

Yi Champions Tae Kwon Do Academy

2026 YCTA Inner School Championship

Saturday, January 24, 2026
Starting at 9:00 am

Benefits & Purpose of the YCTA Inner School Championship

YCTA Inner School Championship is a friendly tournament between YCTA students with other school students in order to challenge themselves and to gain experience and confidence. Inner School Championship means competing “within our Academy”, but more importantly competing within ourselves. Sometimes we are so focused on how to beat others that we forget to challenge ourselves to be the best that we can be. If we focus on giving our best effort with a learning attitude, every competitor will gain positive results by the time they come out of the championship. Winning and having a victory over an opponent is not a bad thing, but it is not all that makes a “true champion”. We want competitors to enter this championship for the education and experience it fosters and with honest effort and a good attitude, everyone will become a true champion even with or without a trophy. Grandmaster Yi strongly encourages all of you to join in the YCTA Inner School Championship to celebrate the spirit of competition and motivate each other with a family-like support.

Positive benefits and great values to gain from YCTA Inner School Championship

1. **Improve on your positive and winning attitude about life**
2. **Better understanding on what it means to be a “true champion” in your life**
3. **Develop and improve on your self-confidence and self-esteem**
4. **Achieve greater concentration & focus on your action**
5. **Better understanding and improve on TKD movement and techniques (Such as timing, distance judgment & proper techniques)**



2026 YCTA Inner School Championship

GENERAL INFORMATION

Date: Saturday, January 24, 2026

Door Open: 8:30am (ALL competitors *must* weigh in)

Start Time: 9:00am - 3pm

Location: Yi Champions Taekwondo Academy
5513 Mapledale Plaza
Dale City, VA 22193

Contact: (703)583-2000
yichampionstkd@gmail.com

Registration: Submit by **Thur, January 22, 2026.**
(*Any registration submitted after will have late registration Fee*)

Registration Fee: \$99

* \$89 - for additional family member

* Includes all 3 events(form, breaking, and sparring) and breaking boards

Late Registration Fee: \$109

Payment: Money order, card or cash (Non-refundable)
*Make payable to "YCTA"

Spectator Fee: Free

Fill-out, detach and return the lower section to the office with your payment at Yi Champions TaeKwonDo Academy. It is very important that everyone fill out the entry form completely and register as soon as possible.

Yi Champions Tae Kwon Do Academy Inner School Championship Entry Form

Participant's Name: _____ Age: ____ Gender: M F

Belt: _____ Dan: ____ Home Phone: _____ Emergency#: _____

I hereby submit my application for registration in the annual Yi Champions Tae Kwon Do Academy Inner-School Championship. I agree to waive any claims against any persons connected with the YCTA Inner-School Championship for any injuries I may sustain and likewise assume full responsibility for all actions in connection with the championship. I understand that any pictures of me or my child participating in the championship may be used for publicity without compensation or further consent.

Signature: _____ Date: _____

(Guardian's signature if under 18 years of age)

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COMPETITION RULES

YCTA Inner School Championship Point System:

Each belt category will be divided into small groups based on age, height, gender and belt level. Ranking within the group will be determined by the total points each competitor will receive from all 3 categories (Forms, Breaking Board, and Sparring). Competitors can earn up to 10 points from each category. They can also earn extra points by having good performances. Also, competitors can enter exhibition matches to challenge themselves by going against competitors outside of their division. (This will also give extra points to competitors.) By the end of the championship, the competitor with the most points in their group will receive a trophy and a certificate (One 1st place; One 2nd place; Two 3rd place).

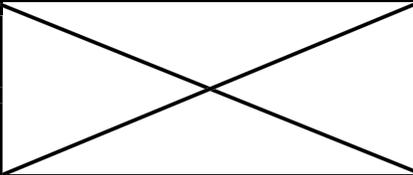
Forms:

- Form will be judged on balance, rhythm, strength, correct & orderly execution of the movement.
- Form will be a score system (10 point scoring system) and all scores from each round will be added. The winner will be determined with the most points by the end of Round 3.
 - 2 Point - Knowledge and memorization of form
 - 2 Point - Confidence (Loud yell)
 - 2 Point - Correct stance & snapping
 - 2 Point - Correct kicking (Above Belt)
 - 2 Point – Neat and fit uniform
- All color belt competitors will be performing the form associated with their current rank.
- Black Belts follow the chart below

	1 st Round	2 nd Round	3 rd Round
1 st Dan	TaeGeuk 8 Jang Or Any TaeGeuk Forms	KoRyo	If there is a tie, Round 3 will happen (KoRyo)
2 nd Dan	KoRyo	KeumGang	KeumGang
3 rd Dan	KoRyo	KeumGang	TaeBaek
4 th Dan	KoRyo or KeumGang	TaeBaek	PyeongWon

Breaking Board:

- Two types of breaking board - 1) Hand Technique 2) Kicking Technique
- All competitors will be using 1-inch thick boards (Boards will be provided)
 - Age 6-7: 4-inch wide boards
 - Age 8-13: 6-inch wide boards
 - Age 14-16: 8-inch wide boards
 - Age 17 + : 8-inch wide with 1 ½ inch thick boards

Belt Level	Hand Technique (One Chance)	Kicking (Two Chances)
White - Blue Belt	Hammer Fist	
High Blue - Bodan Belt		
1st Dan Black Belt	Single Knife Hand	Flying Side Kick
2nd Dan Black Belt	Elbow Strike	
3rd Dan or higher Black Belt	Palm Strike	

Sparring:

- Total of 3 rounds (Win 2 out of 3 rounds) with 30 sec break in between rounds
- Target sparring for non-experienced students
- Points:
 - 1 point - Clean kick to the chest guard
 - 2 point - Spinning Kick to the chest guard (ex. Back Kick)
 - 3 point - Any kick to the head (including spinning kick)

Belt Level	Round Duration	Head Contact
Color Belts	60 sec	Not Allowed
Black Belts	90 sec	Light Head Contact