



January 12, 2017

Dear Masters, Instructors, Parents and Athletes,

On behalf of the Alberta Taekwondo Association, it is our pleasure to invite you to attend the 2017 Alberta Open Tournament, taking place on Saturday, March 18, 2017 in Edmonton, Alberta.

This event will be held at the at the MacEwan University Sport and Wellness Centre in Edmonton, a venue that provides access to over 2,000 downtown hotel rooms plus shopping, entertainment, dining and transportation.

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) 446-0246 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 black ink, appearing to read "KF", is written over a horizontal line.

Master Ken Froese  
Chairman  
Alberta Taekwondo Association

# 2017 Alberta Open General Information



## Date/Venue:

- Saturday, March 18, 2017
- MacEwan University Sport and Wellness Centre, 10800 - 104 Avenue, Edmonton

## Divisions:

- Colour Belt Poomsae for Individuals, All Ages
- Black Belt Sport Poomsae for Individuals, Pairs and Teams (see attached for WTF Poomsae Categories)
- Sparring - Single Elimination  
All Ages Colour Belts, Black Belts: Senior (ages 17 - 29), Junior (ages 15 - 17), Cadet (ages 12 - 14), Youth (age 11 and under), Executive (aged 30 - 39) and Ultra (aged 40+). Black Belt divisions determined by year of birth - see attached.
- If you are a Junior athlete who wishes to compete in both Junior and Senior sparring divisions, you must register and pay twice.
- If you are a Black Belt age 30 or over who would like to compete in a Senior sparring division, please register using a birth date and age that will be 17 to 29 years old.
- **Online Registration will be open from February 1st to March 13th at**  
<https://www.gifttool.com/registrar/ShowEventDetails?ID=2008&EID=23443>

## Registration Fees:

- 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:

- Coast Edmonton Plaza Hotel, 10155 - 105 Street, Edmonton
- \$115.00/night available until February 20, 2017
- Phone 1-800-663-1144 using the Booking Code CEP-GFC16203

## Schedule Information:

- **Mandatory Black Belt weigh-ins** will be held Friday, March 17th from 6:30pm - 7:30pm at the Coast Edmonton Plaza Hotel, Lakeland Room, 10155 - 105 Street, Edmonton. **Failure to make weight in the Registered Division will result in disqualification.**
- Coaches' Meeting 9:30am
- Color Belt Divisions begin at 10:00am
- Black Belt Poomsae Divisions begin at 10:00am
- Black Belt Sparring Divisions begin at approximately 2:00pm

**Competitor Eligibility:**

- Canadian Athletes and Coaches must be a member of Taekwondo Canada and their respective Provincial organization.

**Rules:**

- Current WTF rules will be in effect for Cadet, Junior 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 Cadet, Junior and Senior Black Belt Divisions

**Coaching Requirements:****To Coach Colored Belts at the 2017 Alberta Open (must be ATA/TC Member)**

- 16 years +
- Red Belt and higher
- ATA Provincial Referee Course (recommended)
- Dress Code: Track Suit or Semi-casual

**To Coach Black Belts at the 2017 Alberta Open (must be ATA/TC Member)**

- 1st Dan or higher (16 years + as per NCCP Standard)
- Assistant Instructor (AI) Workshop (Trained)
- Dojang Coach (DC) Workshop (Trained)
- Coaching Association of Canada (CAC) Member
- ATA Provincial Referee Course (recommended)
- Dress Code: Track Suit or Semi-casual

**Equipment:**

- Competitors must provide their own protective equipment: arm, foot, groin, head, chest guards and mouth guards are mandatory.
- **KP&P will be the official scoring system used at the 2017 Alberta Open for Black Belt sparring divisions. Black Belt competitors are required to have KP&P socks, which can be purchased from Captain Sports at <http://captainsports.ca>. Socks will not be available for purchase at the tournament site.**



## WTF Sport Poomsae Divisions

### Individual

Division	1st Dan/Poom and Higher
	1st and 2nd Compulsory Poomsae
Youth & Under (11 & Under)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Cadet (12 - 14 years old)	
Junior (15 - 17 years old)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak
Under 30 (18 - 30 years old)	Taegeuk 6, 7, 8 Jang, Koryo Keumgang, Taebak, Pyongwon, Shipjin
Under 40 (31 - 40 years old)	
Under 50 (41 - 50 years old)	Taegeuk 8 Jang, Koryo, Keumgang, Taebak Pyongwon, Shipjin, Jitae, Chonkwon
Under 60 (51 - 60 years old)	Koryo, Keumgang, Taebak, Pyongwon Shipjin, Jitae, Chonkwon, Hansu
Under 65 (61 - 65 years old)	
Over 65 (66 years & older)	

### Pair (1 male and 1 female)

Pair Division	1st Dan/Poom and Higher
	1st and 2nd Compulsory Poomsae
Cadet (12 - 14 years old)	Taegeuk 4, 5, 6, 7, 8 Jang Koryo, Keumgang
Junior (15 - 17 years old)	Taegeuk 4, 5, 6, 7, 8 Jang Koryo, Keumgang, Taebak
Under 30 (18 - 30 years old)	Taegeuk 6, 7, 8 Jang, Koryo Keumgang, Taebak, Pyongwon, Shipjin
Over 30 (31 years & older)	Taegeuk 8 Jang, Koryo, Keumgang, Taebak Pyongwon, Shipjin, Jitae, Chonkwon

### Team (3 male or 3 female)

Team Division	1st Dan/Poom and Higher
	1st and 2nd Compulsory Poomsae
Cadet (12 - 14 years old)	Taegeuk 4, 5, 6, 7, 8 Jang Koryo, Keumgang
Junior (15 - 17 years old)	Taegeuk 4, 5, 6, 7, 8 Jang Koryo, Keumgang, Taebak
Under 30 (18 - 30 years old)	Taegeuk 6, 7, 8 Jang, Koryo Keumgang, Taebak, Pyongwon, Shipjin
Over 30 (31 years & older)	Taegeuk 8 Jang, Koryo, Keumgang, Taebak Pyongwon, Shipjin, Jitae, Chonkwon

\* 48 hours prior to the competition, Poomsae Selections for each category will be posted on the ATA's website.



## Black Belt Weight Divisions

### Weight Classes for Seniors Ages 17+ (Born 2000 and earlier):

	Men's Weight Divisions	Women's Weight Divisions
Fin	Under 54 kg	Under 46 kg
Fly	54 – 58	46 – 49
Bantam	58 – 63	49 – 53
Feather	63 – 68	53 – 57
Light	68 – 74	57 – 62
Welter	74 – 80	62 – 67
Middle	80 – 87	67 – 73
Heavy	Over 87 kg	Over 73 kg

### Weight Classes for Juniors Ages 15 - 17 (Born 2000 - 2002):

	Men's Weight Divisions	Women's Weight Divisions
Fin	Under 45 kg	Under 42 kg
Fly	45 - 48	42 - 44
Bantam	48 - 51	44 - 46
Feather	51 - 55	46 - 49
Light	55 - 59	49 - 52
Welter	59 - 63	52 - 55
Light Middle	63 - 68	55 - 59
Middle	68 - 73	59 - 63
Light Heavy	73 - 78	63 - 68
Heavy	Over 78	Over 68

### Weight Classes for Cadets Ages 12 - 14 (Born 2003 - 2005):

	Men's Weight Divisions	Women's Weight Divisions
Fin	Under 33 kg	Under 29 kg
Fly	33 - 37	29 - 33
Bantam	37 - 41	33 - 37
Feather	41 - 45	37 - 41
Light	45 - 49	41 - 44
Welter	49 - 53	44 - 47
Light Middle	53 - 57	47 - 51
Middle	57 - 61	51 - 55
Light Heavy	61 - 65	55 - 59
Heavy	Over 65kg	Over 59kg

### Weight Classes for Youth Ages 10 - 11 (Born 2006 - 2007):

	Men's Weight Divisions	Women's Weight Divisions
Fin	Under 30 kg	Under 30 kg
Light	30 - 35	30 - 35
Middle	35 - 40	35 - 40
Heavy	Over 40 kg	Over 40 kg



## REFEREE REGISTRATION

Tournament Date: Saturday, March 18, 2017	
Name:	
Address: City: Postal Code:	
Daytime Telephone: Fax:	E-mail:

Dojang:	Master:
<b><u>Present Referee Class:</u></b> (Please check appropriate box)	
Provincial: <input type="checkbox"/> Provincial Class <input type="checkbox"/> 3 <sup>rd</sup> Class <input type="checkbox"/> 2 <sup>nd</sup> Class <input type="checkbox"/> 1 <sup>st</sup> Class	
National: <input type="checkbox"/> 3 <sup>rd</sup> Class <input type="checkbox"/> 2 <sup>nd</sup> Class <input type="checkbox"/> 1 <sup>st</sup> Class	
International: <input type="checkbox"/> 3 <sup>rd</sup> Class <input type="checkbox"/> 2 <sup>nd</sup> Class <input type="checkbox"/> 1 <sup>st</sup> Class	
Date of last course/refresher:	

**IMPORTANT NOTICE:** To maintain active status and to promote, all certified referees must participate in the specified number of tournaments as per established guidelines.

Please email registrations to [admin@taekwondoalberta.com](mailto:admin@taekwondoalberta.com).