

PRESENTED BY



RED PHOENIX

Tae Kwon Do and Martial Arts

2026

CALGARY OPEN TAEKWONDO CHAMPIONSHIP



NOVEMBER 14, 2026



LOCATION:

**SEVEN CHIEFS SPORTSPLEX
& JIM STARLIGHT CENTRE**

19 Bullhead Rd, Priddis, AB
T3T 0A8



CONTACT US:



redphoenixtkdgroup@gmail.com



(403) 277-7937



SCAN FOR MORE INFO



- GENERAL INFORMATION -

HOST

Red Phoenix Taekwondo and Martial Arts

Address: 620 46 Ave NE #108, Calgary, AB T2E 8M9

Event Contact: RedPhoenixTKDgroup@gmail.com

VENUE AND DATE

Venue	Competition Date
Seven Chiefs Sportplex & Jim Starlight Centre 19 Bullhead Road, Priddis, Alberta T3T 0A6	November 14, 2026

- REGISTRATION -

ELIGIBILITY

Athletes

- Must be an active member in good standing with their Provincial/Territorial Sport Organization & Taekwondo Canada (If Canadian Residents)
- **Alberta Taekwondo Membership:** Mandatory for all athletes. It provides liability insurance, which protects athletes throughout the tournament season and ensures access to medical treatment.

Coaches

- Must be an active member in good standing with their Provincial/Territorial Sport Organization & Taekwondo Canada (If Canadian residents)
- **Alberta Taekwondo Membership:** Mandatory for all coaches.
- Number of Coaches per dojang:
 - 1 Master
 - 1 Head Coach
 - 3 Coaches
 - Additional Coach Fee - \$50 per person



- REGISTRATION -

EVENTS

Black Belt Only Events

- [High Performance Kyorugi](#)
- [Sport Poomsae](#)
 - Individual | Pairs | Teams | Freestyle

All Belt Levels

- [Recreation Kyorugi](#)
- [Recreation Poomsae](#)

REGISTRATION FEES

REGISTRATIONS ARE NON-REFUNDABLE

Category	Registration Rate	Changes to Event(s)
Athlete - 1 Event	\$105	Contact: redphoenixtkdgroup@gmail.com
Athlete - 2 Event	\$115	
Athlete - 3+ Event	\$125	

HOW TO REGISTER

1. Acquire Alberta Taekwondo Membership
2. Use link or QR code to go to DojangPro registration page.
3. Follow directions and fill in required information
 - Accurate Registration
 - Ensure all contact and athlete information is complete and accurate, especially **Event(s)**, **Birth Year**, **Weight (kg)**, **Height (cm)**, **Belt level**, **Gender** and **Poomsae**.
 - This is to ensure safe and fair bracketing for all competitors.

PAYMENT

Payment Information

- Method:
 - E-transfer to mastercha@redpx.com by November 8th 2026



- REGISTRATION -

DRAWS/BRACKETS

- All Kyorugi and Recreational Poomsae brackets will be published on the following platforms:
 - Website: <https://calgaryopentkd.com>
- Sport poomsae will be posted at the venue

ALBERTA TAEKWONDO MEMBERSHIP LINK:

Alberta Athletes and Coaches

[2026-2027 Colour Belt Membership](#)

[2026-2027 Black Belt Membership](#)

[2026-2027 Coach Membership](#)

Out of Province Athletes and Coaches

Contact Alberta Taekwondo Association to get your free Alberta Taekwondo Membership

Email: admin@taekwondoalberta.com

COMPETITION REGISTRATION LINK:

[Competitor/Athlete Registration](#)

[Coach Registration](#)



- COMPETITION SCHEDULE -

SCHEDULE

BEFORE COMPETITION

7:30 am	Doors Open
7:45 am	High Performance Kyorugi
9:45 am	Weigh-In
8:00 am	Referee Meeting
8:30 am	Coaches Meeting
8:45 am	Athlete Call to Floor

COMPETITION

9:00 am	Poomsae Competition Begins - Athlete Attire: dobok and belt - Awards: Gold, (1) Silver (1), Bronze (2)
After Poomsae	Sparring Competition - Athlete Attire: dobok, belt, clear/white mouthguard, groin, shin, arm, chest guard, red and blue or White helmet. - Awards: Gold (1), Silver (1), Bronze (2)
11:45 am	Lunch Break
12:00 pm	Taekwondo Demo Team Performance
12:45 pm	Athlete Call Athletes that were on deck before lunch are called back
1:00 pm	Competition Resumes

IMPORTANT REMINDERS

Strict

Floor

Policy

- Only registered competitors and coaches are permitted on the competition floor; parents and spectators must remain in the designated seating areas.
- Carts, wagons, and portable chairs are not permitted.

Code of Conduct & Professionalism

- To ensure a positive environment for our community, all participants and spectators are expected to uphold the highest standards of Taekwondo etiquette.
- Mutual Respect:** All staff, officials, athletes, and coaches must be treated with the utmost respect at all times.
- Direct Confrontation:** Direct confrontation with officials or other coaches on the competition floor will not be tolerated and may result in removal from the venue and incident reported.
- Conflict Resolution** - If a dispute or issue arises during the tournament, please follow the proper chain of command:
 - The individual or parent should first address the concern to their own **Club Head Coach or Master**.
 - The Head Coach will then bring the matter to the **Referee Director or the Tournament Host** in a professional and respectful manner.



- AWARDS -

KYORUGI AND POOMSAE

- Medals will be awarded to the top 4 athletes in each division:
 - 1st Place: Gold Medal
 - 2nd Place: Silver Medal
 - 3rd Place: Bronze Medal
 - 3rd Place: Bronze Medal

- DRESS CODE -

COACHES

- Athletic attire/team tracksuit or business attire
- Closed footwear only, no heels or sandals
- No chewing gum or use of electronic devices, such as cell phones or video cameras
- Coaches perceived to be under the influence of alcohol/drugs will not be allowed in the competition area
- Any type of cap/hat is not allowed

- SPECTATORS -

ADMISSION

- **7 Years and Older:** \$10
- **6 Years and Younger:** Free

REMINDERS FOR SPECTATORS

- Spectators are prohibited from entering the competition area.
- Carts, wagons, and portable chairs are not permitted.
 - This rule is in place to keep walkways clear and free from trip hazards.
- If any issues arise, direct your concerns to the Tournament Advisory Committee.



- SAFE SPORT -

If you are a victim or witness of harassment, abuse or discrimination in sport, contact the free, anonymous and confidential Abuse-Free Sport Helpline to report and/or be referred to the appropriate resources:

- Call or text: 1-888-837-7678
- info@abuse-free-sport.ca

The Abuse-Free Sport Helpline is not a crisis line. For all urgent situations requiring immediate intervention, contact 911.

To view Taekwondo Canada's Safe Sport policies, please visit: www.taekwondo-canada.com/safesport/safe-sport-policies

To view the Abuse Free Sport website, please visit: abuse-free-sport.ca



- RECREATION KYORUGI COMPETITION -

COMPETITION RULES

- The latest published [World Taekwondo Kyorugi Competition Rules & Interpretation](#) shall be applied
- All Recreation divisions will **NOT** have head contact

COMPETITION SYSTEM

- Best of 3 system
- Single elimination tournament system
- High Performance Black Belts will be using K2 KPNP System

DURATION OF CONTEST

Recreational	
<i>Colour Belt</i>	<i>Black Belt</i>
1 minute rounds 30 second break between each round	1:30 minute round 45 Second break between each round

SEEDING

- Competitor draws will be conducted randomly. As a secondary measure, and where the bracket structure allows, we will make best efforts to separate athletes from the same dojang in the initial rounds**

** Please note that this is not always possible, and competitors should be prepared to face anyone in their division.



- RECREATION KYORUGI COMPETITION -

WEIGHT/DIVISION CATEGORIES

Recreation - Colour and Black Belt		
Age	Male/ Female	Belt Divisions
Youth 3 (Born in 2019 and later)	Separate	• White - Yellow Stripe • Yellow - Green Stripe • Green - Blue-Stripe • Blue - Red-Stripe • Red - Black Stripe • Black Belt
Youth 2 (Born in 2019, 2018, 2017)	Separate	
Youth 1 (Born in 2015, 2016, 2017)	Separate	
Cadet (Born in 2012, 2013, 2014)	Separate	
Junior (Born in 2009, 2010, 2011)	Separate	
Senior (Born in 2009-1993)	Separate	
Ultra (Born before 1994)	Separate	

****Article 6 1.1 of WT rules - adjacent weight classes can be combined.**

*****Some Belt or Age divisions may be combined in order to ensure participants have at least one match. This will happen in consultation with coaches and tournament coordinators.*****

WEIGH-IN

Recreational Kyorugi Athletes

- **NO Weigh-in** is required for recreational athletes



- RECREATION KYORUGI COMPETITION -

UNIFORM AND EQUIPMENT

Kyorugi Athletes

- The following World Taekwondo recognized equipment:
- WT V-Neck White Uniform
- Head Protector (White or Red & Blue)
- Chest Protector
- Groin Protector
- Forearm Guards
- Shin Guards
- Instep Guards
- Mouth Guard (White or Clear)**

***Competitors who are wearing braces on their teeth must produce a letter from their dentist to certify the mouth guards being worn are safe for Taekwondo competition. There should be top and bottom mouth guards if there are braces on top and bottom teeth.*

INSPECTION

Referee's will inspect participant gear at the participants rings before their match.

IMPORTANT NOTE:

Failure to have all required equipment at inspection may result in **disqualification**.



- HIGH PERFORMANCE KYORUGI COMPETITION -

COMPETITION RULES

- The latest published [World Taekwondo Kyorugi Competition Rules & Interpretation](#) shall be applied

COMPETITION SYSTEM

- Best of 3 system
- Single elimination tournament system
- K2 KPNP System

DURATION OF CONTEST

High Performance Black Belt	
<i>Cadet</i>	<i>Junior and Senior</i>
1:30 minute round 45 Second break between each round	2:00 minute round 1 minute break between each round

SEEDING

- Competitor draws will be conducted randomly.
- Match ups with WT divisions will take priority, Olympic Divisions will be secondary
- As a secondary measure, and where the bracket structure allows, we will make best efforts to separate athletes from the same dojang in the initial rounds**

** Please note that this is not always possible, and competitors should be prepared to face anyone in their division.



- HIGH PERFORMANCE KYORUGI COMPETITION -

WEIGHT/DIVISION CATEGORIES

High Performance Black Belt					
Cadet (Born in 2012, 2013, 2014)		Junior (Born in 2009, 2010, 2011)		Senior Senior (Born before 2009)	
Male	Female	Male	Female	Male	Female
-33kg & -37kg	-29kg & -33kg	-45kg & -48kg	-42kg & -44kg	-54kg & -58kg	-46kg & -49kg
-41kg & -45kg	-37kg & -41kg	-51kg & -55kg	-46kg & -49kg	-63kg & -68kg	-53kg & -57kg
-49kg & -53kg	-44kg & -47kg	-59kg & -63kg	-52kg & -55kg	-74kg & -80kg	-62kg & -67kg
-57kg & -61kg	-51kg & -55kg	-68kg & -73kg	-59kg & -63kg	-87kg & +87kg	-73kg & +73kg
-65kg & +65kg	-59kg & +59kg	-78kg & +78kg	-68kg & +68kg		

**Article 6 1.1 of WT rules - adjacent weight classes can be combined.

Weight Changes

- Deadline: Weight changes will be accepted until
November 8th, 2026 at 11:59pm GMT-6
- Weight changes must be made by emailing redphoenixtkdgroup@gmail.com

WEIGH-IN

High Performance Kyorugi Athletes

- All High Performance Kyorugi athletes must weigh-in
- **Saturday, November 14th 2026 from 7:45 am - 9:00 am at the Seven Chiefs Sportplex & Jim Starlight Centre.**
- An allowance of 5% is allowed due to same day weigh-in.
- Failure to make weight in the Registered Division will result in disqualification.



- HIGH PERFORMANCE KYORUGI COMPETITION -

UNIFORM AND EQUIPMENT

The following World Taekwondo recognized equipment:

- WT V-Neck White Uniform
- Groin Protector
- Forearm Guards
- Shin Guards
- K2 KPNP sensing socks*
- K2 KPNP sensing gloves*
- Mouth Guard (White or Clear)**
- **PSS: K2 KPNP Protector and Scoring System**
 - Protector and Scoring System (Headgear and Chest Protector) will be provided
 - The head protector for cadet athletes can be fitted with a face shield

*All High Performance Kyorugi competitors are required to have K2 KPNP socks and gloves, which can be purchased from Captain Sports at <http://captainsports.ca>.

***Competitors who are wearing braces on their teeth must produce a letter from their dentist to certify the mouth guards being worn are safe for Taekwondo competition. There should be top and bottom mouth guards if there are braces on top and bottom teeth.*

INSPECTION

Referee's will inspect participant gear at the participants rings before their match.

IMPORTANT NOTE:

Failure to have all required equipment at inspection may result in **disqualification**.



- RECREATION POOMSAE COMPETITION -

COMPETITION RULES

- The latest published World Taekwondo Poomsae Competition Rules & Interpretation shall be applied
- **Recreation Poomsae** athletes may only register in **1 poomsae event**

CLASSIFICATION OF COMPETITION

Recreational Poomsae - Colour and Black Belt	
<i>Age Divisions</i>	<i>Belt Divisions</i>
Youth 3 (Born in 2020 or 2021)	• White • Yellow Stripe • Yellow • Green-Stripe • Green • Blue-Stripe • Blue • Red-Stripe • Red • Black-Stripe • Black
Youth 2 (Born in 2019, 2018 or 2017)	
Youth 1 (Born in 2015 or 2016)	
Cadet (Born in 2012, 2013, 2014)	
Junior (Born in 2009, 2010 or 2011)	
Senior (Born in 2009-1993)	
Ultra (Born before 1994)	



- RECREATION POOMSAE COMPETITION -

POOMSAE DRAWS

- Recreational Poomsae Divisions will posted the night before the competition
 - Website:

DESIGNATED COMPULSORY POOMSAE

Recreational Poomsae - Colour and Black Belt

- Competitor performs one poomsae according to their belt level

UNIFORM AND EQUIPMENT

Recreational Colour and Black Belt:

- White Taekwondo Dobok, appropriate belt, bare feet



- SPORT POOMSAE COMPETITION -

CLASSIFICATION OF COMPETITION

High Performance Black Belt Poomsae - Recognized		
Individual <i>Male & Female</i>	Pairs <i>1 female & 1 male</i>	Teams <i>3 athletes of same gender</i>
<i>Youth</i>	<i>Youth</i>	<i>Youth Team</i>
<i>Cadet</i>	<i>Cadet</i>	<i>Cadet Team</i>
<i>Junior</i>	<i>Junior</i>	<i>Junior Team</i>
<i>U30</i>	<i>U30</i>	<i>U30 Team</i>
<i>U40</i>	<i>U50</i>	<i>U50 Team</i>
<i>U50</i>	<i>U60</i>	<i>U60 Team</i>
<i>U60</i>	<i>O60</i>	<i>O60 Team</i>
<i>U65</i>		
<i>O65</i>		

High Performance Black Belt Poomsae - Freestyle			
Male Divisions <i>Individual</i>	Female Divisions <i>Individual</i>	Pairs <i>1 female & 1 male</i>	Teams <i>3 athletes of same sex</i>
<i>U17</i>	<i>U17</i>	<i>U17</i>	<i>U17</i>
<i>O17</i>	<i>O17</i>	<i>O17</i>	<i>O17</i>



- SPORT POOMSAE COMPETITION -

COMPETITION RULES

- The latest published World Taekwondo Poomsae Competition Rules & Interpretation shall be applied
- **HP Poomsae** athletes may register in a maximum of **three (3) poomsae events**
- Music for Freestyle Poomsae Competition must be provided on a USB at the Referee/Coaches Meeting
 - Music must not contain lyrics or any political, social, or religious contents that may harm, discriminate or offend others.

DESIGNATED COMPULSORY POOMSAE

Sport Poomsae

- Designated Compulsory Poomsae for all divisions, except Youth, as outlined in the World Taekwondo Poomsae Competition Rules & Interpretation
- Designated Compulsory Poomsae for Youth divisions will be T4 to Koryo

UNIFORM AND EQUIPMENT

WT Sport Poomsae Standard Uniforms

Male	Female	Male	Female	Male & Female
				
Youth Cadet	Youth Cadet	Junior 1st & 2nd Senior 1st Master	Junior 1st & 2nd Senior 1st Master	2nd Master 3rd Master 4th Master

WT Sport Poomsae Uniforms are recommended but not mandatory.



- HOTEL-

HOTEL 1

DELTA HOTELS CALGARY SOUTH

Address: 135 Southland Dr SE, Calgary, AB T2J 5X5

Last Day to Book : Wednesday, October 14, 2026

Start Date: Friday, November 13, 2026

End Date: Sunday, November 15, 2026

Rate: 184.00 CAD per night

You can Reserve your room in the following way:

- [Click Here](#)

HOTEL 2

GLENMORE INN & CONVENTION CENTRE

Address: 1000 Glenmore Ct SE, Calgary, AB T2C 2E6

Last Day to Book: Sunday, October 4, 2026

Start Date: Friday November 13, 2026

End Date: Saturday, November 14th, 2026

Room and Rate: Double Queen - \$154.00 + taxes based on quadruple occupancy and includes breakfast.

Reference “2026 Calgary Open TaeKwonDo Tournament at Seven Chiefs” when booking

You can reserve your room in one of the following ways:

- Hotel direct - 403- 279-8611
- Reservations@glenmoreinn.com
- Website*: [Click Here](#)

*All online reservations must be made using this link. Reservations made on online platforms (Expedia, Booking.com etc.) will not get a special rate and breakfast.



- LIABILITY & WAIVER -

PARTICIPANT AGREEMENT/WAIVER

As a prerequisite for event enrollment, I consent to the stipulated terms and conditions below:

- I affirm that I am either over the age of 18 years or I am the parent/guardian of a participant under the age of 18 years.
- I acknowledge that possessing insurance coverage for emergency medical treatment is a mandatory condition for my participation in the event. I understand I may need to present proof of such insurance to the event organizers as part of my participation eligibility.
- I am fully cognizant of the inherent risks and the requisite level of fitness for engaging in this event. I voluntarily assume all risks in any way connected with my participation in the said competition and hereby waive all claims however caused, including negligence, against any and all persons and any and all organizations and championship directors connected with the above actions and conduct during and in connection with the said championships.
- I affirm that I have not sustained a concussion from which I haven't received medical clearance to compete, nor have I suffered a concussion that hasn't been treated within the last 30 days.
- I agree that my performance or attendance at the competition or both may be filmed or otherwise recorded or telecast live, and I consent to the use by the Tournament Officials and/or Directors of the above mentioned Championship, to use my name, likeness, voice, poses, pictures, and/or biographical data concerning me, fully or in any language with or without material throughout the world without limitation, for television, radio, and/or theatrical motion pictures by any device known or hereafter devised and I waive compensation therefore.
- I acknowledge that all fees paid are non-refundable under any circumstances. I understand the necessity for all athletes and their clubs to be registered with their respective provinces governing taekwondo association prior to participating in the event.



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