

GRAND SLAM YOUTH PHILIPPINE STAGING



STP
MAJOR LEAGUE
MINOR LEAGUE
PHILIPPINES

5TH NATIONAL TAEKWONDO CHAMPIONSHIPS

MAY 16-17 **BENGUET
SPORTS
COMPLEX**



**STP KOMBAT
TAEKWONDO**



WAYCHAMP
和 略 科 技



5TH NATIONAL TAEKWONDO CHAMPIONSHIPS
MAY 16-17, 2026 / BENGUET SPORTS COMPLEX

INVITATION

The Samahang Taekwondo ng Pilipinas respectfully extends its invitation to you and your distinguished Taekwondo team to participate in the **5th National Taekwondo Championships**, to be held on May 16-17, 2026 at the Benguet Sports Complex, La Trinidad Benguet.

This event is organized in support of ongoing tourism initiatives and the continued promotion of sports excellence in the Province of Benguet. It aims to convene taekwondo practitioners from across the country in a venue that fosters discipline, sportsmanship, and national camaraderie through healthy and competitive engagement.

For your guidance, the complete details of the championship, including schedules, rules, and requirements, are herein enclosed. We respectfully request your careful review and compliance with all prescribed guidelines to ensure the orderly conduct of the event.

We would be honored by your presence and participation in this prestigious national gathering. Your support and cooperation are invaluable to the success of this championship.

Please accept our highest regards and appreciation.

(Sgd.) **DANREY C. VELO**
Tournament Director

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1. ORGANIZED BY:



2. COMPETITION DATE:

May 16-17, 2026

3. COMPETITION VENUE:

Benguet Sports Complex, La Trinidad Benguet

4. PARTICIPATION FEE

KYORUGI

- **Individual Regular** - **1,400 PHP** (+200 for late registration)
- **Individual Elite** - **1,400 PHP** (+200 for late registration)

POOMSAE

- **Individual Regular** - **1,400 PHP** (+200 for late registration)
- **Individual Elite** - **1,400 PHP** (+200 for late registration)
- **Pair** - **2,800 PHP** (+200 for late registration)
- **Team** - **4,200 PHP** (+200 for late registration)

KOMBAT TAEKWONDO

- **Individual** - **1,400 PHP**

5. CONTACT

Master JONALYN L. RUIZ (Tournament Coordinator-Regular TKD)
Mobile# 0910-472-0928

Kru NORIEL ACQUISIO (Tournament Director, Kombat TKD)
Mobile # 0969-207-4495

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6. SCHEDULE OF ACTIVITIES

May 12	
7:00 pm	Coaches' virtual meeting (link will be sent)
May 14	
Release of Final fight Diagram and Pairing	
May 16	
6:45 am	Roll call & verification of players for POOMSAE
8:00 am	Opening Ceremony
8:30 am	Competition Proper for INDIVIDUAL POOMSAE
11:30 am	Competition Proper for PAIR & TEAM POOMSAE
12:30 pm	Competition Proper for ALL GRADE SCHOOL KYORUGI
3:00 pm	Competition Proper for ALL CADET and JUNIOR KYORUGI
4:30 pm	Competition Proper for ALL SENIOR KYORUGI
5:30 pm	KOMBAT TAEKWONDO MAJOR & MINOR LEAGUE WEIGHT VERIFICATION and MATCH UPS
May 17	
9:00 am	Competition Proper KOMBAT TAEKWONDO MAJOR & MINOR LEAGUE

*** Timing of events are just estimates. Please be at the venue at least one hour before your schedule***

7. EVENT REGISTRATION LINK

- Regular registration will start on **April 6, 2026**
- Late registration will be from **May 7-9, 2026**

Regular Taekwondo <https://samahangtaekwondo.org>

Kombat Taekwondo <https://kombattkdphilippines.com>

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8. LAST DAY OF SUBMISSION OF ENTRIES: May 9, 2026/11:59pm

****STRICTLY NO CANCELLATION AFTER CLOSING DATE****

9. WEIGH-IN (REGULAR KYORUGI)

BY VIDEO RECORDING (sample guide attached)

https://drive.google.com/file/d/1x2z5QLbJyVyM8TpFB_BUnohHgwJXXtul/view?usp=sharing

- Strictly follow the sequence on the link provided.
- Athletes must weigh-in using only shirt or sando and shorts. Shirtless or using only underwear to weigh in is prohibited.
- Use only digital scales or balancing scales. NO SPRING SCALES.
- Event title, Name of participant (for sparring), Weight Division and Category must be printed on a white coupon bond and must be shown on the video. The participant must read it out loud before tipping the scale.
- No other person on the video except the sparring player
- The instructor will be notified if the video recordings were approved or should submit a new one.
- Measurement of height in the Grade school must be done in bare feet and on a flat surface.
- ***Clubs within Baguio and nearby can do their physical weigh-in at Bravehearts Main gym or La Trinidad gym. ***

10. WEIGH-IN (ELITE KYORUGI)

- **The official physical weigh-in shall be conducted on May 16, 2026 from 3:00 p.m. to 5:00 p.m. at Bravehearts Martial Arts Institute, 5th floor Abanao Square.**

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- A weigh-in shall also be conducted at the venue on May 16, from 6:00 a.m. to 7:00 a.m. Athletes must meet their designated weight category during this weigh-in. If a player did not meet the weight registered in the system, he/she will have 1 hour window time to cut weight before the 2nd and final weigh-in.

- ****Failure to make the required weight shall result in automatic disqualification****

11. CORRECTION OF ENTRIES: WITHIN TWO (2) DAYS AFTER SUBMISSION

*DOUBLE CHECK ENTRIES BEFORE SUBMISSION TO AVOID DISQUALIFICATION** AFTER THE CORRECTION PERIOD, CHANGING CATEGORIES OR DIVISIONS IS NOT ALLOWED.

12. DISCIPLINE

- All officials and contestants (including parents, guardians and supporters) are responsible for the highest standards of discipline.
- Misbehavior during competition and at the venue will be dealt with severely, including expulsion of entire team. This includes physical and or violent/ extreme remarks on the part of the contestant, coach or supporters.
- Protests must be coursed thru the Organizing Committee. Debating or confronting the officials about the match in question will not be tolerated. Please be informed that this championship is NOT organized for the sole purpose of cheating or manipulating results.
- Unless otherwise modified, the current world taekwondo federation international competition rules and the Kombat Taekwondo Major and Minor League competition rules apply.
- Any forms of claims of injuries, losses, fatal or otherwise arising in the course of participation in this championship or any other

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activities therefore shall not be held liable by the organizer.
(organizer will not bear for the insurance coverage)

- It shall be the responsibility of the respective participating clubs to ensure that their participants have validly completed the requirements and have them signed the waiver indemnifying the organizers, its officials and other contestants from any claims of injuries, losses, fatal of otherwise arising in the course of participation in this championship or any activities thereto.
- It shall be the responsibility of the respective participating clubs to ensure that all their officials and participants are covered with effective insurance coverage.

13. PROTEST FEE

₱ 5,000.00 per protest

- Protest shall be made only by the coach in writing thru the Organizing Committee Chairman after the match commenced and must be within 10 minutes after the game.
- Specify fight number, the court where the match took place, category and division of players and the objective reason for protest.
- If the result of the protest was in favor of the protesting party, the protest fee shall be returned. However, if the protest was not favored, no refunds shall be given.

14. KYORUGI (REGULAR)

- Players will be divided into 3 skill levels. NOVICE (8th-5th geup), ADVANCE (4th-1st geup) and BLACKBELTS. ALL WILL GET MEDALS.

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-WT Grandslam Protector and Scoring System (PSS) will be used in ALL DIVISIONS and ALL are required to bring their own WT Grandslam e-socks. Those without one may rent sensing

socks for ₱300.

- Face shield protector will be provided for 11 years old and below. However, personal face shield is highly encouraged. Mouth guard is not compulsory if face shield is used. For 12 years old and above, white transparent mouth guard is compulsory. Face shield is optional.
- Head gear, arm/shin guards, armor, groin guard and foot gloves must be provided by the player.
- Competition uniforms shall be used according to the rules of international taekwondo competitions (WHITE COLOR Taekwondo Dobok only).
- PARTICIPANTS MUST WEAR THEIR CORRECT BELT COLOR AS SPECIFIED IN THIS PACKAGE. IF BELT COLOR IS OUT OF THE CATEGORIES, A PLAYER WILL BE DISQUALIFIED IMMEDIATELY.
- Matches will be 1:15 minute x 2 rounds with 20 seconds rest between rounds for 11 years old and below while 1:30 minute x 2 rounds with 20 seconds rest between rounds for 12 years old and older. (Can be modified during the coaches meeting)

13. KYORUGI (ELITE)

- Open to all Black Belts
- Competitors will be matched according to weight and age.
- The competition will follow a single-elimination format, with

medals awarded to the TOP FOUR winners only.

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14. POOMSAE (REGULAR)

- Individual, pair, and team competitions should be performed within 30 seconds to 90 seconds.
- Competition uniforms allowed are plain white regular taekwondo dobok or taekwondo poomse dobok.
- Participants have to be in their court assignments within one minute or else will be disqualified.
- PARTICIPANTS MUST WEAR THEIR CORRECT BELT COLOR AS SPECIFIED IN THIS PACKAGE. IF BELT COLOR IS OUT OF THE CATEGORIES, A PLAYER WILL BE DISQUALIFIED IMMEDIATELY.

15. POOMSAE (ELITE)

- Open to all Black Belts
- The competition will be conducted in a single-elimination format.
 - Participants will be performing one form in the elimination and semi-final round and two (2) forms in the finals. If there are nine (9) and above participants in a division, they will start from elimination. If there are five (5) to eight (8) participants, they will proceed to semi-finals etc.

16. NATIONAL TEAM POLL SELECTION

- In the National Level events, points will be awarded to participants in both the Kyorugi Elite and Poomsae Elite divisions.
 - A gold medal shall merit five (5) points, a silver medal three (3) points, and a bronze medal two (2) points. All other participants shall receive one (1) point for participation.
 - In Local and Regional Events, half points will be given.
 - **A player's points earned from all STP and Professional Taekwondo Federation (PTF) Philippines-sanctioned events, conducted from September 2025 to August 2026, shall be**

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accumulated and shall serve as the basis for the selection of the National Team Pool that will represent the country in the Grand Slam Youth League Global Finals.

- Switching divisions in the Kyorugi is allowed but it will be treated as separate points.

17. KOMBAT TAEKWONDO

- Players will be paired based on the height, weight and skill level or belt level of a player. Alternately, the organizer can do the “line up” by age and height approach in the Tiger, Youth and Cadet Category. (Minor League)
- Combined weight divisions shall be at the discretion of the organizer but must be accompanied by the acceptance of the contestant’s guardian or coach with a waiver. (Minor League)
- **WEIGH-INS AND MATCH UPS WILL BE DONE AT THE VENUE FROM 5:30PM AT THE VENUE. PLEASE LOOK FOR SIR NORIEL ACQUISIO.**
- Face shield protector will be provided for 11 years old and below. However, personal face shield is highly encouraged. Mouth guard is not compulsory if face shield is used. For 12 years old and above, white transparent mouth guard is compulsory.
- Head gear, arm/shin guards, armor, groin guard and foot gloves **must be provided by the player.**
- For a better presentation, WHITE or BLACK Taekwondo Dobok shall be used during the competition. Club Dobok may be allowed subject to approval by the organizing committee. KOMBAT TAEKWONDO SHIRTS, TEAM SHIRTS or CLUB SHIRTS is also allowed.

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- For all other matters, Kombat Taekwondo Rules effective July 01, 2025 shall apply. Please refer to www.kombattaekwondo.com.

EVENTS

1	INDIVIDUAL POOMSAE	All Belt Levels
2	INDIVIDUAL POOMSAE ELITE	All Blackbelts
2	PAIR POOMSAE	All Belt Levels
3	TEAM POOMSAE	All Belt Levels
4	KYORUGI REGULAR	All Belt Levels
5	KYORUGI ELITE	All Blackbelts
6	KOMBAT TAEKWONDO MINOR LEAGUE	Colored and Blackbelts
7	KOMBAT TAEKWONDO MAJOR LEAGUE	Blackbelts 18 and above

GENERAL INFORMATION

1. Each competitor may register up to four (4) events. Participants in the Individual Poomsae Elite and Kyorugi Elite cannot participate in regular events and vice versa. However, a player can choose One Elite and One Regular in either Kyorugi or Poomsae. (e.g. Kyorugi elite and Poomsae Regular; Poomsae Elite and Kyorugi Regular). Pair and Team Poomsae is open to everyone.
2. Players will be separated into male and female competitors. However, if a player has no opponent in his/her division, merging of gender, rank or age grouping will be at the discretion of the Organizing Committee. If the weight

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- difference or belt level is too big, no merging will be done. The player who has no opponent shall be declared as the winner.
3. Special division may be created for younger players in each division provided there must be at least 4 players in each group.
 4. In the Pair & Team Poomsae event, there will be no restrictions on gender.
 5. Levels are classified as follows:

White Belt	for 10 th and 9 th geup
Yellow Belt	for 8 th and 7 th geup
Green Belt	for 6 th and 5 th geup
Blue Belt	for 4 th and 3 rd geup
Red Belt	for 2 nd and 1 st geup
Black Belt	for 1 st Poom/Dan and above

6. In the individual poomsae & kyorugi event, participants will be grouped into a maximum of 4 players in each division. ALL WILL RECEIVE MEDALS except in the Kombat Taekwondo Major League Event.
7. In the Pair poomsae, & Team Poomsae, ONLY TOP FOUR PARTICIPANTS WILL BE AWARDED WITH MEDAL.
8. Correct AGE is calculated as follows: the year of the Championship, 2024 minus your birth year no matter which month you were born, i.e. 2025 – 2000 = 25.
9. For Grade School Division in the Kyorugi Event, WE SHALL FOLLOW THE WEIGHT, HEIGHT, AND BELT LEVEL. Hence, fill out both their weight and height in the system for better grouping.

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10. Other concerns about the participation will be discussed during the representative meeting.
11. The organizer reserves the right to change or modify tournament provisions not stated in the guidelines if deemed necessary.
12. ONLY PARTICIPANTS & OFFICIALS ARE ALLOWED TO STAY AT THE COMPETITION AREA.
13. Parents' or Guardians' area will be at the bleachers only.
14. There will be official photographer who is in charge in the awarding area.
15. An **entrance fee of ₱150.00** for spectators and non-players shall be collected. 5 and below is Free of Charge.
- 16.

INDIVIDUAL POOMSAE EVENT (REGULAR)

AGE GROUPS: Little Jin Under 5 / Dragon 6-7 / Tiger 8-9 / Youth 10-11 / Cadet 12-14 / Junior 15-17 / Senior 18-30 / 31 & Above

DIVISION	POOMSAE
White Belt (10 th and 9 th Geup)	Beginners Form #1 or 2 / Foundation Form #1 or 2
Yellow Belt (8 th and 7 th Geup)	Taegeuk Form #1 or 2
Green Belt (6 th and 5 th Geup)	Taegeuk Form #3 or 4
Blue Belt (4 th and 3 rd Geup)	Taegeuk Form #5 or 6
Red Belt (2 nd and 1 st Geup)	Taegeuk Form #7 or 8
Black Belt (11 years old and below)	Koryo
Black Belt (12 years old to 14 years old)	Koryo
Black Belt (15 years old to 17 years old)	Taebaek
Black Belt (18 years old to 30 years old)	Taebaek
Blackbelt (31 years old and above)	Keumgang

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	YELLOW & GREEN COMBINED 8th , 7th, 6TH & 5TH Geup	BLUE & RED COMBINED 4th , 3rd ,2nd & 1st Geup	BLACKBELTS 1st Poom/Dan and Above
CHILDREN (11yo and Under)	Taegeuk 1 or 3	Taegeuk 5 or 7	Taegeuk 7 & Koryo
CADET (12-14yo)			
JUNIOR 15-17yo			
UNDER 30 (18-30yo)			
31+ OVER			

INDIVIDUAL POOMSAE EVENT (ELITE)

	ELIMINA- TION	SEMI- FINALS	FINALS
Black Belt (11 years old and below)	Taegeuk 4	Taegeuk 5	Taegeuk 6 & Koryo
Black Belt (12 years old to 14 years old)	Taegeuk 5	Taegeuk 6	Taegeuk 7 & Koryo
Black Belt (15 years old to 17 years old)	Taegeuk 6	Taegeuk 7	Taegeuk 8 & Koryo
Black Belt (18 years old to 30 years old)	Taegeuk 7	Taegeuk 8	Koryo & Keumgang
Blackbelt (31 years old and above)	Taegeuk 8	Koryo	Keumgang & Taebaek

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PAIR & TEAM POOMSAE EVENT

KYORUGI EVENT

DIVISION AND CATEGORIES

SENIOR DIVISION (18 yo & above)	CATEGORY	MALE	FEMALE
	1. Fin	54 kg. and below	46 kg. and below
	2. Fly	over 54 - 58 kg.	over 46 - 49 kg.
	3. Bantam	over 58 - 63 kg.	over 49 - 53 kg.
	4. Feather	over 63 - 68 kg.	over 53 - 57 kg.
	5. Light	over 68 - 74 kg.	over 57 - 62 kg.
	6. Welter	over 74 - 80 kg.	over 62 - 67 kg.
	7. Middle	over 80 - 87 kg.	over 67 - 73 kg.
	8. Heavy	over 87 kg.	over 73 kg.

JUNIOR DIVISION (15-17 yo)	CATEGORY	MALE	FEMALE
	1. Fin	45 - below	42 kg. and below

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	2. Fly	over 45 - 48 kg.	over 42 - 44 kg.
	3. Bantam	over 48 - 51 kg.	over 44 - 46 kg.
	4. Feather	over 51 - 55 kg.	over 46 - 49 kg.
	5. Light	over 55 - 59 kg.	over 49 - 52 kg.
	6. Welter	over 59 - 63 kg.	over 52 - 55 kg.
	7. Lt. Middle	over 63 - 68 kg.	over 55 -.59 kg.
	8. Middle	over 68 - 73 kg.	over 59 - 63 kg.
	9. Lt. Heavy	over 73 - 78 kg.	over 63 - 68 kg.
	10. Heavy	over 78 kg	over 68 kg.

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CADET DIVISION (12-14 yo)	CATEGORY	MALE	FEMALE
	Fin	33 kg and below	29 kg and below
	Fly	Over 33 – 37 kg	Over 29kg – 33kg
	Bantam	over 37 - 41 kg.	over 33 - 37 kg.
	Feather	over 41 - 45 kg.	over 37 - 41 kg.
	Light	over 45 - 49 kg.	over 41 - 44 kg.
	Welter	over 49 - 53 kg.	over 44 - 47 kg.
	Lt. Middle	over 53 - 57 kg.	over 47 - 51 kg.
	Middle	over 57 - 61 kg.	over 51 - 55 kg.
	Light Heavy	over 61 - 65 kg.	over 55 - 59 kg.
Heavy	over 65 kg.	over 59 kg.	

TODDLER AND GRADE SCHOOL DIVISION	CATEGORY	MALE	FEMALE
	Group 00	Not exceeding 112 cm	7 Years old & Below
	Group 0	Not exceeding 120 cm	Not over 8 Years old
Group 1	120.1 – 128 cm	Not over 10 Years old	

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(11 yo and below)	Group 2	128.1 – 136 cm	Not over 11 Years old
	Group 3	136.1 – 144 cm	Not over 11 Years old
	Group 4	144.1 – 152 cm	Not over 11 Years old
	Group 5	152.1 – 160cm	Not over 11 Years old
	Group 6	160 cm and Over	Not over 11 Years old

TODDLER AND GRADE SCHOOL DIVISION (11 yo and below)	CATEGORY	MALE	FEMALE
	Fin	26 kg. & below	24 kg. and below
	Fly	over 26 - 28 kg.	over 24 - 26 kg.
	Bantam	over 28 - 30 kg.	over 26 - 28 kg.
	Feather	over 30 - 32 kg.	over 28 - 30 kg.
	Light	over 32 - 34 kg.	over 30 - 32 kg.
	Lt. Welter	over 34 - 36 kg.	over 32 - 34 kg.
	Welter	over 36 - 39 kg.	over 34 - 37 kg.
	Lt. Middle	over 39 - 42 kg.	over 37 - 40 kg.
	Middle	over 42 - 45 kg.	over 40 - 43 kg.
	Lt. Heavy	over 45 - 49 kg.	over 43 - 47 kg.
Heavy	over 49 kg.	over 47 kg.	

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INDIVIDUAL AWARDS

First Place : Gold medal

Second Place : Silver medal

Third Place (2) : Bronze medal

TEAM AWARDS (FOR REGULAR TAEKWONDO ONLY)

Over-all Champion Trophy

Over-all 1st Runner-up Trophy

Over-all 2nd Runner-up Trophy

Over-all 3rd Runner-up Trop

THANK YOU FOR YOUR SUPPORT!



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ATTACH 1X1 ID
PICTURE

COMPETITION APPLICATION FORM AND WAIVER

CHOOSE EVENT/S	INDIVIDUAL POOMSAE	PAIR POOMSAE	TEAM POOMSAE	KYORUGI	KOMBAT TAEKWONDO
	<i>CHECK BOX/ES</i>				
POOMSAE TO PERFORM					

NAME:				GENDER: (M/F)	
CHAPTER:			TO BE FILLED BY INSTRUCTOR		
			SKILL LEVEL		
			(PLEASE CHECK APPROPRIATE BOX)		
BELT LEVEL: (Put Geup Number)			NOVICE	ADVANCE	BLACKBELT
DATE OF BIRTH: (MM/DD/YYYY)	AGE By Dec 31, 2025:	BELT:	SIGNATURE OF INSTRUCTOR		
DATE OF WHITE BELT PROMO TEST:					
			TO BE FILLED BY WEIGH-IN OFFICIAL		
CONTACT. NO.			HEIGHT:	WEIGHT:	
INSTRUCTOR:			DIVISION:	CATEGORY:	
INSTRUCTIONS:					
1. For contestants in the Children, Cadet and Junior Division, please attach a clear, unaltered copy of a proof of age (birth certificate, baptismal certificate or passport) if you are not yet enrolled in the competition system. 2. Contestants agree to be bound by the competition rules and regulations. Penalties shall be imposed for violations.					
CERTIFICATION AND WAIVER:					
1. I hereby certify that the above information is true and correct. 2. I do hereby waive and release any and all rights and claims for damages against the competition officials, their agents or any facility of this competition, from any and all injuries which I may sustained during this competition.					
CONTESTANT'S NAME AND SIGNATURE			PARENT'S / GUARDIAN'S NAME AND SIGNATURE		

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WAIVER AND ACCEPTANCE

(For Kombat Taekwondo Participants with Merged Categories)

I hereby consent my
child/player_____

to be combined with other categories. This consent and acceptance is solely based on my personal decision and was not forced or dictated by the Organizers or officials of the 4th National Taekwondo Championships. I further waive and release any and all rights and claims for damages against the against the organizers, competition officials, their agents or any facility of this competition, from any and all injuries which my child/player may sustain during this competition.

Parent/Guardian's name& Signature Coach's name & Signature