

2026 CHICAGO OPEN MARTIAL ARTS CHAMPIONSHIP



GENERAL INFORMATION



Date: Sunday, November 1st 2026
Location : Forest View Educational Center
Address : 2121 S Goebbert Rd, Arlington Heights IL 60005

More Information : Master Ko (630 - 736 - 9225), Master Jeong (847 - 445 - 9457), Master Koo (630 - 415 - 7722)
Competition Categories : 1. Form 2. Breaking 3. Sparring 4. Demo Team Competition
5. Special Events (**Choose Only One Event**): Weapons, Jump High Kick, Power Breaking, Ninja Warrior (Ages 3-6 only)
Competition Fees :

1 Event \$95

2 Events \$105

3 Events \$115

4 Events \$125

5 Events \$135

Board Breaking Additional Fees (\$3 each board):

3 Board - \$9

4 Board - \$12

Special Event Board Fees : Jump High Kick Board - \$20, Power Breaking Board - \$30, Ninja Warrior Board—\$3

***PARTICIPATION FEES ARE NON-REFUNDABLE**

Spectator Fees (Child 3 & under Free, Adult 65 & up Free):

Adult \$10

Child \$5

Registration Deadline: October 24th.

Event Schedule

DOOR OPEN

Referee / Judge Meeting

Opening Ceremony

8:00 AM

8:00 AM

8:50 AM

AGES 3 TO 10 YEARS OLD

Form

Breaking

Sparring

9:00 AM

10:00 AM

11:30 AM

SPECIAL EVENTS

Ninja Warrior (Ages 3-6)

Weapon/Jump Front Kick/Power (**All Age**)

Demo Team Competition

12:00 PM

12:00 PM

12:30 PM

LUNCH

1:00 PM

AGES 11 & UP

Form

Breaking

Sparring

1:30 PM

2:30 PM

3:30 PM

Please arrive 30 minutes before your event starts

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About Form Competition

Form Classification of Contests:

- 8yrs old & younger will perform 10 Steps twice with count. - Taegeuk Form
- 8yrs old & younger will perform 8 steps on Form Basic 1 & 2
- 9yrs old & up will perform all steps with no count twice.
- All Black Belt will perform all steps regardless their age.
- **All Form Competitors will perform twice**
- **Check www.chicagomartialartsassociation.com for Form Counts of video.**



(Schools may have a different belt system, but regardless of Belt Color, all competitors will compete in the same form group. However, all Competitors must compete at their current rank or they will be eligible for disqualification.)

Age	3-4	5-6	7-8	9-10	11-12	13-14	15-17	18-32	33 & up
White to Yellow	Basic 1, Basic 2								
Orange to Green	Taegeuk 1, Taegeuk 2, Taegeuk 3								
Blue To Brown	Taegeuk 4, Taegeuk 5, Taegeuk 6								
Red to Deputy	Taegeuk 7, Taegeuk 8								
Black Belt	1 st Dan: Koryo 2 nd Dan: Keumgang 3 rd Dan: Taeback 4 th Dan: Pyungwon 5 th Dan: Sipjin								

About Sparring Competition

CMA Official Sparring Rules

- Modified **USAT/CMA** Sparring rules will apply.
- All competitors must wear the **required protective equipment**.

Round Time

All Color & Black Belts: 2 rounds x 1minute, with a **30-second rest period** between rounds.

Scoring

- **1 point**-valid punch and Kicks on the chest protector
- **2 points**-valid turning kicks on the chest protector
- **3 points** - valid kicks to the head (**Black Belt ages 13& up only**)

Head Contact & Safety

- **Black Belt ages 13 and up:** Light Head contact is permitted in accordance with junior safety rules.
- **Color Belts of all ages:** No head contact
- **Black Belt ages 12 and under:** No head contact.
- Excessive or uncontrolled contact may result in a **penalty or disqualification** at the referee's discretion.

Tie-Breaking Rule

If the match is tied at the end of regulation time, a **sudden-death round** will determine the winner. The first competitor to score a valid point wins.

Protective Equipment

For additional safety, CMA strongly recommends that all competitors wear approved headgear with a face shield.

AGE	3-4	5-6	7-8	9-10	11-12	13-14	15-17	18-32	32 & UP
RANK	WHITE TO GREEN / BLUE TO BROWN / RED TO DEPUTY / BLACK								

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About Breaking Competition

- **Color Belt Competitors** must follow Official's Direction. Black Belt Competitors may perform their own routine.
- **Color Belts:** 3 or 4 Boards with 3 or 4 techniques, depends on rank. **Black Belts:** 4 boards using 4 freestyle techniques.
- Competitors will have a maximum of 30 seconds to set up their boards.
- Competitors may use a demonstration board for kicks above 540 degree and high technique breaking (Also acrobatic breaking). Maximum 2board.
- **Chairs, people, or other equipment may not be used to elevate or support a competitor during a breaking technique.**
- Competitors will have **up to three attempts for each breaking technique.**
- Board sizes will be determined by age

Ages 3-6: Pee Wee Board

Ages 7-10: Child Board

Ages 11 -14: Teen Board

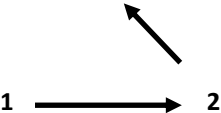
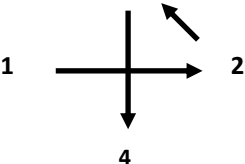
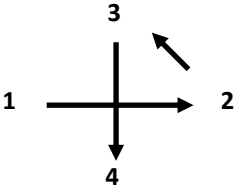
Ages 15 & up: Adult Board

Breaking Scoring Criteria:

1st place: 0-1 failed breaking attempts

2nd place: 2-3 failed breaking attempts

3rd place: 4 or more failed breaking attempts

		White to Yellow	Orange to Green	Blue to Brown	Red to Deputy	Black Belt					
3 - 4	Pee Wee Board	3 Boards Hammer Fist Front Kick Axe Kick		4 Boards 1.Knife Hand (Cross) 2.Round House Kick 3.Back Kick 4.Jump Front Snap Kick	4 Boards 1.Round House Kick 2.Back Kick 3.Spin Kick 4.Jump Side Kick	4 Boards Freestyle					
5 - 6											
7 - 8											
9 - 10											
11 - 12	Teen Board	3 Board Knife Hand (Down strike) Round House Kick Axe Kick									
13 - 14											
15 - 17	Adult Board										
18 - 32											
33 & Up											
Breaking Directions		3  <u>Judge Table</u>		3  <u>Judge Table</u>		3  <u>Judge Table</u>					
Check@ www.chicagomartialartsassociation.com for detail Direction											

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About Demo Team Competition

- Each Demo Team will have a maximum performance time of **6 minutes**, including music.
- Performances exceeding **6 minutes** will result in automatic disqualification.
- Each team must provide its **own equipment and supplies**, including breaking boards.
- Teams are responsible for **setting up and removing their equipment promptly**.
- All equipment and demonstrations must meet tournament **safety requirements**.
- **Each participating team will receive a large team trophy.**



About Special Events

Participants may choose only **ONE** event - Power Breaking / Weapon / Jump High Kick / Ninja Warrior

Ninja Warrior Competition

- The Ninja Warrior Competition is for **Ages 3 to 6 years old Only**
- **The** Ninja Warrior competition consists of an **obstacle course**.
- Participants will Complete the following course **non-stop**:

10 Front kick - Tunnel - Jump Over the Target - Zigzag Run - Board Breaking (Hammer Fist)

(The obstacle course layout or sequence may be modified on the day of the tournament at the discretion of the tournament officials)

About Power Breaking Competition

Power Breaking Rules:

- Knife Hand or Hammer Fist only - All competitors will start with 10 Boards pre-set
- Division will be separated by Male / Female
- Age Divisions & Board Types: Ages 11-14 (Teen Boards) / Ages 15-32(Adult Board) / Ages 33 & Up (Adult Boards)

About Jump High Kick Competition

- There will be **21 feet** between the starting line and the target.
- Competitors will be divided by **age and gender (Male/Female)**.
- Starting target Height: **5 feet**
- **No Shoes Allowed**
- Age Divisions:

10 & Under / 11 - 14yrs old / 15 - 19yrs old / 20 - 32yrs old / 33 & Up

About Weapon Competition

- All Competitor routines must be a **minimum of 30 seconds** and a **maximum 1 min Long**.
- Routines that are **under 30 seconds or over 1 minute** will result in point deductions.
- Competitors will be judged on **Weapon handling skills, difficulty, creativity and choreography**.
- Competitors using the **same type of weapon** will compete against each other (Nunchaku, Sword, Bo staff, etc.).
- Divisions: **Color Belt / Black Belt**
- **Age Divisions:** 10 & under / Ages 11-14 / Ages 15-19 / Ages 20-32 / Ages 33&up

2026 CHICAGO OPEN MARTIAL ARTS CHAMPIONSHIP



2026 Chicago Open Martial Arts Championship Entry Form

Tournament Date: Sunday, November 1st, 2026

Registration Deadline: October 24th, 2026

Event Fees

1 Event \$95 | 2 Events \$105 | 3 Events \$115 | 4 Events \$125 | 5 Events \$135

Board Breaking Fees: 3 Boards - \$9, 4 Boards - \$12,

Special Event Board Fees: Jump High Kick - \$20, Power Breaking - \$30, Ninja Warrior Breaking - \$3

TOTAL EVENT FEES: _____ **TOTAL BOARD FEES:** _____ **GRAND TOTAL:** _____

*** ALL PARTICIPATION FEES ARE NON-REFUNDABLE**

COMPETITOR NAME: _____ **AGE:** _____ **M / F**

BELT RANK: _____ **MARTIAL ARTS SCHOOL NAME:** _____

LIABILITY WAIVER

In Consideration of your acceptance of my entry in this tournament, I do hereby on behalf of myself, my heirs, executors, administrators waive, release and forever discharge any and all rights and claims for damages which I may have against Chicago Martial Arts Association and Members of the tournament and their respective officers, agents, representatives, successors, and / or assigns, and against any competitor for any and all damages which may be sustained by me in connection with my association with or entry in the above athletic meet, and which may arise out of traveling to, participation in, and / or returning from such athletic meet. I fully understand that Tae Kwon Do is a body — Contact sport and that injuries can occur during competition. I further acknowledge having received a copy of the rules of this competition. I fully understand the competition rules and agree to any and all rights and claims for damages claimed for competitors contained herein.

Note: This release, Consent and assumption of risk, has important legal consequences. If the competitor, whose name appears above, is under the age of 18, his / her parent or legal guardian must execute this document.

(C.M.A. regulations will govern these championships for forms, breaking, and sparring players)

COMPETITOR SIGNATURE(IF OVER 18YRS OF AGE): _____ **DATE:** ____/____/____

Form (Name of the Form)	Breaking	Sparring	CHOOSE ONLY ONE				Demo Team
			Weapon	Jump High Kick	Power Breaking	Ninja Warrior	

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Chicago Open Martial Arts Championship Volunteer / Referee Entry Form

PLEASE RETURN THE ENTRY FORM TO YOUR MASTER BY October 24th, 2026

The Chicago Martial Arts Association would be honored to have you serve as a Tournament Volunteer or Referee at our upcoming event.

*. Lunch will Provided on Tournament Date.

First Name: _____ **Last Name:** _____ **Age:** _____ **M / F**

Martial Arts School Name: _____

Position Applying For (Please Check One):

Volunteer: _____ **Please Explain Volunteer Experience:** _____

Referee: _____

Do you have Experience? : _____ **If yes, How many times?** : _____

Do you have a Referee Certification? : _____ **If yes, What Level are you?** : _____

Black Belt Rank: _____ **Martial Arts Style:** _____

LIABILITY WAIVER

In Consideration of your acceptance of my entry in this tournament, I do hereby on behalf of myself, my heirs, executors, administrators waive, release and forever discharge any and all rights and claims for damages which I may have against Chicago Martial Arts Association and Members of the tournament and their respective officers, agents, representatives, successors, and / or assigns, and against any competitor for any and all damages which may be sustained by me in connection with my association with or entry in the above athletic meet, and which may arise out of traveling to, participating in, and / or returning from such athletic meet. I fully understand that Tae Kwon Do is a body — Contact sport and that injuries can occur during competition. I further acknowledge having received a copy of the rules of this competition. I fully understand the competition rules and agree to any and all rights and claims for damages claimed for competitors contained herein.

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(C.M.A. regulations will govern these championships for forms, breaking, and sparring players)

Signature: _____

Date: _____ / _____ / _____