



## 32ND ANNUAL WHITECOURT TAEKWONDO CHAMPIONSHIP

Dear Masters, Instructors, Parents, and Athletes,

On behalf of Whitecourt Taekwondo, I would like to invite you to attend our 32nd annual Taekwondo Championship on Saturday, November 25, 2023. 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 World Taekwondo rules (January 27, 2023), using the best of 3 system. Sanctioned black belt divisions will be using KPNP Electronic scoring equipment in a single elimination format.

This year we are adding two more fun divisions: **2020 Armor Competition** and **Tile Smashing**. No registration will be required for these divisions.

Any student that completes at least 3 of the 4 possible divisions gets a free swag bag!

Sincerely,

Master Jim Rennie

Tournament Host

780-778-0202

[jim.rennie@whitecourttaekwondo.com](mailto:jim.rennie@whitecourttaekwondo.com)



## 32ND ANNUAL WHITECOURT TAEKWONDO CHAMPIONSHIP

### Date

- Saturday, November 25, 2023

### Venue

- Allan and Jean Millar Centre - Whitecourt Alberta
- Admission to the venue for non-registered attendees is \$5.00 per person (Ages 5 and up)
- Free Parking
- [Captain Sports](#) 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 October 23 - November 5 - \$85.00 for all events
- Regular registration November 6 – November 19 - \$100.00 for all events
- **NO** registrations will be accepted after November 19th at 11:59 PM

### Competitor Registration (link also available at [whitecourttaekwondo.com](http://whitecourttaekwondo.com))

- Each competitor must register and pay individually
- Competitor registration link: <https://forms.gle/DwTqreAnS26QVWMK8>

### Referee Registration (link also available at [whitecourttaekwondo.com](http://whitecourttaekwondo.com))

- Contact Master Cindy Richardson (780-706-5148) for more information about officiating
- Referee registration link: <https://forms.gle/xDI CuU39Mgxo9UGz9>

### Coaching Credentials and Coach Registration (link also available at [whitecourttaekwondo.com](http://whitecourttaekwondo.com))

- Coach registration link: <https://forms.gle/qX6XZnQx8I7zBSPW7>
- Coaches will receive a coaching pass at the venue



## **Schedule of Events**

### **Friday, November 24**

- 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 Allan and Jean Millar Centre

### **Saturday, November 25**

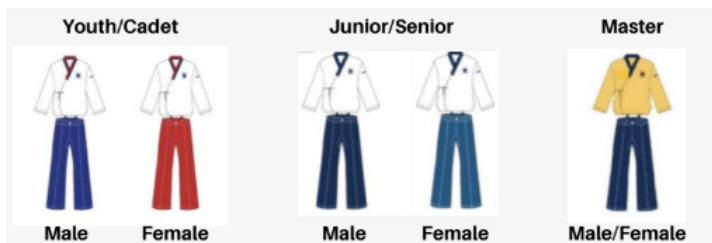
- 8:00 AM - Doors open / Athlete check-in / Coach Registration
- 8:00 AM - Referee photo followed by meeting
- 8:40 AM - Coaches join referees for coach briefing
- 9:00 AM - Youth, cadet, and junior colour belt sparring divisions line up (ages 17 and under)
- 9:30 AM - Opening ceremony
- 9:30 AM - Recreational poomsae (patterns) begins – Colour and Black Belt – (Ages 17 and Under)
- 9:30 AM - Sport poomsae competition begins (Black Belt, All Ages)
- 10:45 AM - Children's Colour Belt Sparring begins (Ages 17 and Under)
- 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 (ages 18 and older) recreational (colour and black belt) sparring line up, followed by adult poomsae and 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!

## 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 23
    - Categories
      - Individual: Youth, Cadet, Junior, U30, U40, U50, U60, U65, O65
      - Teams and Pairs: Youth, Cadet, Junior, U30, O30

2023 Birth Year Chart - Categories are based on the year in which the contestant was born.		
<b>Youth:</b> born in 2012 and later	<b>U30:</b> born in 1993-2005	<b>U60:</b> born in 1963-1972
<b>Cadet:</b> born in 2009-2011	<b>U40:</b> born in 1983-1992	<b>U65:</b> born in 1958-1962
<b>Junior:</b> born in 2006-2008	<b>U50:</b> born in 1973-1982	<b>O65:</b> born 1957 and earlier

- Pairs consist of one male and one female competitor
- Teams consist of three competitors of the same gender
- Uniform – sport poomsae uniform as per World Taekwondo rules recommended but NOT MANDATORY



\* Master categories are U60 and older

## Sparring Events

- Current WT Rules (January 27, 2023) - Best of 3 System
- **PLEASE NOTE: Contestants 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.**
- Recreational Sparring Divisions
  - 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 the Allan and Jean Millar Centre
    - 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