



# 2026 Willow Martial Art Fall Taekwondo Sparring Tournament



**Sunday, November 8, 2026**  
**Registration deadline November 5, 2026**

**Check-in 10:30 AM. Competition begins 11:00 AM.**

**Location:** Kirkwood Community Center, 111 South Geyer Rd, Kirkwood 63122 (East Gym)

**Registration form **MUST** be submitted prior to event so brackets can be made.** Payment can be made at the door the day of the tournament. Payment methods: Check (made out to Willow Martial Arts), cash (exact change appreciated), or debit/credit card For Willow students, the completed form may be brought to class. For non-Willow students, forms can be emailed to [pweseman@aol.com](mailto:pweseman@aol.com) or picture of form texted to 314-620-1987 or given to your instructor.

**Events:** Olympic Sparring, Point Sparring, Foam Sword Sparring, Flag Sparring, Back-to-Back Judo Sparring, Balance Beam Belt War Sparring

**Cost:** All other events \$5 **per event**. Competition open to **ALL AGES and Belts.**

Name \_\_\_\_\_ Instructor \_\_\_\_\_

Age \_\_\_\_\_ Sex \_\_\_\_\_ WT \_\_\_\_\_ Height (inches) \_\_\_\_\_ Belt Rank (color) \_\_\_\_\_

- Olympic sparring (\$5)
- point sparring (\$5)
- foam sword sparring (\$5)
- flag sparring (\$5)
- back-to-back judo sparring (\$5)
- balance beam belt war sparring (\$5)

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*AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership. Be prepared: adult and non-athlete memberships are no longer instant and cannot be applied for at event. Please allow 10 days for membership to be processed. This event is licensed by the amateur athletic union of the U. S., Inc. AAU membership may not be included as part of the entry fee to the event.*

## **Below is an explanation of the events at this tournament.**

Olympic Sparring – One point for a punch to body (no hands to the head). Two points for a valid kick to the body or a controlled to the head. No head knockouts allowed. Judges will score using electronic scoring units. Most points at end of the round wins round. Match win is best two out of three rounds. Each round will be 1 minute.

Point Sparring – One point for any legal hand technique to body or head (punch, backfist, ridgehand only), two points for any legal kick to the body or head. Match time does not stop for points. Winner is competitor with most points at the end of two minute round.

Flag Sparring – Each competitor will have three flags on a sash around their waist. Object is to be the first competitor to remove all flags (or most flags) within the two-minute match time. Competitor cannot hold the other competitor in any way. Competitors must stay on their feet.

Foam Sword Sparring – Sword can be held in one or two hands. One point scored for any strike to the arms or legs, two points scored for a strike to the midsection, three points scored for a strike to the head. Most points at the end of two-minute match time wins.

Back-to-Back Sparring – Competitors will sit back-to-back to begin match. Competitors cannot at any time get to their feet. Object is to pin the opponents back to the mat for 10 seconds.

Balance Beam Belt Wars Sparring – Competitors will stand on balance beam in closed sparring stance. A belt will go around each competitor's back. The belt must be held only with the outside hand. The other hand, arm, or shoulder cannot touch the belt. The competitors can move on the beam. The object is to make the opponent step off the balance beam by using only the movement of your body to get them off balance. After one person steps off, competitors will turn 180 degrees and go again. Best two out of three rounds wins.

Note for Spectators: For Olympic sparring, parents will be allowed to coach or a coach will be assigned should the competitor want one.