

2026 AAU DISTRICT CHAMPIONSHIP

SOUTHERN PACIFIC / NATIONAL QUALIFIER

APRIL 25, 2026

OFFICIAL EVENTS

Olympic Sparring

World Class Black Belts (Full Contact for Cadet & Up)

World Class Color Belts (Light Head Contact)

Grass Root Color Belts (Non-Head contact)

Sport Poomsae & Freestyle

Individual / Pair / Team

Traditional Form

Color Belts & Black Belts

EXHIBITION EVENTS

Creative Weapon / Creative Form / Creative Breaking

Demo Team Competition

Under-14 Team & Mixed age

Prize up to \$1000 (based on the number of teams)



ELECTRONIC DAEDO SYSTEM GEN 3

Early Registration: Jan 16-Feb 15, 2026

Regular Registration: Feb 16-March 31, 2026

Late Registration: April 1-April 22, 2026

REGISTRATION ENDS APRIL 22

ONLINE REGISTRATION ONLY: WWW.AAU-TKD.COM

**LOCATION: CALIFORNIA LUTHERAN UNIVERSITY GILBERT SPORTS
60 W. OLSEN ROAD, THOUSAND OAKS, CA 91360**

MUST HAVE CURRENT AAU MEMBERSHIP TO QUALIFY

THIS EVENT IS LICENSED BY THE AMATEUR ATHLETIC UNION OF THE U.S., INC. ALL PARTICIPANTS MUST HAVE A CURRENT AAU MEMBERSHIP.
AAU MEMBERSHIP MAY NOT BE INCLUDED AS PART OF THE ENTRY FEE TO THE EVENT. AAU YOUTH ATHLETE MEMBERSHIP MUST BE OBTAINED BEFORE THE COMPETITION BEGINS.
BE PREPARED! ADULT AND NON-ATHLETE MEMBERSHIPS ARE NO LONGER INSTANT AND CANNOT BE APPLIED FOR AT THE EVENT. PLEASE ALLOW AT LEAST 10 DAYS FOR MEMBERSHIP TO BE PROCESSED.
PARTICIPANTS ARE ENCOURAGED TO VISIT THE AAU WEBSITE WWW.AAUSPORTS.ORG TO OBTAIN THEIR MEMBERSHIP

Welcome to AAU Taekwondo!

Online Registration: www.aau-tkd.com



Message from the Tournament Director

Welcome to the 2026 AAU Nationals Qualifier for the Southern Pacific District!

AAU Taekwondo is the largest organization in the United States, and our goal is to inspire and provide talented athletes with more opportunities to reach their full potential. Since AAU Taekwondo was established in In Southern California, our district has become one of the largest in the nation.

Our mission is to provide a national-level tournament experience to all athletes, including grassroots ones.

- This tournament will be hosted at the spacious and beautiful Cal Lutheran University – Gilbert Arena, featuring eight full competition rings, enabling efficient scheduling.
- **We will use the Daedo Gen 3 system: Gen 3 socks / regular gloves**
- Only fully certified AAU & USAT referees officiate at our event.
- This tournament is classified as an AAU A3 ranking event, the highest ranking level among district championships.

We are truly thankful to all our staff, parent volunteers, partnering masters, and coaches who selflessly give their time to provide the best possible competition experiences for our youth and top athletes.

We look forward to seeing so many talented athletes shine.

Best Wishes,

Master Derrick Kwak
AAU Regional Taekwondo Chair
Regional 13 - California & Nevada





The Tournament Schedule (Tentative)

The official schedule will be announced on April 20, 2026

Cal Lutheran University - Gilbert Arena
60 W Olsen Rd, Thousand Oaks, CA 91360

Time	Event	Area
7:00 am 7:30 am	Staff, Volunteers, and Vendors Referee's Meeting	Outside Arena
8:00 am	Registration Table Open : Call time: go to the holding 30 minutes before the event time	Entrance Holding
8:30 am	Black Belt Traditional Poomsae Creative Form, Weapon & Breaking (all levels and ages) Color Belts Poomsae (Under 10)	TBA
9:00 am	Black Belt Sport Poomsae Individual Senior Color Belt Poomsae Color Belts Poomsae(10 and above)	TBA
10:00 am	Black Belt Sparring (Seniors & Ultras)	TBA
11:00 am	Black Belt Sparring (Youth) Color Belts Sparring (under 10)	TBA
12 noon	Opening Ceremony National Anthem / Award Ceremony & Demo Competition	
12:30 pm	Black Belt Sparring (Cadets) Color Belts Sparring (10 & above)	TBA
2 pm	Black Belt Sparring (Juniors)	TBA
5-6 pm	Closing Ceremony Volunteers & Referee Group Pictures	



Category of Events / Age / Rank

Category of Events

Official Qualifying Events	Exhibition Match
<p>Olympic Sparring</p> <ul style="list-style-type: none"> - World Class Black Belts (head contact) - World Class Color Belts (head contact) - Grassroot (no head contact) <p>Sport Poomsae & Freestyle Poomsae</p> <ul style="list-style-type: none"> - Individual - Pair, - Team <p>Traditional Poomsae</p> <ul style="list-style-type: none"> - 1st, 2nd, 3rd, 4th, 5th, 6th dan 	<p>Traditional Weapon</p> <p>Creative Weapon</p> <p>Creative Form</p> <p>Creative Breaking</p> <p>Demo Team</p> <ul style="list-style-type: none"> - Under 14 - All ages

Age Divisions for All Individual Competition

Dragon	Tigers	Youth	Mini-Cadets	Cadet	Juniors	Seniors	Ultra	Executive	Diamond
4-5	6-7	8 - 9	10 - 11	12-14	15-17	18 - 32	Under 40	Under 50	Under 60

Rank for Olympic Sparring, Traditional Poomsae, Weapon, and Breaking

Yellow/Orange	Green	Blue	Red	Black
---------------	-------	------	-----	-------

Sport Poomsae Divisions

Mini-Cadets	Cadet	Juniors	Seniors	Ultra	Executive	Diamond
10 - 11	12-14	15-17	18 - 32	Under 40	Under 50	Under 60

Demo Team Divisions

<p>Youth Team</p> <ul style="list-style-type: none"> - All performers are under 14. - Boardholders can be coaches 	<p>Mixed Team</p> <ul style="list-style-type: none"> - May include both youth and adult participants.
--	---



Essential Rules for Coaches

Credential

- Current AAU members who have passed the background check
- Current AAU or USAT coaching certification
- <https://aausports.org/taekwondo/coaches-certification>

Coach's Attire



- Must wear an Official Blue AAU Coach's shirt, which may not be modified in any way.
- White or black dobok (uniform) pants or ankle-length pants (no jeans).
- Athletic sneakers (any color).
- No jeans, no shorts, and no sandals.
- AAU Coach's T-Shirts can be pre-ordered through our website. (deadline April 18, 2026)

<https://www.aau-tkd.com/coach-registration>

Protest Card: The coach may only appeal the following:

- Technical point scored or not scored.
- Wrong identification of fist-attacking contestants by judges.
- Any mechanical malfunction or error in time management.
- Any penalty against the coach's contestant.
- Penalties against the opponent for:
 - Falling down
 - Crossing the Boundary Line
 - Attacking the opponent after "Kal-yeo."
 - Attacking the fallen opponent
- If you lose the appeal, you will lose your card for the match.
- You can only request the PSS test in the first round.

AAU Taekwondo Rules

- <https://www.aau-tkd.com/>



Olympic Sparring Rules

Equipment / Match Duration & Others

Protective Equipment

- Forearm protectors, shin/instep protectors, and groin protection must be worn inside the dobok.
- The mouthguard can be any color, except red. If the competitor has braces, a mouthguard that covers both the upper and lower braces must be worn.
- **Sports eyeglasses are allowed up to age 11.**
- Gloves are mandatory for all levels: Regular TKD gloves will be used
- All males must wear groin cups, which are mandatory for female black belt competitors—highly recommended for all female color belt competitors.
- Daedo hogu and E-head gears will be provided; any changes will be communicated in advance.
- You must bring your own Gen 3 socks, and you can wear regular TKD gloves.

Grassroot Level / World Class Sparring Rounds (Match Duration & Head Contact Rule)

Events	Match Time	Contact Level	PS System
Grassroot - Color Belts	60 sec. (per round) 2 out 3 rounds	No Head Contact	Daedo Gen 3 Hogu & Regular Head Gears
World Class - All Color Belts	60 sec. (per round) 2 out 3 rounds	Light Contact	Daedo Gen 3 Hogu & E-Head Gears
World Class Black Belts : Youth under 12	60 sec. (per round) 2 out 3 rounds	Light Contact	Daedo Gen 3 Hogu & E-Head Gears
World Class Black Belts : Cadets (12-14)	60 sec. (per round) 2 out 3 rounds	Light Contact	Daedo Gen 3 Hogu & E-Head Gears
World Class Black Belts Juniors (15 - 17) & Seniors (18 - 32)	90 sec. (per round) 2 out 3 rounds	Full Contact	Daedo Gen 3 Hogu & E-Head Gears
Black Belts: (33 +)	60 sec. (per round) 2 out 3 rounds	Light Contact	Daedo Gen 3 Hogu & E-Head Gears

Sparring Rules

1. Best of 3 rounds system
2. No 'gam-jeom' for falling if a contest has scored a turning kick
3. Five 'gam-jeom' in one round will lead to forfeiting that round
4. Point gap: 12 points
5. Head Contact Rules
 - a. Full Contact allowed for all black belt cadets, junior and senior.
 - b. ***Light permitted contact for all ages and all levels:*** excessive force on the head kicks will lead to 'gam-jeom', and possible disqualification, if it leads to injury.
6. Pushing is permitted only when it is a quick impact.
7. Any rule changes will be covered in the coach's meeting; TBA.



Traditional Poomsae

Color Belts / Black Belts

Required Poomsae for Color & Black Belts

Yellow / Orange	Taegeuk 2	Black Belt : 1st Dan	Koryo
Purple / Green	Taegeuk 4	Black Belt : 2nd Dan	Keumg Kang
Blue / Brown	Taegeuk 6	Black Belt : 3rd Dan	Taebaek
Red	Taegeuk 8	Black Belt : 4th Dan	Pyongwon

Each performance is evaluated based on the following six elements:

- **Technique:** The correctness of stances, blocks, strikes, and kicks.
- **Power:** The effectiveness and appropriate force behind each movement.
- **Focus:** Concentration and "eye control" (gaze) throughout the form.
- **Rhythm:** The timing and flow between individual movements and combinations.
- **Grace:** Smoothness of motion and overall body control.
- **Beauty:** The aesthetic quality and "martial spirit" expressed during the performance.

Key Competition Rules

- **Scoring Format:** Judges typically use a "point" system (often 7.0 to 10.0) based on their overall impression of the six criteria above.





Sport Poomsae

Black Belts

Designated Traditional Poomsae

The specific forms to be performed are drawn from a pool of **Compulsory Poomsae** for each division and are typically released by the tournament organizers shortly before the event (e.g., at the Head of Team meeting).

Common compulsory pools include:

- **Cadet (12-14):** Taegeuk 4 through Koryo, Keumgang, and Taebaek.
- **Junior (15-17):** Taegeuk 5 through Pyongwon.
- **Under 30:** Taegeuk 7 through Shipjin and Jitae.

Scoring System

Performances are judged on two main categories:

- **Accuracy (4.0 points):** Focuses on the correct execution of movements, stances, and balance. Deductions are **-0.1** for minor errors and **-0.3** for major errors.
- **Presentation (6.0 points):** Focuses on speed and power, rhythm and tempo, and expression of energy.

Freestyle Poomae

- **Duration:** Performances must be between **60 and 70 seconds**.
- **Music:** Compulsory for all divisions. It must be provided by the athlete and should not contain lyrics or inappropriate content.
- **Divisions:** Includes Individual (Male/Female), Mixed Pair, and Mixed Team (5 members).
- **Technical Requirements:** Routines must include specific mandatory elements:
 - **Side Kick** (height and balance)
 - **Multiple Front Kicks** (jumping)
 - **Graduated Spinning Kicks**
 - **Sparring Footwork** (Kyorugi style)
 - **Acrobatic Actions** (flips, twists, etc.)

Scoring System (10.0 Total Points)

Scoring is split into two primary categories:

Technical Content: 4.0

- Execution of mandatory kicks, acrobatics, and basic Taekwondo movements.

Presentation: 6.0

- Creativity, harmony, energy, and synchronization with the music.



Demo Team Competition

Rules and Prize

1. Ring Size

- The performance area is 10 m x 16 m; 10 puzzle mats x 16 puzzle mats
- Teams can move in and out of the ring during their routine.

2. Time Limit

- Performances must be 6 minutes or less; 1 min. Set up and 2 min. clean up.
- Exceeding the time limit will result in point deductions; every 10 sec. = .25 point off
- Exceeding 7 min will lead to disqualification.

3. Music Submission

- All music files must be emailed in advance of the competition.
- File format and deadline details will be provided during registration.

4. Team Divisions

- Youth Team: All performers (excluding board holders) must be under 18.
- Adult Team: May include both youth and adult participants.

5. Team Size & Eligibility

- The minimum number is 8, the maximum number is 20.
- All team members must register for at least one other individual event (e.g., Sport Poomsae, Sparring, etc.).

6. Safety Policy : all routines must prioritize safety for participants and the audience.

- Explosives, real weapons, or unsafe props are strictly prohibited.
- All props will be inspected on the tournament day and must be approved by the judges.

7. Judging Criteria

- Teamwork & Synchronization
- Creativity
- Energy & Performance Spirit
- Difficulty Level - higher skill performance.
- Taekwondo Spirit (Focus on traditional and recognizable Taekwondo techniques.
- Seven Judges will score; the highest and lowest scores will be dropped.

8. Awards & Prizes

- 1st Place: Gold medals for each member + Winning Team Trophy
- 2nd Place: Silver medals for each member
- 3rd Place: Bronze medals for each member
- Prize Money Structure based on the number of participating teams.
- 3 Teams: \$500 for 1st Place
- 5 Teams: \$1,000 for 1st Place, 2nd Place \$500, 3rd Place \$250
- 8 - 10 Teams: \$2,000 for 1st Place, 2nd Place \$1000, 3rd Place: \$500



Creative Form Rules

General Rules

1. The performance must be done within the regulation ring size (8 x 8)
2. The performance must include standard Taekwondo techniques
3. No specific restrictions on technique: Forms can consist of various kicks, punches, and acrobatics, as long as they are part of or lead to kicking and punching.
4. Safety is paramount: The referee must inspect and approve all props.
5. No jumping or flying over others: This is prohibited.
6. The maximum time to complete the performance is 2 minutes
7. Competitors must store their music on their phone ahead of time.
8. A uniform must not be traditional but safe and free of materials that can cause lacerations.

Scoring Guidelines: 10 Point Maximum

1. Power, speed, rhythm, and flow (physicality)
2. Focus, energy, and spirit (mental side)
3. Creativity and the style of the routine
4. Difficulty of the Routine (from easy to high difficulty)
 - a. Traditional hand strikes
 - b. High Kicks and spin kicks
 - c. Jumping Kicks
 - d. Jumping Spin Kicks
 - e. Acrobatic Kicks (acrobatic without kicks will be considered in style points)
5. Taekwondo spirit, incorporating traditional Taekwondo movements.





Creative Weapon Competition Rules

General Rules

1. The maximum set-up time is 1 minute
2. The maximum time to complete the performance is 2 minutes
3. The performance must be done within the regulation ring size
4. The performance must include standard Taekwondo techniques
5. The Tournament will permit using any traditional martial arts weapon.

All weapons must be DULL, for safety.

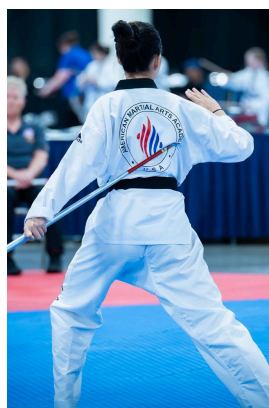
6. Competitors must provide their weapons.

Scoring Guidelines: 10 Point Maximum

1. Difficulty of Technique will be based on the following order of superiority (in ascending order):
 - Accuracy of Weapon use - 2 points
 - Speed of Weapon techniques - 2 points
 - Power of Weapon strikes - 2 Points
2. Complexity and combination of techniques on the following:
 - Combination of movements - 2 points
 - Use of Taekwondo techniques - 2 points (kicks, strikes, blocks, stances)
 - One full point deduction for dropping the weapon

Standard Weapons

1. Bahng Mahng (Eskrima Sticks)
 2. Sahm Dan Bong (Three-Section Staff)
 3. Sai Knives
 4. Nunchuku
 5. Jahng Bong (Staff)
 6. Kama Knives
 7. Geom (Double-Edged Korean Sword)
 8. Yedo (Single-Edged Sword – Katana)
- (Other weapons are allowed with permission of the Tournament Director)





Creative Breaking Competition Rules

Creative Breaking Competition Overview

1. Competitors may choose the kind of techniques and the number of boards to break. Each competitor must break a minimum of 5 boards and a maximum of 10 boards. Head butt strikes are not allowed.
2. There will be a maximum of two attempts allowed for each break. Failure to break the board will result in .5 deduction for each failed attempt. For example, five failed attempts will cost a 2.5 percent deduction from the accuracy.
3. Competitors must provide their boardholder assistants. Competitors and helpers will have one minute to set up and perform the breaking routine and one minute to clean up all boards, broken boards, and wood fragments. Exceeding the time limit will result in a 0.5-point deduction.
4. Competitors may not use props such as chairs, trampolines, tables, etc., for aerial techniques. Athletes can use their teammates as launch pads to jump higher, and holders may step on others to set up for a high aerial kick. No glitter, confetti, explosives or sound makers may be used.
5. The performance must be confined to the 8m x 8m competition area. A competitor who crosses the boundary line will receive a 0.5 point deduction for each violation. Holders may cross or stand outside the boundary line with no penalty.
6. Standard board sizes: ¼-inch demo boards must be purchased from AAU for consistency and safety. Boards will be available on location for \$2 per piece.
7. Holders may not attempt to “help” the competitor by bending, moving, or pushing the boards; any such attempt will result in a 0.5-point deduction for each instance.
8. Competitors are expected to display self-control and good competition manners.
9. A display of poor sportsmanship (profanity, etc.) may be penalized by either 0.1 or 0.5 in the Technical.
10. Execution score, depending on severity.

Scoring Guidelines

- | | |
|---|------------|
| - Number of Boards and accuracy | - 2 Points |
| - Difficulty of Techniques | - 2 Points |
| - Accuracy of Techniques | - 2 Points |
| - Presentation I (Energy, Style and Creativity) | - 2 Points |
| - Presentation II (Speed and Flow) | - 2 Points |





The Video Weight-In (only for black belts)

April 24: Friday Video Weight-In (FaceTime)

- Coaches will get assigned numbers to call; all coaches must provide their contact numbers!
 - A qualified coach must supervise the video weight-in.
- **Only black belts are required**
- **Time: 2:00 pm - 6:00 pm**
- Attire: must wear shorts and a shirt; no undergarments allowed
- .5 kg (1.1 lb) allowance

In-Person Weight-In

- American Martial Arts Academy: 15 McCoy Place, Simi Valley, CA 93065
 - 2 pm - 6 pm RSVP by calling 805-431-1041

Set-Up

- A 5-pound dumbbell is used to demonstrate that the scale is calibrated correctly.
- The scale cannot be placed close to the wall, desk, or chair.
- The phone video resolution must be sufficient for inspectors to see the scale clearly.
- Video weight-in will be supervised by the referee chair, Master [Todd Peterson](#).

Phone Number (Will be given the week of the event to **registered coaches!**)

- Team's name starts with 'A to E' : TBA Konnie
- Team's name starts with 'F to K' : TBA Todd Peterson
- Team's name starts with 'L to M' : TBA
- Team's name starts with 'N to Z' : TBA

Penalty Fee for changing the weight on the weight-in day; Zelle \$30 to 805-431-1041

Important Reminder: You can qualify for the nationals at any weight division and then change your class.

For example, you can compete at -52 kg at your regional qualifier and then compete at -55 kg at the nationals.



REFEREE INFORMATION

AAU Referees Rank & Service Fee

- IR = \$200 + breakfast, lunch, and dinner
- A = \$150 + breakfast, lunch, and dinner + referee online course (\$39)
- B = \$125 + breakfast, lunch, and dinner + referee online course (\$39)
- C = \$100 + breakfast, lunch, and dinner + referee online course (\$39)
- D = \$75 + breakfast, lunch, and dinner + referee online course (\$39)
- AAU Leadership Awards for high school and college students
 - AAU Referee Shirts (\$35)

Requirement

- Current AAU Membership registered as Non-Athlete (Individual).
<https://aau.uventex.com/memberships>
- After completing and passing the required background check, the process usually takes 1 to 10 business days.
- Online Referee Course (\$39); reimbursed when you come to the tournament.

<https://aausports.org/taekwondo/officials-online-course/>

Referee Attire (all referees):

- Gray AAU Referee polo (will be provided)
- The black jacket can be worn
- Black pants (no jeans or shorts)
- White or Black TDK or flat-sole athletic shoes

Meals: Light breakfast and a hot meal for lunch, snacks, and drinks will be provided during the tournament. An appreciation dinner to follow the tournament



Hotel Information & The Admission Ticket Purchase

Grand Vista Hotel

999 Enchanted Way, Simi Valley, CA 93065

Phone: (805) 915-1503

Only \$126 + Tax (10.2%)

- Express Continental Breakfast Included



Purchase The Admission Ticket Ahead

Available for Online Purchase Only \$15 (\$20 at the Door)

We encourage our guests to purchase admission tickets in advance to save time and money.

<https://www.aau-tkd.com/general-admission-tickets>