

GENTLE EAST TAEKWONDO

Remembering Eric Skowronski - Gentle East Black Belt

NOVEMBER 21, 2026



TOURNAMENT DIRECTOR
GRANDMASTER JOHN L. HOLLOWAY

DAEDO BLACK BELT SCORING

OLYMPIC STYLE SPARRING

BOARD BREAKING

POOMSAE:

TRADITIONAL/CREATIVE//FAMILY

TAG TEAM SPARRING

TOURNAMENT SITE

MARYLAND JUNIORS SPORTS CENTER
8221 PRESTON COURT, JESSUP, MD 20794

FOR MORE INFO gentleeastccc@gmail.com
ON-LINE REGISTRATION www.gentleeast.com
Gentle East Taekwondo
8749 Flower Avenue, Silver Spring, MD 20901
301-585-2272



September 24, 2026

Dear Taekwondo Community,

I'm pleased to invite you to join us for **Captain's Cup Challenge (CCC) XXXI** on **November 21, 2026**. The tournament will once again be held at the **Maryland Junior Sports Center** in **Jessup, MD**. We encourage you to join for a full day of friendly rivalry and outstanding competition.

This event, featuring traditional, creative and family forms, board breaking and Olympic-style sparring, is a great opportunity for competitors of all ages and experience. Sparring competition will follow modified USAT sparring rules, with Cadet and Junior Black Belt competitors having the option of competing in World Class (full head contact) or Open (USAT modified head contact) divisions. Daedo scoring systems and hogus will be used in World Class divisions (only) and all World Class competitors must have Daedo Gen.3 footgear (available for purchase on www.tkdscore.com or in limited supply at the venue). We will also be featuring 3-person tag team sparring for Junior and Senior Black Belt divisions. (Please contact the school if you are interested in fielding a team/s).

With top-level International Referees as well as experienced National Level Referees coming from all around the country, we will have the high standard of officiating for which CCC tournaments are known. We are honored that International S class referee Bernard Robinson will again serve as Referee Chair. The referee uniform will be black pants, a white shirt and red tie and the meeting will begin at 8:30 am. We thank you in advance for your support and dedication to fair and safe competition.

We share with you the unifying goal of providing our best for our athletes in their continued personal growth and pursuit of excellence. For **online registration** or to download a registration form, please visit www.gentleeast.com. If you have any questions, please contact us at gentleeastccc@gmail.com or call 240.353.1502. We look forward to seeing you there!

It's All Good!

GM John L. Holloway
Tournament Director
US Team Leader, 2000 Sydney Olympic Games
US Team Captain, 1977- 1979



September 24, 2026

Dear Taekwondo Community,

I'm pleased to invite you to join us for **Captain's Cup Challenge (CCC) XXXI** on **November 21, 2026**. The tournament will once again be held at the **Maryland Junior Sports Center** in **Jessup, MD**. We encourage you to join for a full day of friendly rivalry and outstanding competition.

This event, featuring traditional, creative and family forms, board breaking and Olympic-style sparring, is a great opportunity for competitors of all ages and experience. Sparring competition will follow modified USAT sparring rules, with Cadet and Junior Black Belt competitors having the option of competing in World Class (full head contact) or Open (USAT modified head contact) divisions. Daedo scoring systems and hogus will be used in World Class divisions (only) and all World Class competitors must have Daedo Gen.3 footgear (available for purchase on www.tkdscore.com or in limited supply at the venue). We will also be featuring 3-person tag team sparring for Junior and Senior Black Belt divisions. (Please contact the school if you are interested in fielding a team/s).

With top-level International Referees as well as experienced National Level Referees coming from all around the country, we will have the high standard of officiating for which CCC tournaments are known. We are honored that International S class referee Bernard Robinson will again serve as Referee Chair. The referee uniform will be black pants, a white shirt and red tie and the meeting will begin at 8:30 am. We thank you in advance for your support and dedication to fair and safe competition.

We share with you the unifying goal of providing our best for our athletes in their continued personal growth and pursuit of excellence. For **online registration** or to download a registration form, please visit www.gentleeast.com. If you have any questions, please contact us at gentleeastccc@gmail.com or call 240.353.1502. We look forward to seeing you there!

It's All Good!

GM John L. Holloway
Tournament Director
US Team Leader, 2000 Sydney Olympic Games
US Team Captain, 1977- 1979

LOCATION

Maryland Juniors Sports Center
8221 Preston Court
Jessup, MD 20794
301-490-5802

SCHEDULE OF EVENTS

7:30 -	ON SITE REGISTRATION
8:30 -	REFEREE MEETING
9:00 - 12:30	FORMS & BREAKING COMPETITION
12:30 - 12:45	OPENING CEREMONY
1:00 - 6:00	SPARRING COMPETITION

RULES

Modified WTF/USAT Rules will govern this tournament.

COMPETITION FEES

Pre-Registration for one Event (postmarked by 11/14/2026, on-line 11/18/2026).....	\$100.00
Additional Cost per Event	\$20.00
Late/On Site Registration for ONE Event.....	\$120.00
Coach Credential (one free per 10 students registered)	\$25.00... .. \$35.00 on site
There will be no refund of competition fees.	

COMPETITION RULES

(1) BOARD BREAKING

A time limit of two (2) minutes shall be given to set up and complete the break, with **two chances allowed at each station and a maximum of 3 stations**. Each competitor shall provide the wood and board holders. For competitors 13 and under the boards shall be 10"x12"x1/2" and for competitors 14 and over the boards shall be 10"x12"x1". **Boards will be available for purchase at the venue.**

(2) CREATIVE POOMSAB

The competitor shall complete the form within two (2) minutes. A minimum of six (6) kicks shall appear in the form. No musical accompaniment will be used by the competitor during this event.

(3) TRADITIONAL POOMSAB

All traditionally recognized Taekwondo forms (ITF/WTF) will be allowed in this competition.

(4) FAMILY POOMSAB

All traditionally recognized Taekwondo forms (ITF/WTF) will be allowed in this competition. Teams will be composed of two or more family members. Scoring will include accuracy of the form and synchronization as a team.

(5) SPARRING

All matches will be single elimination, best of three format. For competitors under 12 and Cadet (12-14) color belts rounds will be one (1) minute. For competitors ages 11 and under Non-Black Belt, NO HEAD CONTACT rules will be enforced. For Black Belt Cadets (12-14), all Juniors (15-17), Senior (18-32) non-black belt and Black Belt competitors 33 and over, rounds will be one and a half (1.5) minutes. For Senior Black belt competitors rounds will be two (2.0) minutes.

SPECTATOR ADMISSION

General Admission.....	\$10.00
Students	\$ 5.00
Children ages 6 & under & Senior Citizens.....	FREE

EQUIPMENT

All competitors must bring their own equipment. **WORLD CLASS competitors must have Daedo Gen3 socks** (purchase at www.tkdscor.com). All competitors shall wear WHITE TRADITIONAL or V-NECK uniforms. Shin & instep pads, forearm pads, chest protector, and headgear are required for sparring competitors. Also, male sparring competitors are required to wear a protective cup. A mouthpiece is mandatory. Gloves are mandatory for 15-32 Black Belt competitors and optional for all others.

AWARDS

Exquisite Olympic-size medals shall be awarded to the first, second and third place winners in each division. There will be two third place winners in traditional forms and sparring divisions.

**GENTLE EAST
CAPTAIN'S CUP CHALLENGE XXXI
NOVEMBER 21, 2026**

FOR ONLINE REGISTRATION GO TO www.gentleeast.com

NAME _____ EMAIL _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

AGE ____ SEX ____ WEIGHT _____ BELT COLOR _____ BELT RANK _____ GUP / DAN

MARTIAL ARTS SCHOOL _____

MARTIAL ARTS SCHOOL ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

SCHOOL EMAIL _____ INSTRUCTOR'S NAME _____

In consideration of your acceptance of my entry, I do hereby, for myself, my heirs, executors, and administrators waive, release, and forever discharge any and all rights and claims for damages which I may have, or which may accrue to me against Gentle East Martial Arts, Inc., Gentle East Captain's Cup Challenge, the World Taekwondo Federation (WTF), USA Taekwondo (USAT), United States Olympic Committee (USOC), and all members of the tournament, or their respective officers, agents, representatives, successors and/or assigns, and against any competitor for any and all damages which may be sustained by me in connection with my association with or entry in the above athletic meet. I understand that Taekwondo is a body contact sport, which involves a risk of injury. I understand that the competition rules are based on the rules of the WT. I agree to all tournament competition rules and understand that I may be disqualified if I do not follow these rules. I further agree that any photographs taken of or by me in connection with the Gentle East Captain's Cup Challenge can be used by the Tournament Director for publicity or promotion without compensation at this time or any other time.

SIGNATURE _____ DATE: _____

PARENT/GUARDIAN SIGNATURE _____ DATE: _____
(REQUIRED FOR ALL COMPETITOR UNDER AGE 18)

CHECK THE EVENTS YOU WISH TO ENTER

____ BOARD BREAKING ____ CREATIVE FORMS ____ TRADITIONAL FORMS ____ FAMILY FORMS

____ SPARRING (CADET/Junior SPARRING ONLY ____ World Class ____ Grassroots)

____ COACH CREDENTIAL ----NAME(S)_____

PRE-REGISTRATION FEE*: \$100.00 FOR ONE EVENT *MUST BE POSTMARKED BY 11/15/2025
ADDITIONAL EVENTS \$20.00 PER EVENT

LATE/ON SITE REGISTRATION \$120.00 FOR ONE EVENT
COACH CREDENTIAL \$25.00 \$35.00 Late/on site

MAKE MONEY ORDERS OR CHECKS PAYABLE TO GENTLE EAST MARTIAL ARTS

SEND ALL ENTRY FEES AND APPLICATIONS TO: **GENTLE EAST TAEKWONDO**
8749 FLOWER AVENUE
SILVER SPRING, MARYLAND 20901

ALL FEES ARE NON-REFUNDABLE. GENTLE EAST RESERVES THE RIGHT TO REJECT ANY APPLICATION.

DIVISIONS

BOARD BREAKING

MALE / FEMALE

AGE: Junior 7 and Under / 8-9 / 10-11 / 12-13 / 14-17 Senior 18-32 / 33 & Over

BELT: Color / Black

CREATIVE FORMS

12 and Under / 13-17

Senior 18 and Over

BELT: Color / Black

FAMILY FORMS*

BELT: White & Yellow & Orange / Green & Blue & Purple / Red & Brown / Black

*Determined by lowest ranked family/team member

TRADITIONAL FORMS

MALE / FEMALE

AGE: Junior 5-6 / 7-8 / 9-10 / 11-12 / 13-14 / 15-17 Senior 18-34 / 35 & Over

BELT: White & Yellow & Orange / Green / Blue & Purple / Red & Brown / Black

SPARRING*

MALE / FEMALE

AGE: Junior 4 - 5 / 6-7 / 8-9 / 10-11 / 12-14 / 15-17 Senior 18-32 / 33 & Over

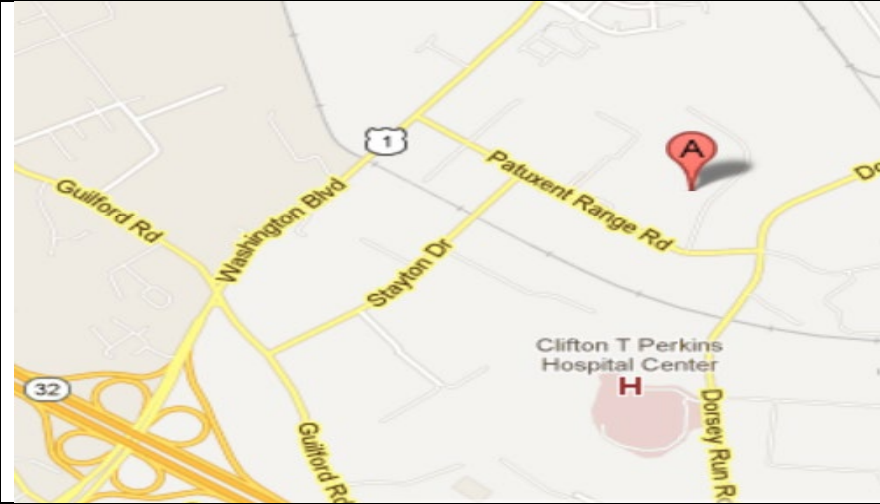
BELT: White & Yellow & Orange / Green & Blue & Purple / Red & Brown / Black Grassroots
Black World Class

WEIGHT DIVISIONS: Grassroots: Light / Middle / Heavy

World Class	12-14 MALE / FEMALE	World Class	15-17 MALE / FEMALE
Fin	under 72.8 lbs / under 63.9 lbs	Fin	under 99.2 lbs / under 92.6 lbs
Fly	72.9-81.6 lbs / 64-72.8 lbs	Fly	99.3-105.8 lbs / 92.7-97 lbs
Bantam	81.7- 90.4 lbs / 72.9 – 81.6 lbs	Bantam	105.9-112.4 lbs / 97.1-101.4 lbs
Feather	90.5-99.2 lbs / 81.7 – 90.4 lbs	Feather	112.5-121.3 lbs / 101.5-108 lbs
Light	99.3-108 lbs / 90.5-97 lbs	Light	121.4-130.1 lbs / 108.1-114.6 lbs
Welter	108.1- 116.8 lbs / 97.1-103.6 lbs	Welter	130.2-138.9 lbs / 114.7-121.3 lbs
Light Middle	116.9-125.7 lbs / 103.7-112.4 lbs	Light Middle	139.0-149.9 lbs / 121.4-130.1 lbs
Middle	125.8-134.4 lbs / 112.5-121.3 lbs	Middle	150-160.9 lbs / 130.2-138.9 lbs
Light Heavy	134.5-143.3 lbs / 121.4-130.1 lbs	Light Heavy	161-172 lbs / 139-149.9 lbs
Heavy	over 143.3 lbs / over 130.1 lbs	Heavy	over 172 lbs / over 150 lbs
World Class 18 - 32 MALE / FEMALE			
Fin/Fly	under 127 lbs / under 107 lbs	Light/Welter	150-176 lbs / 126-147 lbs
Bantam/Feather	128-149 lbs / 108- 125 lbs	Middle/ Heavy	over 176 lbs / over 147 lbs

* All Divisions above may be modified

Captain's Cup Challenge Tournament Location



Maryland Junior Sports Center
8221 Preston Court
Jessup, MD 20794

Captain's Cup Challenge
Gentle East Taekwondo
8749 Flower Avenue
Silver Spring, MD 20901



NOVEMBER 21, 2026