

**ITF TAEKWON-DO**

# **WORLD CHAMPIONSHIPS**

**MARCH 14TH THRU 16TH - 2025 RENO, NEVADA**

TEAM  
**USA**



# **SELECTION EVENT**



TEAM USA SPONSOR

# **USA**

Ready to compete on the global stage? Join us in Reno for the ITF Taekwon-Do World Championships Qualifier Competition! This event is your gateway to the World Championships, offering a challenging day of competition in breaking, patterns, sparring, and specialty breaking. Show your skills, build camaraderie, and earn your spot on the USA Team bound for Barcelona, Spain.



**PUSH YOUR LIMITS AND SEIZE THE OPPORTUNITY  
TO BECOME A WORLD CHAMPION!**





## Letter from the Team USA Head Coaches

Athletes, Parents, and Instructors,

It's time! After many months of training, it is time to select those who will proudly represent the United States of America at the 2025 ITF World Championships in Spain. We could not be more fired up for this moment, and we hope that you are as excited as we are!

This packet includes information regarding the Team USA Selection Event. Please read this packet fully and carefully for important information. The event will take place in Reno, Nevada, from **Friday, March 14th through Sunday, March 16th**. The host will be Mr. Ashley Parr. Thank you, Mr. Parr, for making this event possible.

As we mentioned repeatedly, athletes must have completed two Official Evaluation Workouts to be invited to participate in the Team USA Selection Event. These workouts took place in Fairbanks (February 2024), Houston (March 2023 and June 2024), Reno (August 2024), and New Jersey (October 2024 and November 2024). The last Official Evaluation Workout will be in Fairbanks, Alaska, on February 16, 2025. If you have only completed one Official Evaluation Workout so far, this is your last chance to meet the requirement. If you have not attended any Official Evaluation Workouts yet, you will not be able to meet this requirement and, therefore, cannot participate in the Team USA Selection Event. There will be no exceptions to this rule.

All athletes aspiring to be part of Team USA must participate in this selection event. The Team USA Selection event will be divided into three sub-events, and **participation in all events is mandatory for all athletes:**

- **Friday, March 14, 2025, from 4:30 to 7:30 pm: Official Registration and Weigh-Ins.**  
Location: RORN Collective – 9475 Double R Blvd. #23, Reno, NV, 89521.
- **Saturday, March 15, 2025, starting at 9:00 am: Selection Competition**  
Location: Grand Sierra Resort – 2500 E. Second Street, Reno, NV, 89595.
- **Sunday, March 16, 2025, from 9:30 am to 2:00 pm – First Team USA Training**  
Location: RORN Collective – 9475 Double R Blvd. #23, Reno, NV, 89521.

*In addition to these events, we are planning on having an optional Team USA dinner on Saturday, March 15th, after the Selection Competition. This will be an excellent opportunity for athletes to relax and mingle with their new teammates. This dinner is not included in the Team USA Selection Event costs. We will share more details on Saturday, March 15th.*

Please note that there will be no automatic qualification for Team USA spots, even if the division sizes would allow for all aspiring athletes to participate in the World Championships. The selection for Team USA will be based on the athletes' overall performance, including physical and technical levels demonstrated during the Official Evaluation Workouts and performance during the Team USA Selection event. Additionally, all athletes will be expected to compete during the Team USA Selection Competition, and depending on the number of competitors, some divisions might be combined to allow for more competition opportunities. This process will give athletes ample chances to demonstrate that they have earned their spot in Team USA and are ready to represent the country at the ITF's biggest stage.

Registration for the Team USA Selection Event is now open through the RORN Collective website (<https://rorncollective.com/teamusa>). If you have already met the Official Evaluation Workout requirements, you may register for the event. **The registration deadline is January 15, 2025.** Those who will meet the Official Evaluation Workouts requirement in February 2025, will have the opportunity to register between **February 16, 2025, and February 20, 2025.** Please note that this extended registration period only applies to those few athletes who will meet the requirement in February 2025 in Fairbanks, Alaska. If you are unsure of how many Official Evaluation Workouts you completed, please email us at [teamusaitfcoaches@gmail.com](mailto:teamusaitfcoaches@gmail.com).





As mentioned above, **participation in all events** (i.e., Official Registration and Weigh-Ins, Selection Competition, and Team USA training) **is mandatory for all athletes**. As you make your travel plans, make sure that you allow sufficient time to participate in the Team USA Selection Event fully, from Friday through Sunday. This will be the only time that the entire Team USA, including athletes, head coaches, assistant coaches, umpires, etc., will be together in one place before the World Championships. Your full participation is not just important; it's essential! Thus, plan to arrive early afternoon Friday (at the latest) and leave no earlier than Sunday evening (no earlier than 6:00 pm if you are flying).

The designated and mandatory hotel for the Team USA Selection Event is the **Grand Sierra Resort**. Mr. Parr has worked hard to secure this venue at a reduced rate for Team USA. To make your reservation, you must use the link available on the RORN Collective website. All athletes must stay at the Grand Sierra Resort and reserve the room following these instructions, as it helps keep the cost of hosting this event down. Athletes who do not follow these instructions may not be allowed to participate in the Team USA Selection Event.

We will host a Zoom meeting on December 8, 2024, at 3:00 pm Alaska time, 4:00 pm California time, 6:00 pm Texas time, and 7:00 pm New Jersey time for all aspiring athletes, instructors, assistant coaches, and parents to go over this information. We will also review competition expectations and rules for the Team USA Selection Event and the World Championships. We will share the meeting link via email as we approach the date.

Every World Championships cycle is unique and a once-in-a-lifetime experience. Not many people have the honor and the privilege of saying that they have or will represent their country in a World Championships. We are still a few months away from the Team USA Selection Event and the World Championships. Make good use of your time, train hard and smart, and have clear goals in mind. More importantly, remember why you want to do this.

Now it's time for you to show why you should be granted the honor of being part of Team USA. Now it's time to show what you have to offer. Now it's the time to show that you are worthy of representing the United States of America.

See you in Reno!

Amanda Cheney and Federico Vindigni  
Team USA Head Coaches



# TEAM USA SELECTION EVENT



Get ready to take your Taekwon-Do journey to the next level! We are thrilled to invite you to the Team USA selection event for the 2025 ITF Taekwon-Do World Championships in Barcelona, Spain. This is your chance to compete with the best, prove your skills, and earn your spot on the USA team. Don't miss this incredible opportunity to represent your country on the world stage! Come showcase your talent and dedication, and get ready for an unforgettable experience as you aim for greatness!

## EVENT SCHEDULE:

### RORN COLLECTIVE

Friday, March 14th, 2025

Competitor Weigh-Ins & Check-In  
(4:30pm-7:30pm)

### GRAND SIERRA RESORT

Saturday, March 15th, 2025

Tournament Competition  
Doors open 8:30am (9:00am-6:00pm)

### RORN COLLECTIVE

Sunday, March 16th, 2025

Team Training  
(9:30am-2:00pm)

## INDIVIDUAL EVENTS:

Patterns

Sparring

Power Breaking

Specialty Breaking

## COMPETITION VENUE:

GRAND SIERRA RESORT

2500 E 2nd St  
Reno, NV 89595

## TRAINING CENTER:

RORN COLLECTIVE

9475 Double R Blvd. Suite #23  
Reno, NV 89521

## REGISTRATION FEE:

Team Selection Competition Event \$150

Team USA administrative fee per athlete \$250

The students/athletes will be responsible for a team administrative fee per athlete. The team fee will be allocated by the USA Tournament Committee at its discretion to cover inherent costs for Team USA coaches and referees. This fee does not cover any travel, hotel, tournament registration, apparel, warm-ups, or other costs associated with the event for the athlete.



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**RORN APPAREL**

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**USA**

ONLINE REGISTRATION:

**RORNCOLLECTIVE.COM/TEAMUSA**



Warm-ups are for representational purposes only and are not the final approved gear.





## **RULES PER ITF REGULATIONS:**

ITF Patterns Only. Single elimination. Black belts must perform one designated pattern and one optional pattern. Winner determined by a flag system.

**Tournament Host:** Ash Parr, VI Dan

**Tournament Director:** Master Gordon Jue, VIII Dan

**Umpire Director:** Master Terence Geoghegan, VIII Dan

**ITF Sparring Rules and Regulations:** Black Belt Rounds: 2-2 minute rounds with 1 minute between the rounds.

**Mandatory sparring gear:** Headgear, Gloves, Boots and Mouthpiece. All males, regardless of age, must wear a groin cup.

**Power Breaking:** as per the Current ITF Rules and Regulations.

**Specialty Breaking:** as per the Current ITF Rules and Regulations.

The Tournament Committee reserves the right to make any changes it deems necessary to be able to provide the safest and best quality experience for the athletes.

## **POWER BREAKING COMPETITION**

Two points for each board broken and one point for a cracked board. The tournament committee will set the board amounts for each technique in each division. Pre-Juniors are excluded from power breaking.

### **Adult & Senior Black Belts 18 years of age and up.**

#### **Male**

Side kick  
Turning kick  
Reverse turning kick  
Knife hand strike  
Punch

#### **Female**

Side kick  
Turning kick  
Reverse turning kick  
Knife hand strike  
Punch

### **Jr. Black Belts 14-17 years of age**

#### **Males**

Side kick  
Turning kick  
Reverse turning kick  
Knife hand strike

#### **Females**

Side kick  
Turning kick  
Reverse turning kick  
Knife hand strike

## **SPECIALTY BREAKING**

Two points for a broken board and one point for a touched board. The tournament committee will set the board heights for each technique in each division. Pre-Juniors are excluded from specialty breaking.

**Black belt men and women ages 18 and over do all 5 breaks (separated by gender)**

**Jr. black belts ages 14-17 do all 5 breaks (separated by gender)**

Jumping high kick  
360 back kick  
180 reverse turn kick  
Flying long kick  
Jump turning kick



## BLACK BELT PATTERN

Athletes will perform two patterns: one designated pattern and one pattern of their choice for their belt rank. The designated pattern will be chosen by the center judge at the time of competition. The optional pattern is chosen by the athlete. Single elimination. Winner determined by a flag system.

### Pre Jr.-Black Belts 13 years & under (male & female combined)

1st Degree  
2nd Degree

### Jr. Black Belts 14-17 years old (separated by gender)

1st degree  
2nd degree  
3rd degree

### Adult Black Belts 18-40 years of age (separated by gender)

1st Degree  
2nd Degree  
3rd Degree  
4th Degree  
5th Degree  
6th Degree

### Sr Black Belts 41 years & older (separated by gender)

1st Degree  
2nd Degree  
3rd Degree  
4th Degree  
5th Degree  
6th Degree

1st degree will compete with 1st degree with the designated pattern from Choong-Moo to Ge-Baek and one optional between Kwang-Gae to Ge-Baek.

2nd degree will compete with 2nd degree with the designated patterns from Ge-Baek to Ko-Dang and one optional between Eui-An to Ko-Dang.

3rd degree will compete with 3rd degree with the designated patterns from Ko-Dang to Choi-Yong and optional between San-II to Choi-Yong.

4th degree will compete with 4th degree with the designated patterns from Choi-Yong to Moon-moo and one optional between Yong-Gae to Moon-Moo.

5th degree will compete with 5th degree with the designated patterns from Moon-Moo to Se-Jong and one optional between So-San to Se-Jong.

6th degree will compete with 6th degree with the designated patterns from Se-Jong to Tong-il and the optional from So-San to Tong-il.

## BLACK BELT SPARRING

Mandatory sparring gear: Headgear, Gloves, Boots and Mouthpiece. All males, regardless of age, must wear a groin cup.

Competition will be two 2-minute rounds with a 1-minute break between rounds. Males and females will compete separately. Divisions will be based on weight and age. Normal ITF rules and scoring system will apply.

	MICRO	LIGHT	WELTER	MIDDLE	HEAVY	HYPER
Senior Over 36 Yrs						
Male	-58Kg	-64Kg	-70Kg	-76Kg	-82Kg	82Kg+
Female	-50Kg	-55Kg	-60Kg	-65Kg	-70Kg	70Kg+
Adult 18-35 Yrs						
Male	-58Kg	-64Kg	-70Kg	-76Kg	-82Kg	82Kg+
Female	-50Kg	-55Kg	-60Kg	-65Kg	-70Kg	70Kg+
Junior 14-15 & 16-17 Yrs						
Male	-50Kg	-55Kg	-60Kg	-65Kg	-70Kg	70Kg+
Female	-45Kg	-50Kg	-55Kg	-60Kg	-65Kg	65Kg+
Pre-Junior 12-13 Yrs						
Male	-40Kg	-45Kg	-50Kg	-55Kg	-60Kg	60Kg+
Female	-35Kg	-40Kg	-45Kg	-50Kg	-55Kg	55Kg+