





Training x Technique  
**USA Taekwondo**

# KICKING IT IN ORLANDO

The nation's elite Taekwondo players will gather in Florida this January for the 2015 U.S. Open Taekwondo Championship and a shot at competing in the 2016 Olympic Games.

**T**he New Year is barely under way when USA Taekwondo gets 2015 off to a fighting start as they bring the U.S. Open Taekwondo Championship to Orlando, Florida, for five days of world-class, black-belt-only competition, running from January 20 to 25 at the Orange County Convention Center.

A fertile breeding ground for UFC stars like Anthony Pettis, Cung Le and former national champion James Moontasri, taekwondo is an excellent base discipline for MMA fighters. It requires finely honed skills in offense and defense as well as a total dedication to training and the lifestyle required to succeed.

USA Taekwondo enters its 40th year with a bang, as teams from around the world descend on America to battle it out for the all-important points that could make Olympic dreams come true for athletes currently competing for positions on their national teams for Rio in 2016.

USA Taekwondo events director Jeanna Mendoza said, "The U.S. Open is one of the key chances remaining to impress before Olympic selections are made. Expect fierce competition coupled with huge elation for some and massive disappointment for others. It's going to be brutal! We can't wait! The venue is phenomenal—really impressive—and the setting is just beautiful. Plus, it's January in Florida. What better time for some winter sun and red-hot martial arts action?"

If you are in the area and want to go along and watch, spectator tickets are



just \$10 per day or \$30 for all five days of competition. USA Taekwondo has even negotiated discounts for visitors to the U.S. Open for world-famous attractions like Disney World, Sea World and more, so you can make the most of your time in Orlando. Tickets and discounts are available at [teamusa.org/usa-taekwondo](http://teamusa.org/usa-taekwondo).

So many UFC fighters are getting their start in martial arts through taekwondo, and UFC and USA Taekwondo are working more closely together than ever, both to attract people to the sport and to provide a platform for athletes to make their talent and dedication pay off in the long term.

There's a very good chance that the next UFC superstar will be competing in Florida in January. Is there any reason why that couldn't be you? O

## CALLING ALL BLACK BELTS

The competition is open to all taekwondo competitors worldwide who possess a Kukkwon Black Belt certificate. If that's you and you want to give it a go, you can register online at [teamusa.org/usa-taekwondo/UFCMag](http://teamusa.org/usa-taekwondo/UFCMag).