

AGAPE BLACK BELT CENTER

VALOR CUP

SATURDAY, APRIL 25 9 AM - 4 PM



"WIN OR Learn—never Lose"
"CHALLENGE YOURSELF -
SIGN UP and SHINE !"

REGISTER NOW

AGAPE BLACK BELT CENTER

3750 MONROE AVE SUITE #1000 PITTSFORD NY 14534

(585)750-3048

www.agapebbc.com



Dear ABBC Students and Parents,

The Valor Cup is our in-house Taekwondo tournament designed to challenge students, inspire growth, and celebrate courage. This is the perfect opportunity to test your skills, push your limits, and show the confidence, respect, and determination you've built in class.

Since our first tournament in 2014, the Valor Cup has been a place where students strengthen their abilities, gain competition experience, and build lasting friendships—all within a supportive and positive environment. We are proud to continue this tradition of excellence and character development.

New year, we're introducing exciting competitive divisions, including Group Poomsae, Power Breaking, Highest Jumping Board Break, and Long Jumping Board Break, along with our ongoing events: Sports Poomsae, Sparring, and Station Board Breaking.

These new events offer even more ways for students to challenge themselves and grow.

All levels and ranks are welcome. Divisions will be organized by age, rank, and gender to ensure safe and fair competition. We encourage every student to participate—whether in Board Breaking, Poomsae, Sparring, or all three.

Train hard in the weeks ahead and bring your best to the mat. This is your chance to discover your potential, test your skills, and shine with your classmates.

Everyone's journey starts somewhere—take the first step at the 2026 Master Ra's Valor Cup.

Respectfully,

Master

John Ra
Master Instructor
AGAPE BLACK BELT CENTER



2026 MASTER RA'S Valor Cup

SAT, APRIL 25, 2026 9AM - 4PM

**EVERYONE'S JOURNEY STARTS SOMEWHERE—DISCOVER YOUR
POTENTIAL AT THE 2026 VALOR CUP.**

GENERAL SCHEDULE

Check In - 8:00 AM
Official Meeting - 9:00 AM
Opening Ceremony - 9:15 AM
Competition Begins - 9:30 AM
Board Breaking - 9:30 AM
Poomsae - 11:30 AM
Lunch Break - 12:30 PM
Competition resumes - 1:00 PM
Sparring - 2:30 PM

REGISTRATION:

Make checks payable to **"Agape Black Belt Center"** with notation **"Valor Cup"**

WAYS TO REGISTER:

1. In Person: Agape Black Belt Center
2. Scan QR code for online Registration

ENTRY FEE:

One Event: \$60 • Two Events: \$75 • Three Events: \$90 •
Four Events: \$100 • Five Events: \$110
Board Fees: Each board \$5
(Minimum One Board per Station, Maximum 7 Boards)

*****All applications must be received on or before Fri, April 17, 2026. \$15 late fee will apply after April 17, 2026. No registration will be accepted after April 22, 2026.
All entry fees are Non-Refundable & Non-Transferable.**

EVENTS

BOARD BREAKING

4-5 Years Old - Hammer Fist / Front Kick

6-7 Years Old - Palm Strike / Roundhouse Kick

8-9 Years Old - Knife Hand / Side Kick / Double Jump Front Kick

10-12 Years Old - Center Punch / Axe Kick / Side Kick

13-15 Years Old - Jumping Side Kick / Back Kick / Double Jump Axe Kick

16 & Older - Any Three Creative Breaking



HIGH JUMP COMPETITION - Double Jump Kick

Age Divisions:

4-5 years old

6-7 years old

8-9 years old

10-12 years old

13-15 years old

16 & Older



LONG JUMP COMPETITION - Flying Side Kick

Age Divisions:

8-9 years old

10-12 years old

13-15 years old

16 & Older



Select Board Breaking Event(s) you will be performing on the application.

Poomsae divisions will be grouped based on selected form, REGARDLESS of rank.

Each selected form will count as ONE Division

Taeguek 1 / Taeguek 2 / Taeguek 3 / Taeguek 4 /

Taeguek 5 / Taeguek 6 / Taeguek 7 / Taeguek 8 /

Koryo / Kuem Gang / Tae Baek

GROUP POOMSAE

Divisions will be categorized as follows:

- **Pair Division** - each pair will consist of two athletes, regardless of age or gender
- **Team Division** - each team will consist of three athletes, regardless of age or gender

AWARDS

BOARD BREAKING: 1ST, 2ND & 3RD place medals

POOMSAE: 1ST, 2ND & 3RD place medals

SPARRING: 1ST, 2ND & two 3RD place medals

NOTE: All decisions made by referees are final. Any clarification pertaining to the tournament will be made by the director on-site.

HIGH/LONG JUMP RULES:

Athletes will compete level by level,
increasing height/length of the jump in increments
Paddle must make sound with each level to count



EQUIPMENT

Competitors must supply their own protective gear. Both male and female competitors must have white forearm and shin-instep protectors, white or clear mouth guard, chest protector, head gear and groin protector. Only white uniforms are allowed.

FREE SPARRING ROUND & DURATION

Format will be single elimination.

Color Belts - two 60-second rounds with 30-second interval

Black Belts - two 90-seconds rounds with 30-second interval



DIVISIONS ARRANGEMENT

All divisions will be arranged by age, rank, weight (sparring), and experience to ensure fair and safe competition.

Divisions may be combined or split depending on enrollment.

POOMSAE SCORING TOTAL

Accuracy (4.0 points)

Correct stances & techniques / Proper sequence / Balance & stability Presentation (6.0 points)

Power & speed / Rhythm & timing / Energy expression (kihap) / Confidence & focus

