

2025

ATU NATIONAL TAEKWONDO CHAMPIONSHIPS

May 23rd & 24th



Friday, May 23rd

Demo Team Prelims
World Class Sparring Weigh-ins

Saturday, May 24th

Grassroots Forms, Breaking, Sparring
World Class Sparring, Sport Poomsae
Demo Team Finals



**GAS SOUTH
CONVENTION CENTER**

6400 Sugarloaf Pkwy, Duluth, GA

GAS SOUTH

**Register Online
at joinatu.com**



2025 ATU National Championships

Information Packet

WELCOME TO 2025 ATU NATIONAL CHAMPIONSHIPS

Dear Grandmasters, Masters, and Instructors,

We sincerely welcome Taekwondo enthusiasts from all over the country to the 2025 ATU National Championships which will be held again at the incredible Gas South Convention Center in Atlanta! As always, we will work diligently to provide a fair, safe, and memorable tournament for every competitor involved.

We thank you for your continued support of American Taekwondo United, a non-profit organization that has been promoting the growth of Taekwondo since 2007. Best of luck to all competitors and coaches as you prepare for this truly unique event!

Sincerely,
Grandmaster Seung Hyung Lee
ATU President

CHAMPIONSHIP VENUE (LOCATION)

Gas South Convention Center

6400 Sugarloaf Pkwy
Duluth, GA 30097

*paid parking available on site

HEADQUARTER HOTEL

Holiday Inn Atlanta-Gas South Arena

6310 Sugarloaf Pkwy, Duluth, GA 30097

\$129 + tax per night (1 King or 2 Queen Beds) – Breakfast included

*use QR CODE (right) or click link below for special ATU rate

[Click Here for Hotel Link](#)

SCAN QR CODE
*discounted hotel rate available
while room inventory lasts



GENERAL INFORMATION

- **Dates:** May 23rd & 24th, 2025
 - **Friday, May 23rd:** Demo Team Preliminary Competition, Weigh-Ins
 - **Saturday, May 24th:** ALL Grassroots & World Class Competitions, Weigh-Ins
- **Location:** Gas South Convention Center
- **Events:**

Grassroots Events *ALL competitors ages 4+	Forms	Breaking	Sparring	Demonstration Team
World Class Events *ELITE Black Belts ages 10+	Sport Poomsae	Pair Poomsae	Team Poomsae	Sparring

* **Electronic hogus paired with KP&P software will be provided onsite by ATU for World Class sparring divisions ONLY.** World Class sparring competitors will NOT be eligible for Grassroots sparring.

- **General Admission Fee:** \$20.00 for ages 5 and up (under 4 years old is FREE)
 - *TICKETS AVAILABLE FOR PURCHASE ONLINE at joinatu.com
- **Individual Awards:**
 - Sparring: One First Place, One Second Place, Two Third Place
 - Forms: One First Place, One Second Place, One Third Place
 - Breaking: One First Place, One Second Place, One Third Place
- **Demonstration Team Prizes:**
 - First Place: \$2,000
 - Second Place: \$1,000
 - (2) Third Place: \$500
- **ATU National Team Selection and Sponsorship:** Combined winners from the following divisions will be sponsored by ATU to participate either in the 2026 Canada Open or other Open Championships. ATU will cover the following costs for team members: hotel, team uniform, team gear, ground transportation and meals.
 - Ten (10) 12 - 14 year old **World Class Sparring** division winners (5 Male, 5 Female)
 - Ten (10) 15 - 17 year old **World Class Sparring** division winners (5 Male, 5 Female)
 - Two (2) 12 -14 year old **Sport Poomsae** division winners (1 Male, 1 Female)
 - Two (2) 15 - 17 year old **Sport Poomsae** division winners (1 Male, 1 Female)
 - One (1) 12 -14 year old **Pair Poomsae** division winners
 - One (1) 15 -17 year old **Pair Poomsae** division winners

*World Class Sparring combined division winners **MUST compete at least once to make the team.** If there are NO competitors to compete with in the division and/or in combined division, ATU will provide \$250 scholarship.

REGISTRATION

With the exception of Demonstration Team applicants, registration for ALL competitors **MUST BE DONE ONLINE** at joinatu.com. All registrations must be completed BEFORE the registration deadline.

- **REGISTRATION DEADLINE: MAY 19TH, 2025, 11:59PM EST**

- * WE WILL NOT ACCEPT ANY REGISTRATIONS AFTER THE DEADLINE OR ONSITE.
- * ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE
- * Credentials (ID card) will be e-mailed upon completion of online registration.

- **Registration Fee: ONLINE REGISTRATION ONLY**

- **Regular Division:** Grassroots Sparring and Form
- **Breaking Division:** 5 boards are included in fee and will be provided onsite at the ring.

Events	Fee	Early Registration Rate *must register before 5/1
Form Only or Sparring Only	\$130	\$110
Breaking Only	\$150	\$130
Form & Sparring	\$160	\$140
Breaking + One Event (Form or Sparring)	\$180	\$160
All Three Events (Form, Sparring & Breaking)	\$210	\$190

- **Special Division:** World Class Sparring, Sports Poomsae, & Team Poomsae

Events	Fee	Early Registration Rate *must register before 5/1
One Event	\$150	\$130
Two Events	\$200	\$180
Three Events	\$250	\$230
Membership		\$30
Coach		\$50

- **Demonstration Team: MAIL-IN PAPER REGISTRATION ONLY**

Registration fee of **\$500** must be made by **certified check or money order** payable to ATU and mailed to **ATU 7807 Montane Run CT, Waxhaw, NC 28173** by **May 19th, 2025**.

SCHEDULE OF EVENTS

FRIDAY, MAY 23RD

Event	Time	Division
Weigh-Ins	5:00pm to 9:00pm	OPEN to Grassroots AND World Class Sparring Competitors *ALL World Class Weigh-ins must be done by Friday, May 23rd before 9:00pm
Demonstration Team Preliminary Competition	6:30pm	ALL Demo Teams Compete (previous year's champion exempt)

SATURDAY, MAY 24TH

Event	Time	Division
Weigh-Ins	7:30am to 8:30am	Grassroots Sparring Competitors (for those Grassroots competitors who did not weigh in on Friday, May 23rd)
Form	9:00am	Grassroots - ALL ages
Breaking	*must be present in arena at 8:30am	
Sparring	11:00am *must be present in arena at 11:00am	Grassroots - ALL ages
Sports Poomsae	9:00am	World Class
Pair Poomsae	*8-9, 10-11 and Cadet division competitors must be present in arena at 8:30am	
Team Poomsae	*Junior & Senior Division competitors must be present in arena at 11:30am	
World Class Sparring	9:00am *Schedule for matches can be viewed at www.atuevents.info in "Match Status" starting Friday, May 23rd at 10:30pm	World Class
Opening Ceremonies	1:00pm	ALL competitors and spectators are invited to watch and cheer on the FINAL FOUR demo teams!
Demonstration Team Final		
Competition Resumes	2:00pm until ALL divisions are completed	

COMPETITION RULES & REGULATIONS

*ALL COMPETITORS MUST BE 4 YEARS AND OLDER.

* ALL COMPETITORS MUST AGREE TO ABIDE BY THE RULES OF THE ORGANIZING COMMITTEE.

* VISIT joinatu.com FOR ALL WEIGHT CATEGORIES

* **CERTAIN RULES AND/OR REGULATIONS ARE SUBJECT TO CHANGE AT THE DISCRETION OF THE EXECUTIVE COMMITTEE/ORGANIZING COMMITTEE.**

The current ATU rules and regulations and modified rules of World Taekwondo (WT) will govern these championships for the Gyorooji (sparring) and Traditional Poomsae (forms) divisions.

• WT/ATU Official Poomsae (Forms)

The Poomsae (Forms) will consist of WT/ATU Official Poomsae competition. The Poomsae divisions will be divided by belt ranking, weight and sex. The Official Poomsae for the competition will be those recognized by the ATU and World Taekwondo.

Black Belt Poomsae	Color Belt Poomsae
1st Dan: Koryo	Yellow Belt: Taegeuk & Palgwe 1 - 2
2nd Dan: Keumgang	Green Belt: Taegeuk & Palgwe 3 - 4
3rd Dan: Taebaek	Blue Belt: Taegeuk & Palgwe 5 - 6
4th Dan: Pyung Won	Red Belt: Taegeuk & Palgwe 7 - 8
5th Dan: Sip Jin	
6th Dan: Ji Tae	

• Gyorooji (Free Sparring)

- Competition will be single elimination and will continue until a winner has been established.
- All Gyorooji competitors must bring their own safety gear. *check below for the "Mandatory Equipment"
- **Any type of eye glasses or eye wear is NOT allowed for Sparring Competition**
- A standard WT approved uniform in good condition, **white V-neck with black or white trim only around the collar.**

Mandatory Equipment

*NO equipment will be provided by ATU

- a) Shin and instep protector, white only, elastic sponge-cushion type stocking.
- b) Forearm protector, same as shin/instep guard, but only covers from the elbow to the wrist.
- c) Protective cup worn inside the pants.
- d) Chest protector and headgear are mandatory for all sparring competitors.
- e) A mouth guard is mandatory for all sparring competitors.

• Junior Competition (Safety) Rules

The Competition Rules regulate and govern all matters pertaining to Taekwondo competition at all levels sanctioned or promoted by ATU. However, the following special section of the Junior Competition (Safety) Rules (which will be referred to as "Junior Safety Rules" hereafter) shall further apply to junior sparring divisions as stated below.

General Rules for Head Contact

AGE	BELT COLOR	RULES
6 and 7	All Belt	No Head Contact
8 and 9	Yellow to Red Belt	No Head Contact
	Black Belt	Light Head Contact
10 and 11	Yellow to Red Belt	No Head Contact
	Black Belt	Light Head Contact
12 to 14	Yellow to Regular Black Belt	Light Head Contact
	World Class Black Belt	Adult Rules
15 to 17	Yellow to Regular Black Belt	Light Head Contact
	World Class Black Belt	Adult Rules
18 to 32	Yellow to Red Belt	Light Head Contact
	All Black Belt	Adult Rules
33 and Up	All Belt	Light Head Contact

*In National Qualifiers and National sparring competition, **the rules concerning a kick to the face shall be as follows:**

- a. Any technique, which causes injury to the head area will result in a one-point penalty (“Gam-jeom”).
- b. If the competitor cannot continue because of the injury to the head area, the attacker will be disqualified.

NOTE: Inability to continue because of fright, crying or loss of will following a kick to the head, which did not cause injury does not constitute grounds for disqualification of the attacker.

*In National Qualifiers and National Championship sparring competition, **the Senior Black Belt adult rules shall apply for these divisions:**

Excessive contact to the facial or head area:

Even in the absence of visible injury, such as slight bleeding or abrasion, the referee may deem the contact to be excessive, and declare the appropriate penalty.

Where Junior Competition Rules are in effect above, the competitor who executes a successful technique to the face (light contact without causing any injury) shall be awarded three points. This is to better align with current WT standards; however, the criteria for “excessive contact” will continue to be strictly enforced.

8- Count

Under Junior Competition Rules, the referee should NOT give 8-count for ANY technique, even a legal one, to the head area; if a kick to the head is powerful enough to warrant an 8-count, it should be considered excessive, and the appropriate penalty should be declared. However, the referee can and should begin an 8-count for a legal kick to the trunk area that results in a knockdown condition.

Turning Kicks

Successful turning kicks to the body shall be awarded two points in all sparring divisions.

1. Permitted Technique

- 1) Fist techniques: Delivering a punch using the tightly clenched fist.
- 2) Foot techniques: Delivering techniques using any part of the foot below the anklebone.

2. Permitted Areas

- 1) Trunk: Attack by fist and foot techniques on the areas covered by the trunk protector are permitted. Attack to the spine, however, is not permitted.
- 2) Head: This is the area above the collarbone. Only foot techniques are permitted.

Fist Techniques:

Striking with the correctly clenched fist is permitted without consideration of the angle, trajectory, or fist placement of the strike.

Foot techniques:

Any striking techniques using any part of the foot below the anklebone are legal. Attacks using any part of the leg above the anklebone, i.e., the shin, knee, etc., are not permitted.

Trunk:

As depicted in the following illustration, the area covered by the trunk protector between the armpit and the pelvis is the legal attacking area. Thus, trunk protector should be worn according to the rule on the size of trunk protector for each weight category and the physique of each contestant.

Face:

As depicted in the following illustration, this is area above the collarbone.

Valid Points

1. Legal Scoring Areas

- 1) Body: The blue or red covered area of the trunk protector.
- 2) Head: The area above the chin (i.e., the whole part of the head, including both ears and the back of the head.)

2. Points shall be awarded when permitted techniques are delivered accurately and powerfully to the legal scoring areas.

3. The valid points are divided as follows:

One (2) point for a valid attack on trunk protector

Four (4) points for a valid turning kick to the trunk protector./ Four (4) points for a Back Kick to the trunk protector. Three (3) points for a valid kick to the head.

Four (5) points for a valid turning kick to the head.

4. Match score shall be the sum of points of the three rounds.

5. Invalidation of points: When a contestant scores through the use of a prohibited act, the point(s) scored shall be annulled.

Guidelines for Officiating:

Accuracy:

This means the proper aspect of a legal attacking technique, fully contacting the opponent within the designated limits of a legal target area.

Power:

a. Trunk protector not equipped with electronic sensor: Sufficient power is demonstrated as the opponent's body is abruptly displaced by the impact of the strike.

b. In the use of electronic Protector and Scoring System: Force of impact is measured by the PSS, with the level of force by which points are scored varying by weight division and gender.

Prohibited Acts

1. Penalties shall be declared by the referee for any prohibited acts.

2. Penalties is "Gam-jeom" (deduction penalty).

3. A "Gam-jeom" shall be counted as an additional point for the opposing contestant.

The following acts shall be classified as prohibited acts, and "Gam-jeom" shall be declared.

- a. Attacking the opponent after "Kal-yeo"
- b. Attacking the fallen opponent

- c. Throwing the opponent by grabbing or hooking the attacking foot in the air or by pushing the opponent with the hand.
- d. Intentionally attacking the opponent's face with the hand
- e. A coach or contestant interrupting the progress of the match
- f. Violent or extreme remarks or behavior on the part of a contestant or a coach
- g. Intentionally avoiding match
- h. In case of using PSS, before each round of competition, the referee shall check whether any attempts were made to manipulate the scoring system and/or increase sensitivity of the sensing socks, or any other method. In the event that the referee finds intentional manipulation, the referee shall reserve the right to give "Gam-jeom" to the pertinent contestant and shall reserve the right to declare the violating athlete as the loser by penalty based on the degree of seriousness of the violation.

Avoiding or delaying the match

This act involves stalling with no intention of attacking. A contestant who continuously displays a non-engaging style shall be given a penalty. However, the referee shall distinguish intentional avoidance from tactical defense, and the penalty shall not be given for tactical defense. If both contestants remain inactive after five (5) seconds, the center referee will signal the "Fight" command. A "Gam-jeom" will be declared: On both contestants if there is no activity from them 10 seconds after the command was given; or, on the contestant who moved backwards from the original position within 10 seconds after the command was given. Turning the back to avoid the opponent's attack should be punished, as it expresses the lack of a spirit of fair play and may cause serious injury. The same penalty should also be given to evading the opponent's attack by bending below waist level or crouching. "Pretending injury" means exaggeration injury or indicating pain in a body part not subjected to a blow for the purpose of demonstrating the opponent's actions as a violation, and also exaggerating pain for the purpose of elapsing the match time. In this case, the referee shall give the indication to continue the match to the contestant two times in five (5) seconds intervals, and then shall give a "Gam-jeom" penalty unless the contestant follows his/her instructions.

Attacking the fallen opponent (Gam-Jeom)

This action is extremely dangerous due to the high probability of injury to the opponent.

The danger arises from the following:

- The fallen opponent is in an immediate defenseless state.
- The impact of any technique which strikes a fallen contestant will be greater due to the contestant's position.

These types of aggressive actions toward a fallen opponent are not in accordance with the spirit of Taekwondo and as such are not appropriate to Taekwondo competition. In this regard, penalties should be given for intentionally attacking the fallen opponent regardless of the degree of impact. A Gam-jeom penalty should also be given in case a contestant pretends to attack a fallen opponent.

- Throwing the opponent by grabbing or hooking the attacking foot in the air or by pushing the opponent with the hand or action to interfere with the opponent's attack by grappling the opponent's foot in the air or pushing with the hand.

Intentionally avoiding the match: (Gam-Jeom)

In case that a competitor intentionally turns the back and steps away from the opponent to avoid the attack of the opponent, the referee shall give "Gam-jeom". If the referee finds that the action was resulted from obvious lack of spirit of fair play and sportsmanship, the referee may report to the Technical Delegate after the contest for consideration of further sanction against the competitor.

• Breaking

In Breaking competition, competitors use powerful, correctly executed Taekwondo hand and foot techniques to break wooden boards.

Competitors are expected to display technical skill and proper Taekwondo Manner. ATU will provide 5 Boards to all breaking competitors. (Board Sizes: 8X11 - 1/4" for ages 14 & under, 8X11 - 1/2" for ages 15 & up)

1. Competitors may choose the 5 techniques for 5 station is maximum with any Taekwondo striking or kicking technique.
2. Competitors and helpers will have Two Minute to set up, perform the breaking routine and clean up all boards, broken boards and wood fragments. Exceeding the time limit will result in 0.5 point deduction in the final score for each 10 seconds, or fraction thereof, over the time.
3. There is a maximum of two attempts for each break. Failure to break all of the boards in a single attempt will result in 0.2 deduction for each missed board. Failure to complete the break after two attempts will result in a 0.5 point deduction in the final score, in addition to the penalties for missed boards. A "Broken Board" is defined as one that is a. completely separated: b. held together only by wood strands, such that if one side is held horizontal, the other side naturally drops perpendicular to the floor.
4. The performance must be confined to the 8X8 competition area. A competitor who crosses the boundary line with both feet will receive a 0.5 point deduction for each violation.
5. Competitors are expected to display self-control and good competition manner. A display of poor sportsmanship (profanity, etc.) may be penalized by either 0.1 Or 0.5 depending upon severity.

Scoring Guidelines for Breaking Competition.

Judging will be based on Three Criteria:

- a. Difficulty (30%)
- b. Demonstration of Taekwondo Skill & Presentation (40%)
- c. Breaking (%30)

If a competitor fails to break any boards at all, the total score for Difficulty of Techniques and number of Boards Broken is "0" The competitor still receives a score for Presentation.

***Difficulty**

Difficulty is individually assessed by each judge on a scale of 1.0 to 3.0 based on the judge's consideration of the difficulty of the overall performance. Here are guidelines for assessing difficulty:

- A. Difficulty of Kicking Techniques will be assessed on the following order of superiority:
 1. Standing kick technique
 2. Kicking technique with turning motion
 3. Jumping or flying kick technique
 4. Jumping or flying kick with turning motion (the greater the number of rotations, the higher the assessed difficulty)
 5. Multiple breaking using jumping or flying kick
 6. Multiple breaking spinning jumping or flying kick
- B. Difficulty of Hand Techniques be assessed on the following order of superiority:
 1. Basic skills such as straight or reverse punch, palm heel strike and hammer fist
 2. More technical skills such as knife hand strike, ridge hand strike and back fist
 3. Advanced skills such as spear finger strike, long punch, chicken beak strike, etc.
- C. Suspended holding ("i.e., "speed breaking") is considered more difficult than fixed holding.
- D. Demonstration of Taekwondo skill will be based on Accuracy, Speed and Presentation.
 1. Accuracy: Breaking on the first attempt is superior to breaking on the second attempt, and breaking at the center of the board is superior to breaking off-center.
 2. Speed: Rapid, smooth, continuous motion is superior to taking extra time between breaks.

3. Presentation: In addition to displaying correct Taekwondo technique, this includes confidence, balance, rhythm, smoothness of performance and good competition manner from entrance into the contest area through the completion of the performance.

E. Declaration of Penalties

One deduction penalty is equal to 0.5 point. Deduction penalties will be declared by the referee after the performance is completed by stating the number of deductions, and what they are for. (Example: "Two deductions for exceeding performance time by 16 seconds", "Two deductions for going out of the contest area.")

F. Decision and Declaration of Winner

The winner shall be the contestant who is awarded the highest mean score (calculated to two decimal points.) When using the five judge system, the highest and lowest scores will be dropped from the final total then a mean score calculated by dividing by 3.00. With the three judge system, all scores will be used then a mean score calculated by dividing by 3.00. In case of a tie, the winner will be selected based on the combined Performance score. If still tied:

1. Five judge system – The highest and lowest scores will be added back in, and then a mean score calculated by dividing by 5.0000 to select the winner.
2. Three judge system – The competitor with fewer Technical Deductions will be the winner.
3. If the competitors remained tied after the above tie-breaking conditions, the competitor with highest total Presentation points will be the winner.

• **Demonstration Competition Rules**

- * More than 80% of the Demonstration members must participate in the individual event(s).
- * Masters are not allowed to be a demonstration team member.
- * Any team that has at least two or more members within each age group will be awarded additional points outlined below.

7 and younger	8 - 11	12 -14	15 - 17	18 - 32	33 and older
0 point	0.5 point	0.5 point	0.5 point	0.5 point	0 point

1. Demonstration Time: Maximum of 6 minutes
2. Number of team competitors: a minimum of 8 and a maximum of 30 members
3. Technical Regulations
 - A. Poomsae, breaking, and self-defense elements are required.
 - B. Equipment and costumes can be chosen by the performers
 - C. There will be NO weapons allowed in the Demonstration.
 - D. Music and sound effects can be used

Scoring:

1. Each judge will score a maximum of 10 points for originality and 10 points for technique.
2. Seven judge will score each performance, with the highest and lowest scores excluded.
3. Deductions:
 - A. Exceeding time limit:
 - a. Over 6 minutes will be a 0.5- point deduction from your overall score
 - b. Over 6 minutes & 30 seconds will be a 1.5- point deduction from your overall score
 - c. Over 7 minutes will be result in disqualification.
 - B. Violating technical regulations

***PLEASE NOTE THAT THIS TOURNAMENT WILL FOLLOW THE RULES OF THE ATU AND WT**

IMPORTANT DEADLINES:

Grassroots & World Class Competition
Early Online Registration DUE May 1st
Online Registration DUE May 19th

Demo Team Application
Mail-In Registration DUE May 19th

Learn more about ATU and the
ATU National Championships at joinatu.com
[Weight Division Chart](#) | [Demo Team Application Form](#) | [Venue Map](#)



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