

2023 Korean Consul General Cup

Tournament Information



Online Registration

- Register at: [Fitofan.com](https://fitofan.com)
- Registration open from July 31 – September 18, 2023

Date / Venue

- Saturday, September 23, 2023
- The Westin Calgary Airport Hotel – 671 Aero Drive NE Calgary
- FREE spectator admission

Host Hotel

- The Westin Calgary Airport Hotel – 671 Aero Drive NE Calgary
- Group rates for the tournament are available until August 24, 2023: [Group Rate Reservation Link](#)

Schedule

- 8:00 AM – Doors open / Athlete check-in
- 8:00 AM – Referee meeting
- 8:30 AM – Coaches meeting
- 9:00 AM – All poomsae divisions begin (followed by recreational sparring divisions)
- 11:00 AM – Opening Ceremony
- 12:30 PM – Lunch
- 1:00 PM – Black Belt Kyorugi begins

Divisions

- Recreational Individual Colour and Black Belt Poomsae
- WT Black Belt Sport Poomsae
- WT Black Belt Freestyle Poomsae
- WT Kyorugi
- Recreational Colour and Black Belt Kyorugi

Registration Fees

- Colour Belt: \$85 for one event, \$100 for two events
- Black Belt Individual: \$85 for one event, \$100 for two events, \$115 for three events
- Black Belt Pairs Poomsae: \$100 / pair
- Black Belt Teams Poomsae: \$150 / team

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 September 20, 2023
 - Categories
 - Individual: Youth, Cadet, Junior, U30, U40, U50, U60, U65, O65
 - Teams and Pairs: Youth, Cadet, Junior, U30, O30
 - Free Style poomsae – competitors must provide music on a USB memory device
 - Categories
 - Individual and Pairs: U17, O17
 - Mixed Team (5 members): 12+
 - Pairs consist of one male and one female competitor
 - Recognized poomsae teams consist of three competitors of the same gender
 - Freestyle teams consist of a mixture of genders (at least two of each)
 - Categories are based on the year of birth of the competitor

Youth: born in 2012 and later	U30: born in 1993-2005	U60: born in 1963-1972
Cadet: born in 2009-2011	U40: born in 1983-1992	U65: born in 1958-1962
Junior: born in 2006-2008	U50: born in 1973-1982	O65: born 1957 and earlier

- Uniform – sport poomsae uniform as per WT rules **recommended but not mandatory**



Sparring Events – Current WT Rules (January 27, 2023) – Best of 3 System

- Recreational Sparring – Single Elimination
 - Colour Belt
 - All ages
 - NO head contact allowed
 - Rounds: 1 minute / 30 second break
 - Black Belt
 - All ages
 - NO head contact allowed
 - Rounds: 90 seconds / 45 second break
 - Categories are based on the year of birth of the competitor
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| Youth: born in 2012 and later |
| Cadet: born in 2009-2011 |
| Junior: born in 2006-2008 |
| Senior: born in 1991-2005 |
| Ultra: born in 1990 and earlier |
- **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
 - High Performance/ATA Sanctioned Black Belt Sparring - Single Elimination
 - Rounds: 2 minutes / 1 minute break
 - WT weight classes will be used for cadet, junior, and senior black belt divisions
 - Competitors **must** meet the weight category in which they register
 - Weigh-ins Friday 6:00 – 8:00 PM at the Westin Calgary Airport Hotel in the Okotoks and Chief Mountain rooms
 - **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](#) – NOT available for purchase at the tournament

UPDATED: Coaching Requirements

- Black belt high performance/ATA sanctioned matches
 - Alberta coaches must be Dojang Coach (DC) Certified
 - Out of province coaches must be certified according to their provincial regulations
- Black belt non-sanctioned and colour belt matches
 - Alberta coaches must be Assistant Instructor (AI) trained
 - Out of province coaches must be certified according to their provincial regulations
- All coaches dress code is track suit or semi-casual