



31ST ANNUAL WHITECOURT TAEKWONDO CHAMPIONSHIP

Dear Masters, Instructors, Parents, and Athletes,

On behalf of Whitecourt Taekwondo, I would like to invite you to attend our 31st annual Taekwondo Championship to be held on Saturday, November 26, 2022. We will once again be hosting this event in memory of a very important member of our Taekwondo family who we lost in 2015, Master Jim Rennie Sr.

Our tournament includes divisions for recreational and high-performance sparring and poomsae, sanctioned by the Alberta Taekwondo Association. Officiating will be led by national and international Canadian referees. All sparring matches will incorporate new World Taekwondo rules (September 1, 2022), using the best of 3 system. Recreational fighters are guaranteed two matches. Sanctioned black belt divisions will be using KPNP Electronic scoring equipment in a single elimination format.

Having had the opportunity to travel over the summer with Olympian, Sayed Najem, it was fantastic to see so much optimism from Taekwondo Masters across Alberta. Momentum is picking up post-covid and we hope our tournament will provide an exciting competition experience for all.

Sincerely,

Master Jim Rennie
Tournament Host
780-778-0202
jim.ennie@whitecourttaekwondo.com



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Date

- Saturday, November 26, 2022

Venue

- Allan and Jean Millar Centre - Whitecourt Alberta
- Free Parking / Free Spectator Admission
- **Protec Martial Arts Equipment** booth available on site

Local Accommodations

- Whitecourt has several hotels with competitive rates
- Please use your favourite hotel booking method to find the most suitable accommodation

Registration Fees and Deadlines

- Early bird registration until November 4 - \$85.00 for one or two events
- Regular registration November 5 – November 19 - \$100.00 for one or two events
- **NO** registrations will be accepted after November 19

Competitor Registration (Link Available at whitecourttaekwondo.com)

- Each competitor must register and pay individually
- Entry form link: [31st Annual Whitecourt Taekwondo Championship Registration](#)

Referee Registration (Link Available at whitecourttaekwondo.com)

- Registration link: [Whitecourt Taekwondo Championship Referee Registration](#)
 - Contact Master Cindy Richardson (780-706-5148) for more information about officiating

Coaching Credentials and Coach Registration (Link Available at whitecourttaekwondo.com)

- Sanctioned black belt coaches must meet ATA coaching standards
- Coaches are welcome to attend the referee training on Friday evening – Contact Master Cindy Richardson for details (7800-706-5148)
- Coaches for sanctioned black belt fighters must pre-register using this link: [Coach Registration](#)
- Coaches will receive a coaching pass at the venue



31ST ANNUAL WHITECOURT TAEKWONDO CHAMPIONSHIP

Friday, November 25

- 6:00 – 10:00 PM - Set up at the Allan and Jean Millar Centre
- 7:00 – 9:00 PM - Weigh-ins for sanctioned black belts at the Whitecourt TKD Dojang 4105-41 Avenue
- 7:00 – 9:00 PM - Referee and meeting and dinner at the Whitecourt TKD Dojang 4105-41 Avenue

Saturday, November 26

- 8:00 AM - Doors open / Athlete check-in / Coaches' Registration
- 8:15 AM - General referee meeting
- 9:00 AM - Opening ceremony
- 9:15 AM - Recreational poomsae (patterns) begins – colour and black belt – Under 18 Years
- 9:15 AM - Sport poomsae referee meeting / Sport poomsae competitor warmups
- 9:30 AM - Sport poomsae competition begins
- 10:45 AM - Colour Belt Sparring begins – Under 18 Years
- 12:00 – 1:00 PM - Weigh-Ins for sanctioned black belt fighters
- 12:00 – 1:00 PM - Lunch Break
- 1:00 PM - Sanctioned black belt sparring begins
- 1:00 PM - Adult recreational poomsae (all belts) begins, followed by adult colour belt sparring
- 2:30 PM - Recreational black belt sparring begins
- 5:00 PM - Take down equipment / Clean up
- 7:00 PM – Post-event social at the Roadhouse – ask us for details!

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Poomsae Events

- Recreational Poomsae - Individual
 - All belt levels, all ages
 - Competitor performs one poomsae according to belt level
 - Uniform is any style white Taekwondo dobok, appropriate belt, bare feet
- Black Belt Sport Poomsae – World Taekwondo poomsae rules (May 14, 2019)
 - Recognized poomsae – draws will be published by November 24
 - Categories
 - Individual: Youth, Cadet, Junior, U30, U40, U50, U60, U65, O65
 - Teams and Pairs: Youth, Cadet, Junior, U30, O30
 - Free Style poomsae – competitors must provide music on a USB memory device
 - Categories
 - Individual and Pairs: U17, O17
 - Mixed Team: 12+
 - Pairs must consist of one male and one female competitor
 - Teams consist of three competitors of the same gender
 - Categories are based on the year of birth of the competitor

Youth	born in 2011 and later	U40	born in 1982-1991
Cadet	born in 2008-2010	U50	born in 1972-1981
Junior	born in 2005-2007	U60	born in 1962-1971
U30	born in 1992-2004	U65	born in 1957-1961

- Uniform – sport poomsae uniform as per World Taekwondo rules



* Master categories are U60 and older



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Sparring Events – Current WT Rules (September 1, 2022) – Best of 3 System

- Recreational Sparring Divisions – Competitors Guaranteed Two Matches
 - Colour Belt Sparring
 - All ages, all belt levels
 - NO head contact allowed
 - Black Belt Recreational Sparring
 - All ages
 - NO head contact in youth divisions
 - Head contact optional in cadet, junior, and senior divisions
 - **Mandatory** equipment to be supplied by the competitor
 - Head and chest protector, groin guard, mouth guard, shin and arm pads
 - Any style white Taekwondo dobok and appropriate belt
- Sanctioned Black Belt Sparring - Single Elimination Format
 - Weigh-ins – Competitors **must** meet the weight category in which they register
 - Friday 7:00-9:00 PM at Whitecourt Taekwondo Dojang 4105-41 Ave
 - Saturday 12:00-1:00 PM at Allan and Jean Millar Centre
 - **Mandatory** equipment to be supplied by the competitor
 - Groin guard, mouth guard, gloves, shin and arm pads
 - Any style white Taekwondo dobok and appropriate belt
 - KPNP Socks – available from [Captain Sports](#)
 - Sanctioned black belt fighters may register in both sanctioned and recreational divisions