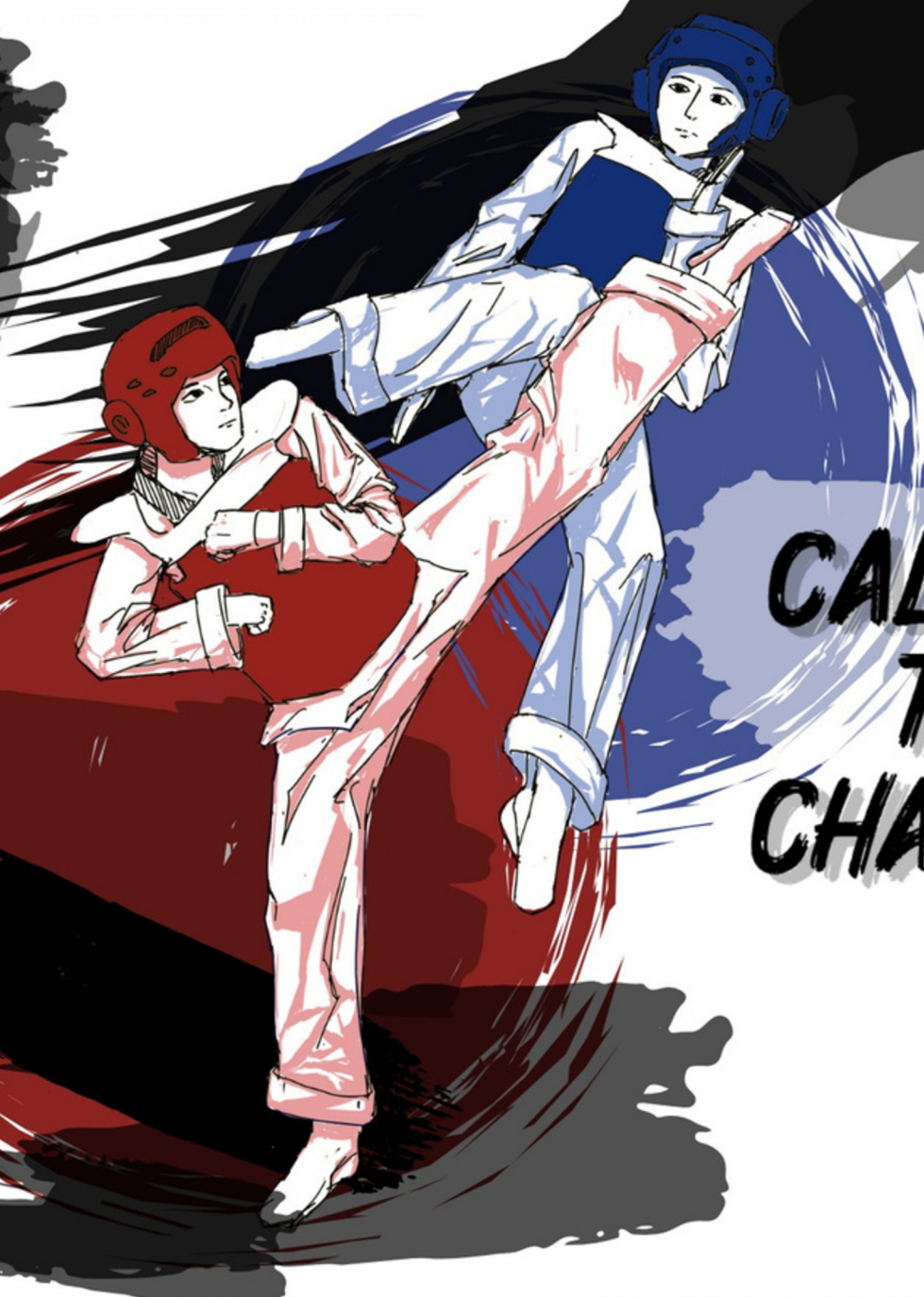


PRESENTED BY



RED PHOENIX

Tae Kwon Do and Martial Arts



CALGARY OPEN TAEKWONDO CHAMPIONSHIP

SCAN FOR MORE
INFORMATION



EVENT DETAILS

LOCATION: Seven Chiefs Sportsplex
& Jim Starlight Centre Tsuut'ina
Nation, 19 Bullhead Rd, Priddis, AB
T3T 0A8

DATE: November 15, 2025

CONTACT US:

redphoenixtkdgroup@gmail.com
(403) 277-7937



- GENERAL INFORMATION -

ORGANIZATION

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

Seven Chiefs Sportplex & Jim Starlight
Centre
19 Bullhead Road, Priddis, Alberta
T3T 0A6

Competition Date

November 15, 2025

- PARTICIPANTS -

ELIGIBILITY

Athletes

- Must be in good standing with their Provincial/Territorial Sport Organization & Taekwondo Canada (If Canadian Residents)
- Age Requirements:

Recreation Colour Belt and Black Belt

Kyorugi and Poomsae						
Youth 3	Youth 2	Youth 1	Cadet	Junior	Senior	Ultra
Born in 2019 or 2020	Born in 2016, 2017 or 2018	Born in 2014 or 2015	Born in 2011, 2012, 2013	Born in 2008, 2009 or 2010	Born in 2008-1992	Born 1991 and Earlier



High Performance Black Belt

Kyorugi		
<i>Cadet</i>	<i>Junior</i>	<i>Senior</i>
Born in 2011, 2012, 2013	Born in 2008, 2009 or 2010	Born in 2008 and earlier

Poomsae		
<i>Recognized Individual</i>	<i>Recognized Pair/Team</i>	<i>Freestyle</i>
Youth Born 2014-2015	Youth Born in 2014-2015	U17 Born 2008-2013
Cadet Born 2011-2013	Cadet Born 2011-2013	O17 Born 2007 or earlier
Junior Born 2008-2010	Junior Born 2008-2010	
U30 Born 1995-2007	U30 Born 1995-2007	
U40 Born 1985-1994	U50 Born 1975-1994	
U50 Born 1975-1985	U60 Born 1965-1974	
U60 Born in 1965-1974	O65 Born 1959 or earlier	
U65 Born 1960-1964		
O65 Born 1959 or earlier		

Coaches

- Must be in good standing with their Provincial/Territorial Sport Organization & Taekwondo Canada (If Canadian residents)



- 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

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. 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.



DRAWS/BRACKETS

- Kyorugi brackets will be published on the following platforms:
 - Website: <https://calgaryopentkd.my.canva.site/>
 - Instagram: [@redphoenixtkd](https://www.instagram.com/redphoenixtkd)

WEIGHT/DIVISION CATEGORIES

Recreation - Colour and Black Belt			
Age	Male/ Female	Weight Class Maximum Spread	Belt Divisions
Youth 3 (Born in 2019 or later)	Separate	2.5kg	<ul style="list-style-type: none"> • White - Yellow Stripe • Yellow - Green Stripe • Green - Blue-Stripe • Blue - Red-Stripe • Red - Black Stripe • Black Belt
Youth 2 (Born in 2016, 2017 or 2018)	Separate	2.5kg	
Youth 1 (Born in 2014 or 2015)	Separate	3kg	
Cadet (Born in 2011, 2012, 2013)	Separate	4kg	
Junior (Born in 2008, 2009 or 2010)	Separate	4kg	
Senior (Born in 2008-1992)	Separate	5kg	
Ultra (Born before 1993)	Separate	5kg	

****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.*****



High Performance Black Belt					
Cadet		Junior		Senior	
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.

***Match ups with WT divisions will take priority, Olympic Divisions will be secondary

Weight Changes

- Deadline: Weight changes will be accepted until
November 8th, 2025 at 11:30pm MT
- Weight changes must be made by emailing redphoenixtkdgroup@gmail.com



UNIFORM AND EQUIPMENT

Recreational 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)**

High Performance Black Belt Athletes

- **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
- **Uniform:** World Taekwondo recognized Kyorugi uniform or Dobok and World Taekwondo recognized protective equipment.
 - A list of recognized brands can be accessed at worldtaekwondo.org/wtpartnerswt/recognize.html
 - All athletes require groin guards, mouth guard** (White or Clear), gloves, shin and forearm guards, and K2 KPNP sensing socks for their personal use.
 - **All High Performance Kyorugi competitors are required to have **K2 KPNP socks**, which can be purchased from Captain Sports at <http://captainsports.ca>.**
- **Instant Video Replay (IVR)**

***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**.



WEIGH-IN

Recreational Kyorugi Athletes

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

High Performance Kyorugi Athletes

- All High Performance Kyorugi athletes must weigh-in
- **Saturday, November 15th 2025 from 11:00am -12:00pm 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.

- POOMSAE COMPETITION -

CLASSIFICATION OF COMPETITION

Recreational Poomsae - Colour and Black Belt	
<i>Age Divisions</i>	<i>Belt Divisions</i>
Youth 3 (Born in 2019 or later)	<ul style="list-style-type: none"> • White • Yellow Stripe • Yellow • Green-Stripe • Green • Blue-Stripe • Blue • Red-Stripe • Red • Black-Stripe • Black
Youth 2 (Born in 2016, 2017 or 2018)	
Youth 1 (Born in 2014 or 2015)	
Cadet (Born in 2011, 2012, 2013)	
Junior (Born in 2008, 2009 or 2010)	
Senior (Born in 2008-1992)	
Ultra (Born before 1993)	



High Performance Black Belt Poomsae - Recognized

Male Divisions <i>Individual</i>	Female Divisions <i>Individual</i>	Pairs 1 female & 1 male	Teams 3 athletes of same sex
<i>Youth</i>	<i>Youth</i>	<i>Youth</i>	<i>Youth Male Team</i>
<i>Cadet</i>	<i>Cadet</i>	<i>Cadet</i>	<i>Youth Female Team</i>
<i>Junior</i>	<i>Junior</i>	<i>Junior</i>	<i>Cadet Male Team</i>
<i>U30</i>	<i>U30</i>	<i>U30</i>	<i>Cadet Female Team</i>
<i>U40</i>	<i>U40</i>	<i>U50</i>	<i>Junior Male Team</i>
<i>U50</i>	<i>U50</i>	<i>U60</i>	<i>Junior Female Team</i>
<i>U60</i>	<i>U60</i>	<i>O60</i>	<i>U30 Male Team</i>
<i>U65</i>	<i>U65</i>		<i>U30 Female Team</i>
<i>O65</i>	<i>O65</i>		<i>U50 Male Team</i>
			<i>U50 Female Team</i>
			<i>U60 Male Team</i>
			<i>U60 Female Team</i>
			<i>O60 Male Team</i>
			<i>O60 Female Team</i>

High Performance Black Belt Poomsae - Freestyle

Male Divisions <i>Individual</i>	Female Divisions <i>Individual</i>	Pairs 1 female & 1 male	Teams 3 athletes of same sex
<i>U17</i>	<i>U17</i>	<i>U17</i>	<i>U17</i>
<i>O17</i>	<i>O17</i>	<i>O17</i>	<i>O17</i>



COMPETITION RULES

- The latest published World Taekwondo Poomsae Competition Rules & Interpretation shall be applied
- Recreation Poomsae athletes may only register in 1 poomsae event
- HP Poomsae athletes may register in a maximum of three (3) poomsae events
- **Black Belt poomsae competitors may register in either Recreational or High Performance Poomsae, NOT BOTH.**
- 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.

POOMSAE DRAWS

- Recreational Poomsae Divisions will posted the night before the competition
- HP Black Belt Poomsae Draws and Brackets will be completed at the Technical Meeting and posted to the following platforms
 - Website: <https://calgaryopentkd.my.canva.site/calgary-open-taekwondo-championship>
 - Instagram: @redphoenixtkd

DESIGNATED COMPULSORY POOMSAE

Recreational Poomsae - Colour and Black Belt

- Competitor performs one poomsae according to their belt level

High Performance - Black Belt 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

Recreational Colour and Black Belt:

- White Taekwondo Dobok, appropriate belt, bare feet



High Performance Black Belt

WT Sport Poomsae Standard Uniforms



WT Sport Poomsae Uniforms are recommended but not mandatory.

- REGISTRATION -

REGISTRATION FEES

REGISTRATIONS ARE NON-REFUNDABLE

Category	Registration Rate	Changes to Event(s)
Athlete - 1 Event	\$100	Contact: redphoenixtkdgroup@gmail.com
Athlete - 2 Event	\$110	
Athlete - 3+ Event	\$120	

ONLINE REGISTRATION & PAYMENT

1. Register for ATA Membership (Black Belt, Color Belt, Out of Province)
2. Register for 2025 Calgary Open Taekwondo Championship
3. Please finalize payment BEFORE submitting registration

Details below

REGISTRATION GUIDELINE

Before signing up for the competition, **you must be a registered Alberta Taekwondo Association (ATA) member**

- Out of Province Athletes - Register for a free out of province membership <https://taekwondoalberta.com/out-of-province/>
- Alberta Athletes - Ensure you have an active ATA membership for your belt level in order to participate.
 - Color Belt: <https://taekwondoalberta.com/memberships/2025-2026-individual-membership-colour-belt/>
 - Black Belt: <https://taekwondoalberta.com/memberships/2025-2026-individual-membership-black-belt/>

Once you have made an account and registered for your ATA Membership, you may find our competition under Events > Calendar > 2025 Calgary Open Taekwondo Championship.

There, you can get the relevant ticket (Black Belt, Color Belt, or Coach) where you will fill out the registration form

REGISTRATION QR CODES

**ATA
Membership**



**Competition
Registration**





PAYMENT

All e-transfers can be made to made to: **mastercha@redpx.com**

REGISTRATION TIMELINE

- **Registration Deadline: November 8th 2025 at 11:30pm MT**
- Weight changes will be accepted until November 8th, 2025 at 11:30pm MT and can be made by emailing redphoenixtkdgroup@gmail.com
- No registrations or event/weight changes will be accepted onsite

IMPORTANT REGISTRATION REMINDERS

- Individuals must complete payment before submitting registration.
- Poomsae Teams and Pairs - Ensure you include the full name of your partner or teammates during registration
- Athletes may not register for both High Performance and Recreation for the same event.
 - Example: A Black Belt student **cannot** register in High Performance Kyorugi and Recreation Kyorugi.
- Tournament registration must be completed using the ATA online system
- You must be an ATA member prior to registering for the competition
- All athlete entry fees shall be paid via e-transfer **before** submitting registration
- **Ensure you record your e-transfer confirmation number, as you will need it for registration**
- Payments must be made **IN FULL** prior to November 8th 2025 at 11:30pm MT



- AWARDS -

KYORUGI

- 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

POOMSAE

- Medals will be awarded to the top 3 athletes in each division:
 - 1st Place: Gold Medal
 - 2nd Place: Silver 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 not allowed in the competition area.
- If any issues arise, please communicate your complaints 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:

- o Call or text: 1-888-837-7678
- o 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

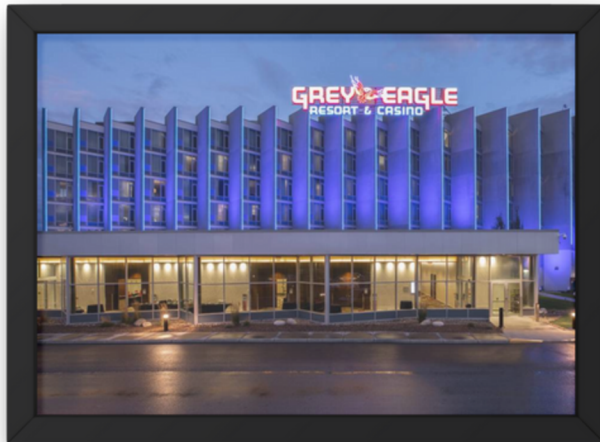
- SCHEDULE -

Time	Activity
7:00 am	Volunteer Arrival
7:30 am	Doors open
8:00 am	Referee meeting
8:15 am	Coaches meeting (join the referee meeting)
8:45 am	Referee's report to rings All Poomsae athletes report to their required ring.
9:00 am	Colour and Black Belt Poomsae start. Sparring will commence when poomsae finishes.
9:00 am	Opening Announcements
11:00am -12:00pm	Black Belt Weigh-ins
1:00 pm	Black Belt Recreation and High Performance Sparring start



- HOTELS -

GREY EAGLE RESORT AND CASINO



Address

- 3777 Grey Eagle Dr,
Calgary, AB T3E 3X8

Valid Reservation Dates

- November 14-16, 2025

Rate

- \$229.00 per night + taxes

Room

- Standard 2 Bed Queen Room or 1 King Bed Room
- Occupancy: Single/Double, \$25 charge per additional adult [max 4]

Deadline to book

- October 14, 2025

Booking

- Contact Grey Eagle Casino Reservation Department directly
- Call: 1.844.719.8777 or 403.719. 8777
- Provide the group name and dates of stay:

Calgary Open Taekwondo 2025– Block ID: 715958***

- All reservations require a valid credit card for guarantee and charges

Cancellation

72-hrs notice



- HOTELS -

WINGATE BY WYNDHAM CALGARY SOUTH

**Address**

- 400 Midpark Way SE, Calgary AB T2X 3S4

Valid Reservation Dates

- November 14-16, 2025

Rate

- \$149.00 per night + taxes

Room

- 2 Queen Beds
- Included: A Deluxe continental breakfast (hot and cold buffet), parking, Wi-Fi among other amenities.

Deadline to book

- October 2, 2025

Booking

- Contact: Wingate by Wyndham Calgary South Reservation Department
- 403-514.0099 and provide the group name and dates of stay: Red Phoenix Calgary Open Taekwondo

Cancellation

- 72-hrs notice



- 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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