

AAU TAEKWONDO OREGON STATE TAEKWONDO CHAMPIONSHIPS

**SATURDAY
MARCH 22, 2025**

**WARNER PACIFIC UNIVERSITY
2219 SE 68TH ST PORTLAND, OR 97215**



Thank you, athletes and families, for joining us for the upcoming AAU Taekwondo Oregon Championships! We are excited to witness the dedication, hard work, and passion that each of you brings to the competition. Whether this is your first event or one of many, we know you will represent the spirit of Taekwondo with strength and perseverance. Families, your support is invaluable, and we are grateful for the energy and encouragement you bring. We can't wait to see all the competitors in action and celebrate your achievements together!

Samuel D. Lider
President, AAU Oregon State

- **Registration Opens:** February 14, 2025, **Late Registration Begins:** March 12, 2025, **Registration Closes:** March 17, 2025 at 11:59 p.m. PST
- **Athlete Entry:** \$125 for first event, \$25 each additional event, **Late Athlete Entry:** \$175 for first event, \$35 each additional event
- **Coach Entry:** \$50
- **Spectators:** 1 complimentary adult entry for each youth entry. \$10 per spectator age 10 and older.
- **Refunds:** No refunds.

Competition Belt Levels

- Novice: White / Yellow / Orange
- Intermediate: Green / Blue / Purple
- Advanced: Brown / Red / Poom
- Black Belts

Belt Levels & Age Divisions

- Novice: 5, 6-7, 8-9, 10-11, 12-14, 15-17, 18-32, 33-42, 43 and up
- Intermediate: 5, 6-7, 8-9, 10-11, 12-14, 15-17, 18-32, 33-42, 43 and up
- Advanced: 5, 6-7, 8-9, 10-11, 12-14, 15-17, 18-32, 33-42, 43 and up
- Black Belts: 5, 6-7, 8-9, 10-11, 12-14, 15-17, 18-31, 33-42, 43 and up

Poomsae

- All Color Belts will choose one form from your designated poomsae.
 - Color Belt Poomsae Finals
 - Novice: Taegeuk 1, 2, 3
 - Intermediate: Taegeuk 4, 5, 6
 - Advanced: Taegeuk 7, 8
- All Black Belts will perform two poomsaes from the designated poomsae list.
 - Black Belt Poomsae Finals
 - 11 and under: Taeguk 6 / Koryo
 - 12-14: Taeguk 5 / Geumgang
 - 15-17: Koryo / Taebaek
 - 18-32: Taebaek / Pyongwon
 - 33-42: Keumgang / Shipjin
 - 43 and up: Keumgang / Shipjin

Sparring

- Daedo Electronic Scoring will be used for Black Belt athletes.
- All athletes must provide their own E-footgear
- Weigh in details will be provided closer to the event

Board Breaking - Boards must be preordered or purchased at the event for \$5.00 each board (Cash Only). Athletes must supply their own board holders. All Board Breaking is up to ten (10) boards, except Power Breaking which is athlete's choice (must be pre-purchased or amount may not be guaranteed on the day of the event). Athletes may NOT bring in their own boards.

Demonstration Team - All members of the demo team must register individually. Boards must be pre-purchased or amount may not be guaranteed on the day of the event. Athletes may NOT bring in their own boards.

AAU Requirements - All Athletes and Coaches must be a current AAU member, please be advised that some AAU memberships may take time to process. All coaches must have a Blue Coaches Polo. Referees must attend and complete the online referee course and in-person referee seminar (hand signals) in order to officiate at this event.

Contact Information for Event:
503 - 674 - 4800
aauregon@gmail.com