# U.S. OPEN TAEKWONDO HANMADANG

# DAY 1 SCHEDULE



Friday, July 28, 2023 (Subject to change)

7:30 AM - Doors Open

### 8:30 AM - 12:00 PM -- Competition

Sparring (IS) – All ages, BLACK BELTS ONLY Individual Traditional Forms (ITF) – Ages 12 and under, all ranks Individual Jumping High Kick (IJH) – All ages and ranks Individual Power Skipping Side Kick (IPSSK) – All ages and ranks Individual Power Back Kick (IPBK) – All ages and ranks

#### 12:00 – 1:00 PM – Lunch Break

## 1:00 - 5:00 PM -- Competition

Team Demonstration Championship (TDC) – All ages and ranks
Sparring (IS)– All ages, BLACK BELTS – continued
Individual Traditional Forms (ITF) – Ages 12 and under– continued, 13 and up, all ranks
Individual Jumping High Kick (IJH) – All ages and ranks– continued
Individual Power Skipping Side Kick (IPSSK) – All ages and ranks– continued
Individual Power Back Kick (IPBK) – All ages and ranks– continued

#### 5:00 - 6:00 PM

Setup for Opening Ceremonies, Dinner at Ed Robson Arena

### 6:00 - 7:30 PM

**Opening Ceremonies** including parade of athletes (all participants encouraged to participate), performances by Shinhan University Korean Demonstration Team, winning Demonstration team, Colorado Springs Children's Chorale, Ft. Carson Infantry Band, Special guests, and more.

## U.S. OPEN TAEKWONDO HANMADANG





Saturday, July 29, 2023 (Subject to change)

7:30 AM - Doors Open

### 8:30 AM - 12:00 PM -- Competition

Sparring (IS) – All ages, COLOR BELTS
Individual Spin Hook Kick (ISHK) – All ages and ranks
Team Demonstration Recreational (TDR) – All ages and ranks
Individual Power Knife Hand (IPKH) – All ages and ranks
Individual Creative Breaking (ICB) – All ages and ranks

#### 12:00 – 1:00 PM – Lunch Break

## 1:00 - 7:00 PM -- Competition

Individual Creative Breaking (ICB) – All ages and ranks – continued Individual Power Knife Hand (IPKH) – All ages and ranks – continued Sparring (IS) – All ages, COLOR BELTS – continued Individual Creative Breaking Para (ICBP) – All ages and ranks Individual Traditional Forms Para (ITFP) – All ages and ranks Individual Creative Breaking Championship (ICBC) – All ages and ranks Individual Creative Forms with Weapons (ICFWW) – All ages and ranks Individual Creative Forms without Weapons (ICFWO) – All ages and ranks Team Creative Forms without Weapons (TCFWW) – All ages and ranks Team Traditional Forms (TTF) – All ages and ranks Pairs Traditional Forms (PTF) – All ages and ranks

All times are subject to change. A more detailed scheduled will be released after the final participant registration closes on July 23, 2023.