

2025 Florida Open International Taekwondo Championships

Opening Ceremony – 9:30 AM

Welcome address, invocation, and introduction of teams

Competition Begins – 10:00 AM

- Poomsae (All Belts): Individual, Pair, Team
- Breaking (All Belts)

Lunch Break – 12:30 PM

Sparring Begins – 1:00 PM

- Level A – All Black Belts: Olympic Sparring (with head kicks)
- Level B – All Belts: Regular Sparring (no head kicks)

Closing Ceremony – Immediately following
final matches

