

# 2025 USA TAEKWONDO OREGON STATE CHAMPIONSHIPS



Where Olympic Journeys Begin

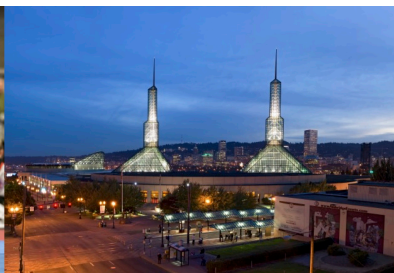
**Sunday - March 23, 2025**

**WARNER PACIFIC UNIVERSITY**

**PORTLAND, OREGON**

2219 SE 68<sup>th</sup> Ave., Portland, OR 97215

*Poomsae, Sparring, Board Breaking, Weapons & Demo Team*  
*DAEDO PSS will be used for Red Belt & Above Sparring Divisions*





# 2025 USAT Oregon State Taekwondo Championship

Dear Athletes, Coaches, Instructors and Parents:  
We welcome you to another exciting year in your Taekwondo Journey. On behalf of Oregon Taekwondo I would like to thank you all for your support. Your time and effort are greatly appreciated. Wishing you the Best!

Master Shuddhodan Ranjit - Oregon State President

## **ONLINE REGISTRATION ONLY - SPORT 80**

• Email: [usatoregon.office@gmail.com](mailto:usatoregon.office@gmail.com) [www.tkdoregon.com](http://www.tkdoregon.com)

- ORGANIZER:** USA Taekwondo Oregon Foundation
- SANCTIONED BY:** USA Taekwondo - One Olympic Plaza Colorado Springs, CO 80909
- REFEREE CHAIRMAN:** Master Dongkyu Kim, World Taekwondo International Referee
- DATE:** Sunday - March 23, 2025
- LOCATION:** Warner Pacific University – Campus Gym  
2219 SE 68TH Ave, Portland Oregon 97215
- COMPETITION SCHEDULE:** COMPETITION SCHEDULE WILL BE ANNOUNCED ON MARCH 17, 2025 on “USA Taekwondo Oregon” Facebook page.
- SPARRING WEIGH-IN:** Weigh-In is Required for all Sparring Athletes. Credentials Pick up starts at 9:30am and ends at 1:30pm sharp. Weigh-Ins will be held on SATURDAY, MARCH 22, 2025 at: WARNER PACIFIC UNIVERSITY CAMPUS GYM - 2219 SE 68TH Ave, Portland Oregon 97215
- MALE WEIGH-IN: 10:00 AM TO 12:00 PM only
  - FEMALE WEIGH-IN: 12:00 PM TO 1:30 PM only
- REGISTRATION:** Online Registration will END at 23:59PM MST MARCH 17, 2025 absolutely No Registration Accepted AFTER MARCH 17<sup>th</sup>. Registration can only be done through USAT SPORT 80.
- USAT MEMBERSHIP:** All competitors & coaches must be current USA Taekwondo members. Register or renew online @ SPORT80.
- AWARDS:** Medals will be awarded to 1st, 2nd, and two 3rd places.
- SPECTATOR ADMISSION:** March 23, 2025 - \$20 per person, all ages. **Cash ONLY.** Infants - free.
- WEIGHT CHANGES:** Competitors may change weight on-site but must do so **BEFORE** stepping on the official weigh-in scale. A mandatory \$100.00 weight change fee must be paid before changes in weight category can be approved. Competitors who do not make weight based on registered weight category and do not make weight change request prior to weigh in will be disqualified with no exceptions.
- POOMSAE:** V-neck WHITE uniforms (white V for color belts or black V for Black Belts) and Y-neck Poomsae uniforms are permitted in this event. USAT Poomsae designation applies to all Poomsae divisions. Single Elimination format. **Designated Poomsae will be announced on Sunday March 16, 2025.** Current USAT Competition rules will be used to govern this event.
- SPARRING EQUIPMENT:** V-neck uniform only (white V for color belts or black V for Black Belts). All White, Yellow, Green and Blue Belt Sparring competitors must wear: white, red or blue head gear (red & blue headgear must be matched with chest protector color), red and blue reversible chest protector, forearm guards, shin and in-step guards, groin cup (male only, worn inside uniform pants), and **CLEAR** mouthpiece. Each competitor must provide his or her own equipment. **Electronic Chestguards and E-headgears will be provided at ringside to all Red and Black Belt competitors.** Forearm guard, gloves, shin guards, DAEDO Gen2 sensor socks, groin cup (male only, worn inside uniform pants), and **CLEAR** mouthpiece are required. Each competitor must provide his or her own equipment. **All RED & BLACK BELT Kyorugi competitors MUST PROVIDE OWN DAEDO GEN 2 SENSOR SOCKS.** Daedo Socks will be available for sale on March 22, 2025 during weigh in time by 3<sup>rd</sup> party. Price \$165 per pair.
- BOARD BREAKING:** **Flying Side Kick Only** - Athletes who jump the longest at their belt level height and break the board shall be the winner. Maximum of 2 attempts, only if first attempt fails. **One DEMO Board will be provided at ringside with breaking event registration.**
- WEAPON FORM:** Music and assistive devices (such as tables and chairs) are not permitted. Maximum 1 minute.

**PLEASE DO NOT CONTACT ORGANIZER TO MAKE SCHEDULE CHANGE REQUESTS.**

**It is the competitors' responsibility to abide to weigh-in & event schedule at the USAT Oregon State Championships.**

**The Organizer has the rights to make schedule changes without notice.**