



January 18, 2012

Dear Masters, Instructors, Parents and Athletes,

On behalf of the Alberta Taekwondo Association, it is our pleasure to invite you to attend the first ever Alberta Open Tournament, taking place on Saturday, March 24, 2012 in Edmonton, Alberta. Please note that this event will also serve as Alberta Provincial Team Trials.

This event will be held at the Saville Sports Centre, a state-of-the-art facility operated by the Faculty of Physical Education and Recreation at the University of Alberta.

Enclosed is information on competition details, accommodations and online registration. Should you require further details, please do not hesitate to contact the Alberta Taekwondo Association at (780) 432-0721 or email [admin@taekwondoalberta.com](mailto:admin@taekwondoalberta.com).

We thank you in advance for your participation, and we look forward to a fun and competitive tournament.

Sincerely,

A handwritten signature in blue ink, appearing to read "James Lo", is written over a light blue circular stamp.

Master James Lo  
Chairman  
Alberta Taekwondo Association

Master Eric Wah  
Tournament Director  
Alberta Taekwondo Association

# 2012 Alberta Open General Information



## **Date/Venue:**

- Saturday, March 24, 2012
- Saville Community Sports Centre, 11610 - 65 Avenue, Edmonton

## **Divisions:**

- Colour Belt Poomsae for Individuals, All Ages
- Black Belt Poomsae for Individuals, Pairs and Teams  
(Juniors Age 17 and under, Seniors Age 18 to 30, Masters Age 31 and Over)
- Sparring - Single Elimination  
(All Ages Colour Belts, Senior Black Belts, Junior Black Belts, Executive Black Belts)
- **Online Registration will be open from February 15th to March 21st at <http://www.gifttool.com/registrar/ShowEventDetails?ID=2008&EID=11538>**

## **Registration Fees:**

- The registration fees for the 2012 Alberta Open include the membership fee for Taekwondo Canada (valid until August 31, 2012) and Event Insurance.
- Color Belt Fee: \$70.00 for one event, \$75.00 for two events
- Black Belt Fee: \$70.00 for one event, \$75.00 for two events
- Pairs Poomsae Fee: \$85.00/pair
- Team Poomsae Fee: \$100.00/team

## **Host Hotel:**

- Radisson Hotel Edmonton South, 4440 Gateway Boulevard, Edmonton
- \$134.00/night available until February 22, 2012 (subject to availability)
- Phone 780.437.6010 for reservations

## **Schedule Information:**

- Black Belt weigh-ins will be held Friday, March 23rd from 6:30pm - 7:30pm at the Radisson Hotel Edmonton South, 4440 Gateway Boulevard, Edmonton
- Color Belt Divisions begin at 10:00am
- Black Belt Divisions begin at approx. 2:00pm

## **Competitor Eligibility:**

- Athletes and Coaches must be a member in good standing of a WTF Member Organization

## **Rules:**

- Current WTF rules will be in effect for Junior A and Senior Black Belt Divisions
- WTF rules with no head contact for divisions not noted above

**Weight Classes:**

- WTF weight classes will be used for Junior and Senior Black Belt Divisions (attached)

**Equipment:**

- Competitors must provide their own protective equipment: arm, foot, groin, head, chest guards and mouthguards are **mandatory**.



# ALBERTA OPEN POOMSAE FORMAT

Saturday, March 24<sup>th</sup>, 2012, Edmonton, AB.

## POOMSAE COMPETITION A - INDIVIDUAL - Single Elimination

Colored Belt and Black Belt participants will perform his/her belt color Poomsae as per usual. Top 3 competitors win medals.

### Black Belt Poomsae Designation

- 1<sup>st</sup> Poom / Dan - Koryo
- 2<sup>nd</sup> Poom / Dan - Keumgang
- 3<sup>rd</sup> Poom / Dan - Taebak
- 4<sup>th</sup> Poom / Dan - Pyongwon
- 5<sup>th</sup> Dan - Sipjin or higher (choice)

## POOMSAE COMPETITION B - SPORT POOMSAE FORMAT - INDIVIDUAL CUT OFF

Designated Poomsae and modified introductory cut off system selected by ATA Technical Director.

	Round	Round	Round
DIVISION	PRELIMINARY	SEMI-FINAL	FINAL
Youth (10 to 11 years)	Taegeuk 3	Taegeuk 8	Taegeuk 7 Koryo
Cadet (12 to 13 years)	Taegeuk 5	Keumgang	Taegeuk 7 Taegeuk 8
Junior (14 to 17 years)	Taegeuk 7	Koryo	Keumgang Taebak
1 <sup>st</sup> Senior (18 to 29 years)	Koryo	Shipjin	Keumgang Taebak
2 <sup>nd</sup> Senior (30 to 39 years)	Koryo	Taebak	Pyongwon Shipjin
1 <sup>st</sup> Master (40 to 49 years)	Taebak	Jitae	Shipjin Chonkwon
2 <sup>nd</sup> Master (50 to 59 years)	Keumgang	Chonkwon	Jitae Hansu
3 <sup>rd</sup> Master (60+ years)	Taebak	Hansu	Shipjin Jitae

## POOMSAE COMPETITION B - SPORT POOMSAE FORMAT – PAIRS and TEAMS CUT OFF

Designated Poomsae and modified introductory cut off system selected by ATA Technical Director.

DIVISION		Round	Round	Round
		PRELIMINARY	SEMI-FINAL	FINAL
Pair	Youth (10 to 11 years)	Taegeuk 5	Keumgang	Taegeuk 7 Koryo
	Cadet (12 to 13 years)	Taegeuk 6	Taegeuk 8	Koryo Keumgang
	1 <sup>st</sup> Pair (14 to 29 years)	Taegeuk 8	Shipjin	Keumgang Pyongwon
	2 <sup>nd</sup> Pair (30+ years)	Taeback	Shipjin	Jitae Chonwon
Team	Youth (10 to 11 years)	Taegeuk 4	Taegeuk 8	Koryo Keumgang
	Cadet (12 to 13 years)	Taegeuk 6	Koryo	Taegeuk 8 Keumgang
	1 <sup>st</sup> Team (14 to 29 years)	Koryo	Pyongwon	Keumgang Shipjin
	2 <sup>nd</sup> Team (30+ years)	Keumgang	Chonwon	Pyongwon Shipjin

- Divisions with 20 or more competitors will be required to do the Preliminary, Semi-Final and Final round forms
- Divisions with 9 or more competitors will be required to do the Semi-Final and Final round forms
- Divisions with less than 9 will only be required to do the Final round forms
- Medals to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place only!

## Taekwondo Canada Junior Age and Weight Divisions (effective June 20, 2011)



- Ages are by athlete age as of December 31 in year of National Competition.
- Junior A Division ages and weights are governed by WTF Competition Rules.
- All weights are in KG.

Division	A		B		C		D		E		F	
AGE	14 - 17		13 - 14		11 - 12		9 - 10		7 - 8		6 and Under	
<b>FEMALE</b>												
<b>Fin</b>	under	42	Under	37	Under	32	Under	22	Under	21	Under	17
<b>Fly</b>	42.01	44	37.01	39	32.01	34	22.01	24	21.01	23	17.01	19
<b>Bantam</b>	44.01	46	39.01	41	34.01	36	24.01	26	23.01	25	19.01	21
<b>Feather</b>	46.01	49	41.01	44	36.01	39	26.01	28	25.01	27	21.01	23
<b>Light</b>	49.01	52	44.01	47	39.01	42	28.01	30	27.01	29	23.01	25
<b>Welter</b>	52.01	55	47.01	50	42.01	45	30.01	32	29.01	31	25.01	27
<b>Light Middle</b>	55.01	59	50.01	54	45.01	49	32.01	34	31.01	33	27.01	29
<b>Middle</b>	59.01	63	54.01	58	49.01	53	34.01	36	33.01	35	29.01	31
<b>Light Heavy</b>	63.01	68	58.01	63	53.01	58	36.01	38	35.01	37	31.01	33
<b>Heavy</b>	68.01	& over	63.01	& over	58.01	& over	38.01	& over	37.01	& over	33.01	& over
<b>MALE</b>												
<b>Fin</b>	under	45	Under	40	Under	35	Under	23	Under	22	under	18
<b>Fly</b>	45.01	48	40.01	43	35.01	38	23.01	25	22.01	24	18.01	20
<b>Bantam</b>	48.01	51	43.01	46	38.01	41	25.01	27	24.01	26	20.01	22
<b>Feather</b>	51.01	55	46.01	50	41.01	45	27.01	29	26.01	28	22.01	24
<b>Light</b>	55.01	59	50.01	54	45.01	49	29.01	31	28.01	30	24.01	26
<b>Welter</b>	59.01	63	54.01	58	49.01	53	31.01	33	30.01	32	26.01	28
<b>Light Middle</b>	63.01	68	58.01	63	53.01	58	33.01	35	32.01	34	28.01	30
<b>Middle</b>	68.01	73	63.01	68	58.01	63	35.01	37	34.01	36	30.01	32
<b>Light Heavy</b>	73.01	78	68.01	73	63.01	68	37.01	39	36.01	38	32.01	34
<b>Heavy</b>	78.01	& over	73.01	& over	68.01	& over	39.01	& over	38.01	& over	34.01	& over



### Senior Black Belt Weight Divisions

Weight Category	Male Division	Female Division
Fin	Not exceeding 54kg	Not exceeding 46kg
Fly	Over 54kg & not exceeding 58kg	Over 46kg & not exceeding 49kg
Bantam	Over 58kg & no exceeding 63kg	Over 49kg & not exceeding 53kg
Feather	Over 63kg & not exceeding 68kg	Over 53kg & not exceeding 57kg
Light	Over 68kg & not exceeding 74kg	Over 57kg & not exceeding 62kg
Welter	Over 74kg & not exceeding 80kg	Over 62kg & not exceeding 67kg
Middle	Over 80kg & not exceeding 87kg	Over 67kg & not exceeding 73kg
Heavy	Over 87kg	Over 73kg