae.

TEAM POOMSAE

Consists of 3 competitors of the same gender for the following age divisions: Youth (10-11), Cadet (12-14), Junior (15-17), U30 Team (18-30), O30 Team (31-50) U50, U60, and +60 Team Poomsae.

Compulsory Poomsae Below

Age	Individual Compulsory Poomsae
Dragon	
Tiger	Taegeuk 4, Taegeuk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang
Youth	
Cadet	Taegeuk 4, Taegeuk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taebaek
Junior	Taegeuk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon
U30	
U40	Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
U50	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
U60	
U65	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
O65	

Age	Pair and Team Compulsory Poomsae
Dragon	
Tiger	Taegeuk 4, Taegeuk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang
Youth	
Cadet	Taegeuk 4, Taegeuk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taebaek
Junior	Taegeuk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon
U30	Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
U50	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
U60	
O60	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu



Individual, Pair, & Team Freestyle Poomsae

To ensure the highest level of competition, we will be utilizing the most current WT scoring criteria. It can be found here: <https://www.worldtaekwondo.org/rules-wt/rules.html?sc=02>

REGISTRATION

Ensure competitors are registered for ALL events they plan on participating in by the time registration closes. NO ONSITE registrations will take place. Meaning, if you plan on competing in a Team or in Pairs, but one (1) member did not register, your team or pair will be disqualified.

2025 Texas State Taekwondo Championships will not have Dragon or Tiger Pairs or Team Poomsae, or Color belt Co-Ed Pairs or Team Poomsae.

POOMSAE PRE-COMPETITION REQUIREMENTS

Athletes competing in Recognized Poomsae Pairs, Recognized Poomsae Teams, Freestyle Pairs and Freestyle Teams have additional pre-competition requirements to ensure smooth competition. Pairs and Teams are required to report their team membership [here](https://form.jotform.com/250355281614049) (<https://form.jotform.com/250355281614049>).



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March 14, 2026



HOTEL

Host Hotel

DoubleTree by Hilton Hotel Dallas Near the Galleria

4099 Valley View Lane
Dallas, Texas, 75244, USA

Rate: **\$139/per night**

Includes 4 FREE Full Breakfast Vouchers

VOLUNTEERS

An event like the 2026 Dallas Open International Taekwondo Championships cannot happen without your help. Please consider signing up as a volunteer! Please email us at info@kimsusa.net