

2026 Super Challenge - Kids Sparring Spree

Saturday, Jun. 6, 2026

WHAT:

The Super Challenge Kids Sparring Spree is a sparring event only - there are no forms competitions at this event. The best thing about our tournament is that we eliminate the "one and done" most competitors face in a regular tournament if they lose their first match. We address this in a few ways; first we have a "practice" round before the real competition starts (This way you can warm up and gauge your competition). Secondly, we run a "second chance" round for those students who did not place in the first round (not offered in Black Belt sparring or divisions with less than 6 competitors). Lastly, we will split the divisions by age, height and or rank whenever possible.

WHERE:

Jhoon Rhee Falls Church is located in the *Birch & Broad Shopping Center* between the CVS and the Dry Cleaner. 1136 West Broad Street (Leesburg Pike), Falls Church, VA.

WHEN: Saturday, June 6, 2026

Arrive at least 15 minutes prior to your scheduled start time. Please note that these are general start times. Delays may occur due to unforeseen circumstances. Please plan on spending at least 1.5 hours at the tournament.

Divisions will be split by age, rank and/or height when possible.

8:30 am Judges meeting: All judges please wear Black or Blue uniform pants, your school T-shirt and belt.

9:00 am (ages 17-) Black Belt Point Sparring

10:00 am (ages 17-) Red/Brown Belts Point Sparring

11:30 am (ages 17-) Ninja & White Belt Bopper Sparring

1:00 pm (ages 12-) Yellow & Orange Bopper Sparring

2:30 pm (ages 12-) Orange/Green /Purple/Blue Belts Point Sparring

(NEW TIME) 2:30 pm (ages 13-17) White to Blue Teen Point Sparring

FEES/REGISTRATION: Online Registration deadline is Wednesday 6/3/26!

\$50 Pre-register by Friday 5/29/26 @ SuperChallengeTKD.com. \$60 Late Registration 5/30 to 6/3. Spectators FREE. Spectator seating is very limited; not recommended to bring the very young or elderly who need seating. Due to limited space strollers will not be permitted inside the school.

GENERAL RULES:

AGE RULE: All competitors must compete at the age they are on 6/6/26. Sorry, there are no adult divisions in the sparring spree

UNIFORM RULE: Your schools standard tae kwon do uniform. School T-shirt or Super Challenge T-shirt okay.

EQUIPMENT RULE: All equipment including hands, feet, shin, groin cup (males), head gear with face shield, mouth guard and chest guard mandatory for all ranks and ages. All gear must be in good condition at the discretion of Master Chun Rhee. Boxing style hand gloves are not permitted.

POINT SPARRING RULES: 1 point punch/ 2 point body kick/ 3 point head kick -**controlled!** All individual matches 2 minutes or 10 points (whichever comes first). Light face shield contact allowed. No warnings for fouls: Judges can call for a penalty point for the following infractions: Face contact (accidental or otherwise), excessive contact, running out of bounds or falling to avoid fighting, sweeping, contact on illegal areas (below the belt and back), uncontrolled strikes (contact not necessary), hitting after the break. **Automatic Disqualification for:** cursing, dissent, drawing blood (before bow out), taunting or unsportsmanlike conduct. **Calling of Penalty Points:** Any judge can call for a penalty point/disqualification, however a majority vote is needed to award a penalty point. A player receiving a penalty point cannot also score a point during the same call, however a scoring point and penalty point can be called against a player.

BOPPER SPARRING RULES: PLEASE WATCH OUR RULES VIDEO @ SuperChallengeTKD.com.

Yellow & Orange belts MUST wear headgear. No gear required for ninjas and white belts. 1 point for all strikes. Point scoring areas exclude the groin area, face (face shield contact permitted in yellow & orange bopper) and arms. All other body parts are legal scoring areas. Matches are 1 minute (total points). Competitors can only use one hand on bopper to strike and must be balanced on their feet (you cannot score a point while diving or with your free hand/knees touching the floor). A distinct striking motion necessary for a point to be awarded. Incidental contact with a scoring area may not result in a point at the discretion of the center judge. Bopper must also be in control for a point to be awarded. No warnings for fouls. Judges can call for a penalty point for the following infractions: Excessive contact, striking with two hands, running out of bounds or falling to avoid sparring, diving while trying to score a point. Disqualification rule for point sparring also applies to bopper sparring.

AWARDS:

Point Sparring: First Place Awards: Trophy Second Place Awards: Trophy (2) Third Place Awards: Bronze Medal.

Bopper Sparring: First Place Award: Gold Medal Second Place Award: Silver Medal (2) Third Place Award: Bronze Medal

2nd Chance Winners: Silver Medal 1st Place and Bronze Medal to 2nd Place (not offered in Black Belt Sparring or any divisions with less than 6 competitors)

PREPARATION: Read carefully before tournament day

Please arrive pre-dressed in your uniform! Changing room space is limited. A clean martial arts uniform must be worn (Your TKD School T-shirt or SuperChallenge T shirt is okay). Jewelry, including watches should be left at home. We are not responsible for lost or stolen items. Double check your equipment bag the night before. All gear is required for point sparring including mouth guard, chest guard, groin cup (boys) and face shield for head gear (See sparring rules). Arrive at least 15 minutes before the scheduled time above. Expect to invest at least 1.5 hours of your time at the event. Please review rules above.

Attention Spectators:

There is very limited spectator seating for this event; please do not invite Uncle Joe, Aunt Jennie, Cousin Bob, your mailman, barber, neighbors, teachers etc. Spectator space is limited. Due to the limited space, strollers will not be permitted in the school during the competition.

Kids Sparring Spree Divisions

Saturday, June 6, 2026

Jhoon Rhee Falls Church

1136 West Broad Street, Falls Church, VA

TEL: 703-237-7433

EMAIL: RheeFC@gmail.com

Online Pre-Registration (\$50) ends Friday, 5/29/26 @ SuperChallengeTKD.com

Online Late Registration (\$60) - 5/30 to 6/3/26



POINT SPARRING BASICS

1 point punch / 2 point body kick / 3 point head kick (must be controlled)

Point Sparring Competition Round: 2 minute matches first to 10 points

2nd chance rounds: 1 min or first to 7 points (not offered to black belts or divisions with less than 6 competitors)

BOPPER SPARRING BASICS

Bopper Practice Round: (30 sec match)

Bopper sparring: 1 minute total points

2nd Chance Round: 1 minute or first to 5 points

9:00 am Black Belt (17 and under) Point Sparring

- BPS1 ___ Black Belt Point Sparring 12- (boys)
BPS2 ___ Black Belt Point Sparring 12- (girls)
BPS3 ___ Black Belt Point Sparring 13-15 (boys)
BPS4 ___ Black Belt Point Sparring 13-15 (girls)
BPS5 ___ Black Belt Point Sparring 16-17 (boys)
BPS6 ___ Black Belt Point Sparring 16-17 (girls)

ALL sparring gear required! This includes mouthguard, chest guard, groin cup (boys) & head guard w/ face shield

10:00 am Red/Brown (17 and under) Point Sparring

- APS1 ___ Advanced Point Sparring 8- (b/g) APS6 ___ Advanced Point Sparring 13-17 (boys)
APS2 ___ Advanced Point Sparring 9-10 (boys) APS7 ___ Advanced Point Sparring 13-17 (girls)
APS3 ___ Advanced Point Sparring 9-10 (girls)
APS4 ___ Advanced Point Sparring 11-12 (boys)
APS5 ___ Advanced Point Sparring 11-12 (girls)

ALL sparring gear required! This includes mouthguard, chest guard, groin cup (boys) & head guard w/ face shield

11:30 am Ninja & White Belts (17 and under) Bopper

- BB1 ___ Beginner Bopper 6- (b/g) BB5 ___ Beginner Bopper 11-12 (boys)
BB2 ___ Beginner Bopper 7-8 (b/g) BB6 ___ Beginner Bopper 11-12 (girls)
BB3 ___ Beginner Bopper 9-10 (boys) BB7 ___ Beginner Bopper 13-17 (boys)
BB4 ___ Beginner Bopper 9-10 (girls) BB8 ___ Beginner Bopper 13-17 (girls)

No sparring gear required for bopper sparring!

1:00 pm Yellow & Orange (17 and under) Bopper

- AB1 ___ Yellow/Orange Bopper 7- (b/g) AB4 ___ Yellow/Orange Bopper 11-12 (boys)
AB2 ___ Yellow/Orange Bopper 8-10 (boys) AB5 ___ Yellow/Orange Bopper 11-12 (girls)
AB3 ___ Yellow/Orange Bopper 8-10 (girls) AB6 ___ Yellow/Orange Bopper 13-17 (boys)
AB7 ___ Yellow/Orange Bopper 13-17 (girls)

Head Gear required for yellow/orange bopper sparring

2:30 pm Orange/Green/Purple/Blue (12 and under) Point

- IPS1 ___ Intermediate Point Sparring 8- (b/g)
IPS2 ___ Intermediate Point Sparring 9-10 (boys)
IPS3 ___ Intermediate Point Sparring 9-10 (girls)
IPS4 ___ Intermediate Point Sparring 11-12 (boys)
IPS5 ___ Intermediate Point Sparring 11-12 (girls)

Orange & Green Belts will be separated if there are 4 or more orange/green belts registered in a division

ALL sparring gear required! This includes

mouthguard, chest guard, groin cup (boys) & head guard w/ face shield

2:30 pm White/Yellow/Orange/Green/Purple/Blue

Teens (13-17) Point Sparring

- TPS1 ___ Teen Beginner Point Sparring 13-17 (boys)
TPS2 ___ Teen Beginner Point Sparring 13-17 (girls)

Teen Divisions will be divided by age, rank and or height when possible