



3rd Everest Open Taekwondo Championship

May 10, 2025

**CCBC Catonsville, Community College
Baltimore, Maryland**



Dear Grandmasters, Masters, School– Owners, Instructors and Coaches;

It is our great pleasures to officially invite you to the 3rd Everest Open Taekwondo Championship, which will be held on Saturday, May 10, 2025 and we will again be hosting this year's championship at 360 Campus Dr. Catonsville, MD 21228, CCBC Catonsville Community College Gymnasium.

We hope this championship, it will become an opportunity for Taekwondo athletes of all ages and cultures to gather in promoting friendship and harmony, to improve the quality of life and health. The organizing committee will be working hard to bring you great competition that ever be organized with exciting and cultural experiences.

The Organizing Committee will do its best to ensure the success of the championship and to offer all participants a best quality competition, with the best international referees and best qualified national referees to guarantee high level transparency and fair play. Additionally, this event will offer great opportunities to all the athletes built relationships with team from all over the USA.

All schools are encouraged to participate, regardless of the number of athletes you may send of their competition experience.

This remarkable Tournament will support to the charitable organization, Everest Taekwondo Care Foundation which is dedicated to supporting disadvantage and underprivileged children and adults in pursuit of educational and sports needs.

We look forward to seeing you all in this great event.

Best Regards,

Master Kumar Karki,
Tournament Director, 3rd Everest Open Taekwondo Championship
Everest World Class TaekwonDo
8631 Walther Blvd. Baltimore, MD 21236
410-657-7399 * www.EverestKick.com



3rd EVEREST OPEN TAEKWONDO CHAMPIONSHIP



May 10, 2025

CCBC Catonsville Community College Gymnasium
Jack Manley Wellness and Athletic Center
360 Campus Dr, Catonsville, MD 21228

REGISTRATION RULES AND REGULATIONS FOR COMPETITORS & COACHES

All Competitors and Coaches Must Register On Line

REGISTRATION FOR COACHES AND COMPETITORS:

You must register on the TKD Connect website at <http://tkdconnect.com>
Early on-line registration ends 4/19/2025 11:59 PM EST
Late on-line registration ends 5/07/2025
11:59 PM EST

COMPETITOR FEE:

Early on-line Registration: \$100 for one and \$20 for each additional event
Late on-line Registration: \$120 for one and \$20 for each additional event

EVENTS:

Sparring – World Class Division / Open Division
Poomsae/Forms – WT Sports Poomsae / Individual / Pair / Team
Traditional Taekwondo Forms / Individual

COACHES PASS:

All Dojangs will be provided with one free Coach's pass for up to 10 competitors. Every 10 additional competitors will be provided one free Coach's pass. Additional Coach's passes will be available with early registration for \$30.
Or (on-Site for \$50 Cash Only)

SPECTATOR FEES:

\$10 (CASH ONLY) *Children 5 & under / 65 & over Free*

WEIGH-IN:

Weigh-In required only for **Black Belts & Color Belts World Class Division** who are competing in the (12-14), (15-17) & (18 -32) sparring divisions. Weigh-in will take place on Saturday May 18th between 8:00AM – 8:45AM at the tournament site

COMPETITOR AWARDS:

Beautiful **4 inches Olympic** standard medals will be awarded to: Forms & Sparring: one 1st, one 2nd and two 3rd place Winners

SCHOOL AWARDS:

World Class Division - **Team Champion Trophy**
Open Division - **Team Champion Trophy**
All the Participants Schools will receive **Special Appreciation Award**

MANDATORY EQUIPMENT:

All Sparring competitors must wear: white, red or blue headgear (red & blue headgear must be matched with chest protector color) and, red and blue reversible chest protector, forearm guard, shin and instep guard, groin cup (male only, worn inside) and mouthpiece. Each competitor must provide his or her own equipment. 12-14, 15-17 & 18-32 World Class Black Belt Divisions must provide their own Gen2 Daedo Socks. Gloves are mandatory for 15-32 World Class Black Belt competitors and optional for all others. Some equipments will be sold at the tournament site.

OFFICIAL REFEREE:

WT International Referees and Certified USA Taekwondo National Referees will be officiating for high level transparency and fair play

TIME SCHEDULE:

8:00 – 8:30 AM Pre-Registration pickup for all 12 years & Up
8:00 – 8:45 AM WEIGH IN – 12 years & Above World Class BLACK BELTS ONLY
8:15 AM Referee Meeting (MANDATORY)
8:30 AM Report Time for ALL DAEDO BLACK BELT Competitors
8:45 AM Report Time for ALL DIVISIONS 12 years & up only
9:00 AM Competition begins Forms & Sparring for ALL DIVISIONS 12 years & up only
11:30 -12:15 PM Pre-Registration pickup for all 11 years & under
12:30 – 1:00 PM Opening Ceremony (ALL ATHLETES MUST ATTEND OPENING CEREMONY)
12:40 PM Nepali Cultural Dance
12:45 PM High School Tag Team Sparring
1:00 PM Lunch Break
1:30 PM Competition begins Forms & Sparring for ALL DIVISIONS 11 years & under

OFFICIAL HOTEL:

Holiday Inn Express & Suites Baltimore, BWI Airport North

1510 Aero Dr. Linthicum Heights, MD 21090

Group Name: Everest Open TaeKwonDo

Group Discount Code: EOT

Group Rate: \$134 (Double Bed with Breakfast)

Cut-off date: 4/23/2025

Front desk/Reservations: [410\) 859-0003](tel:4108590003)

Booking link: [3RD EVEREST OPEN TAEKWONDO CHAMPIONSHIP](#)

CHAMPIONSHIP VENUE: CCBC Catonsville Community College Gymnasium

Jack Manley Wellness and Athletic Center

360 Campus Dr, Catonsville, MD 21228

FOR INFORMATION:

Master Kumar Karki

EVEREST WORLD CLASS TAEKWONDO

8631 Walther Blvd. Baltimore, MD 21236

410-657-7399 * www.EverestKick.com

Email: everestopentkd@gmail.com



3rd EVEREST OPEN TAEKWONDO CHAMPIONSHIP



May 10, 2025

CCBC Catonsville Community College Gymnasium
Jack Manley Wellness and Athletic Center
360 Campus Dr, Catonsville, MD 21228

Online Registration at : www.tkdconnect.com

COMPETITION RULES AND REGULATIONS

Sparing Competition Rules

All Matches will be single elimination and the most recent WT best of Three system will be used for all divisions. Black belt Cadets (12-14) and Juniors (15-17) will have one and a half (1.5) minute rounds and Senior Black belt competitors (18-32) will have two (2) minutes rounds. For (8-11) Black Belts competitors and Open division all Black belts and all Color belts will have one (1) minute rounds.

Age	Rules
11 & Under	USAT/ WT Modified Rules. No Head contact for all Open division Color Belts & Black Belts Junior Safety Rules for Black belts (ages 8-11) World Class Division
12 - 14	USAT/ WT Modified Rules. No Head contact for all Open division Color Belts & Black Belts Senior rules for Black Belts and Junior Safety Rules for Color Belts (World Class Division)
15 - 17	USAT/ WT Modified Rules. No Head contact for all Open division Color Belts & Black Belts Senior rules for Black Belts and Junior Safety Rules for Color Belts (World Class Division)
18 & up	USAT/ WT Modified Rules. No Head Contact for all Open Division Color Belts & Black Belts Senior rules for all Black Belts & Color Belts (World Class Division)

WEIGH -IN:

Weigh-In required only for competitors **Black Belts & Color Belts (12-14), (15-17) & (18-32)** World Class sparring division. Weigh in will take place at the tournament site on Saturday May 18, 2024 between **8:00 - 8:45AM**. Competitors will be allowed 2 opportunities to stand on the scale, during this time if unable to make weight on the 2nd try, competitors will be moved to the next division. We will have Daedo Sparring available for all Black Belt ages 12 -32 years world class divisions only. You must provide your own Gen 2 Daedo socks (electronic foot gear).

No Weigh -In for all Color Belts Division and Black Belts Open Sparring Division:

There will be no weigh in for all Open division. You must enter your correct weight during registration. If there seems to be a purposeful falsifying of weight information, you will risk disqualification. Competitors unable to meet the weight division listed during registration will not be allowed to compete and will be disqualified. (Competitors will not be moved up or down divisions due to falsification.)

***If there are less than 4 athletes in a weight division, the organizing committee may combine weight divisions.

***Athletes ages 15-17 (World Class Sparring Division Only) may compete in their own division or an older age division for their respective weight.

***Athletes 33 years and up (World Class Sparring Division Only) have the option to compete in their own division or the 18-32 years old division for their respective weight.



3rd EVEREST OPEN TAEKWONDO CHAMPIONSHIP



TOURNAMENT DIVISIONS - SPARRING

Open Sparring – All Ages

Age	4-5	6-7	8-9	10-11	12-14	15-17	18-32	33-39	40-49	50 & Up	
Rank/ Belt	White/ Yellow/ Orange				Green		Blue/ Purple		Brown/ Red		Black
Weight	Light					Middle			Heavy		
Gender	Male						Female				

World Class Sparring – All Divisions and Weight Categories Male & Female

Classes	Age Divisions	Belt Color	Weight (Lbs)	Weight Classes
World Class	8 -9	Black	U41, U55, U66 & O66	FIN, LIGHT, MIDDLE, HEAVY
World Class	10 -11	Black	U66, U77, U88 & O88	FIN, LIGHT, MIDDLE, HEAVY

Daedo Sparring – Ages (12-14) Black Belts

Divisions	Men's Weight	Women's Weight
Fin	000.0 - 72.8 lbs.	000.0 - 63.9 lbs.
Fly	72.9 - 81.6 lbs.	64.0 - 72.8 lbs.
Bantam	81.7 - 90.4 lbs.	72.9 - 81.6 lbs.
Feather	90.5 - 99.2 lbs.	81.7 - 90.4 lbs.
Light	99.3 - 108.0 lbs.	90.5 - 97.0 lbs.
Welter	108.1 - 116.8 lbs.	97.1 - 103.6 lbs.
Light Middle	116.9 - 125.7 lbs.	103.7 - 112.4 lbs.
Middle	125.8 - 134.4 lbs.	112.5 - 121.3 lbs.
Light Heavy	134.5 - 143.3 lbs.	121.4 - 130.1 lbs.
Heavy	143.4 - 999.9 lbs.	130.2 - 999.9 lbs.

All weights in lbs.

Daedo Sparring – Ages (15 -17) Black Belt

Divisions	Men's Weight	Women's Weight
Fly	105.8 & Under	97.0 & Under
Feather	105.9-121.3	97.1-108.0
Welter	121.4-138.9	108.1-121.3
Middle	139.0-160.9	121.4-138.9
Heavy	161.0 & Over	139.0 & Over

Daedo World Class Sparring – Ages (18-32) Black Belts

Divisions	Men's Weight	Women's Weight
Fin/Fly	127.9 & Under	108.0 & Under
Bantam/Feather	128.0 – 149.9	108.1 – 125.7
Light/Welther	150.0 – 176.4	125.8 – 147.7
Middle/Heavy	176.5 & Up	147.8 & Up

Competitors cannot compete in two sparring Divisions
ALL DIVISIONS ARE SUBJECT TO CHANGE



3rd EVEREST OPEN TAEKWONDO CHAMPIONSHIP



May 10, 2025

CCBC Catonsville Community College Gymnasium
Jack Manley Wellness and Athletic Center
360 Campus Dr, Catonsville, MD 21228
Online Registration at: www.tkdconnect.com

TOURNAMENT DIVISIONS POOMSAE ALL AGES

Traditional Poomsae (Forms) – All Ages

Age	4-5	6-7	8-9	10-11	12-14	15-17	18-32	33-39	40-49	50 & Up
Rank/Belt	White/ Yellow/ Orange		Green		Blue/ Purple		Brown/ Red		Black	
Gender	Male					Female				

WT Sport Poomsae for Black Belts Only

Age	12 -14	15 -17	18 -30	30 & Up
Rank/Belt	Black			
Gender	Male		Female	

TRADITIONAL TAEKWONDO POOMSAE:

Traditional Poomsae will be available for all Color belts & Black belts. Competitors must perform only the Poomsae designated for their specific rank. All Taekwondo Poomsae will be allowed. Scores will be based on proper technique, power, rhythm, accuracy, coordination and expression of energy.

WT SPORT POOMSAE:

Sport Poomsae will only be available in 12-14, 15-17, 18-30, 30 & Up Black belt divisions. Competitors can compete in all three sport poomsae events (Individual / Pair / Team). Designated forms for Sport Poomsae are included in this document on the next page. Sport Poomsae competitors are encouraged to wear appropriate Poomsae uniform with corresponding belt for their age division.

ALL DIVISIONS ARE SUBJECT TO CHANGE
Competitors cannot compete in both Poomsae Divisions



3rd EVEREST OPEN TAEKWONDO CHAMPIONSHIP



Sports Poomsae Draw - Black Belts

Male	Cadet (12-14)	Junior (15-17)	Senior (18-30)	Under 40 (31-40)
Priliminary	Taegeuk 8	Taegeuk 5	Taegeuk 6	Taegeuk 8
Semifinal	Koryo	Koryo	Pyongwon	Taebaek
Final 1	Taegeuk 4	Taegeuk 7	Sipjin	Pyongwon
Final 2	Keumgang	Taebaek	Taebaek	Sipjin

Male	Under 50	Under 60 (51-60)	Under 65 (61-65)	Over 65 (66+)
Priliminary	Keumgang	Jitae	Pyongwon	Keumgang
Semifinal	Koryo	Keumgang	Sipjin	Taebaek
Final 1	Pyongwon	Taebaek	Chonkwon	Jitae
Final 2	Jitae	Chonkwon	Jitae	Hansu

Female	Cadet (12-14)	Junior (15-17)	Senior (18-30)	Under 40 (31-40)
Priliminary	Taegeuk 6	Taegeuk 7	Taegeuk 6	Taegeuk 7
Semifinal	Keumgang	Koryo	Koryo	Keumgang
Final 1	Taegeuk 7	Taegeuk 8	Taebaek	Koryo
Final 2	Koryo	Taebaek	Keumgang	Pyongwon

Female	Under 50	Under 60 (51-60)	Under 65 (61-65)	Over 65 (66+)
Priliminary	Taegeuk 8	Keumgang	Taebaek	Jitae
Semifinal	Pyongwon	Jitae	Koryo	Keumgang
Final 1	Chonkwon	Shipjin	Chonkwon	Taebaek
Final 2	Shipjin	Chonkwon	Jitae	Hansu

Male Team	Cadet (12-14)	Junior (15-17)	Senior (18-30)	Under 40 (31-40)
Priliminary	Taegeuk 6	Taegeuk 7	Taegeuk 6	Taegeuk 7
Semifinal	Taegeuk 8	Keumgang	Koryo	Keumgang
Final 1	Koryo	Taegeuk 6	Keumgang	Sipjin
Final 2	Keumgang	Taebaek	Sipjin	Pyongwon

Female Team	Cadet (12-14)	Junior (15-17)	Senior (18-30)	Under 40 (31-40)
Priliminary	Taegeuk 5	Taegeuk 7	Taegeuk 8	Pyongwon
Semifinal	Taegeuk 7	Koryo	Taebaek	Taegeuk 6
Final 1	Taegeuk 6	Keumgang	Keumgang	Taebaek
Final 2	Keumgang	Taebaek	Pyongwon	Jitae

Pairs	Cadet (12-14)	Junior (15-17)	Senior (18-30)	Under 40 (31-40)
Priliminary	Taegeuk 5	Taegeuk 6	Taegeuk 8	Koryo
Semifinal	Koryo	Keumgang	Koryo	Pyongwon
Final 1	Taegeuk 7	Taegeuk 8	Pyongwon	Keumgang
Final 2	Keumgang	Taebaek	Sipjin	Jitae



3rd EVEREST OPEN TAEKWONDO CHAMPIONSHIP



Mail to:
Everest World Class Taekwondo
8631 Walther Blvd.
Baltimore, MD 21236

May 10, 2025

CCBC Catonsville Community College Gymnasium
Jack Manley Wellness and Athletic Center
360 Campus Dr, Catonsville, MD 21228
For Info: 410-657-7399 * www.Everestkick.com
Online Registration at : www.tkdconnect.com

**Must be Post Marked
No Later than
May 3, 2025
For Registration**

COMPETITOR ENTRY FORM

(Please Print Legibly)

ATHLETE INFORMATION							
Athlete's Last Name:		First Name:		Middle Initial:			
Street Address:							
City:		State		Zip Code:			
Home Phone #:		Cell Phone:		Email			
Approximate Weight (LBS)		Birth date: MM/DD/YYYY		Age:		Sex: <input type="checkbox"/> M <input type="checkbox"/> F	
TAEKWONDO SCHOOL INFORMATION							
Name of TKD School:			School Address:				
City:		State:		Zip Code:		School Phone #:	
Master / Instructor:			Master's Rank				
Early registration through 4/19/2025: \$100 for one and \$20 for each additional event							
Registration Until 5/07/2025: \$120 for one and \$20 for each additional event							
Mail in Registration will be accepted but must be postmark by May 3, 2025. Cash, Money orders or Cashier's Checks payable to Everest Taekwondo Care Foundation.							
I AM ENTERING THE FOLLOWING EVENTS (please circle)							
OPEN		SPORTS POOMSAE		SPARRING			
TRADITIONAL TAEKWONDO FORMS / INDIVIDUAL / PAIR / TEAM / WORLD CLASS / OPEN							
Rank (Circle One)							
WHITE -YELLOW- ORANGE / GREEN / BLUE - PURPLE / BROWN - RED / BLACK BELT – DAN RANK:							
Online Registration at: www.tkdconnect.com							
Liability Waiver:							
I hereby submit my application to the 3 rd Everest Open Taekwondo Championship. I understand that Taekwondo is a physical contact sport which involves the risk of injury. I agree that I will be responsible for all cases of accidents such as any damage, loss and injury etc. which occurred during physical exercise and competition or demonstration till the finish of the tournament. I agree that the organizing committee for the 3 rd Everest Open Taekwondo Championship including organizers, staff and volunteers as well as the venue staff, referees, Masters, instructors, coaches, fellow competitors, staff except competitor herself/himself will be indemnified from all accidents as above and release and forever discharge from any claims for damages. I also agree that the medical treatment provided by the organizing committee, if necessary, will be a first aid type only. I further agree that all video recordings, pictures and photography taken of or by me in connection with the championship may be used by the tournament director for publicity or promotion without compensation at this time or any other time.							
Participant's Printed Name		Participant's Signature		Date			
Emergency Contact Parent/Guardian's Printed Name		Signature		Phone		Date	



3rd EVEREST OPEN TAEKWONDO CHAMPIONSHIP



Mail to:
Everest World Class Taekwondo
8631 Walther Blvd.
Baltimore, MD 21236

May 10, 2025

CCBC Catonsville Community College Gymnasium
Jack Manley Wellness and Athletic Center
360 Campus Dr, Catonsville, MD 21228
For Info: 443-653-4292 * www.Everestkick.com
Online Registration at : www.tkdconnect.com

**Must be Post Marked
No Later than
May 3, 2025
For Pre-Registration**

COACH APPLICATION FORM

(Please Print Legibly)

COACH INFORMATION					
Last Name:		First Name:		Middle Initial:	
Street Address:					
City:		State:	Zip Code:		
Home Phone #:		Cell Phone:		Work Phone:	
Coach's Rank:		Dan			
TKD Academy Name:			City:		State:
Master or Instructor Name:				Rank:	
Your athletes must have a proper uniform and their own sparing equipment.					
COACHES PASS					
Up to 10 competitors: 1 free Coach pass 20 competitors: 2 free Coach passes. 30 competitors: 3 free Coach passes. Additional coach passes \$30 each. \$50 on site					
LIABILITY WAIVER					
<p>I hereby submit my application to the 3rd Everest Open Taekwondo Championship. I understand that Taekwondo is a physical contact sport which involves the risk of injury. I agree that I will be responsible for all cases of accidents such as any damage, loss and injury etc. which occurs during physical exercise and competition or demonstration till the finish of the tournament. I agree that the organizing committee for the 3rd Everest Open Taekwondo Championship including organizers, staff and volunteers as well as the venue staff, referees, Masters, instructors, coaches, fellow competitors, staff except competitors herself/himself will be indemnified from all accidents as above and release and forever discharge from any claims for damages. I also agree that the medical treatment provided by the organizing committee, if necessary, will be a first aid type only. I further agree that all video recordings, pictures and photography taken of or by me in connection with the championship may be used by the tournament director for publicity or promotion without compensation at this time or any other time.</p>					
Print name		Signature		Date:MM/DD/YYYY	



3rd Everest

OPEN TAEKWONDO CHAMPIONSHIP MAY 10, 2025, BALTIMORE

COMPETITION EVENTS

- **World Class Sparring** (WT & USAT Rules)
Black Belt (Age 8-32 years) | Color Belt (Age 12-32 years)
- **Open Sparring** (No Head Contact)
Black Belt All Division | Color Belt All Division
- **World Taekwondo Sports Poomsae**
Individual/ Pair/ Team
- **Open Traditional Poomsae (Forms)**
- **High School Tag Team Sparring**

Online Registration: www.tkdconnect.com

For information: www.everestkick.com

Spectator Admission \$10

Children under 5 & Senior 65+ Free

CHAMPIONSHIP VENUE

Jack Manley Wellness and Athletic Center
360 Campus Dr. Catonsville, MD 21228

Hosted By:

Everest World Class TaekwonDo

For Support:

Everest TaekwonDo Care Foundation

