



2023 Champion Grassroots Tournament

General Information

- An introductory tournament ideal for athletes with minimal tournament experience.
- Great learning environment for new referees and officials
- Events include poomsae, sparring and speed kicking
- Registration will be capped at 100 competitors

Online registration <https://forms.gle/Adf18nwPSMee3KhC6>

Registration closes October 29, 2023

Date/Venue:

- Saturday, November 4th, 2023
- Lindsay Thurber Comprehensive High School, 4204 58 Street Red Deer, AB
- Free parking
- Admission \$5 (cash only), kids under 5 years free

Schedule

- 8:15 am - Registration opens
- 8:45 am - Referee meeting
- 9:15 am - Coaches meeting
- 9:30 am - Event starts; all speed kicking competitors to be at their assigned rings
- Poomsae to begin immediately after speed kicking
- Sparring to begin immediately after poomsae

Important Dates:

- Registration deadline October 29th, 11:59pm
- Master/Coach data confirmation list October 31st
 - Masters/Instructors/Parents are to ensure the competitors are signed up for the correct division and event(s)
 - Link will be placed here
- Deadline for entry corrections November 2nd

Registration Fees:

- Before October 22nd \$65
- October 23rd to 29th \$80
- Etransfer fees to reddeerchampionfundraising@gmail.com



Events:

Speed Kicking

This is an exciting event, highlighting the speed, stamina, and creativity of sparring athletes. Competitors execute as many sparring techniques as possible, including body kicks, head kicks, turning kicks, push kicks, jumping kicks and proper punching techniques, in a given span of time.

Speed Kicking Tutorial: [Tutorial Video](#)

- Beginner and intermediate (10th gup to 5th gup) 30 second time limit
- Advanced (4th gup to 1st gup) 60 seconds time limit.

- Competitors will be kicking in the air (no targets or bags needed).
- Competitors must face left or right when kicking (in reference to the scoring table).
- All kicks must be waist level and above. Any kicks below the waist will not be counted.
- Competitors should have proper form, balance, and energetic performance.

- **SCORING SYSTEM**
 - Technical (40%)
 - a. Number of Kicks
 - b. Number of Head Kicks
 - c. Number of Turning Kicks and Punches

NOTE: Kicking with the same kick for three (3) consecutive times and above will only be counted as two (2).

- Presentation (60%)
 - a. Quality of Kick
 - b. Difficulty of Kicks and Combinations
 - c. Over-all Performance

NOTE: Kicking in choreographed, sequential, and repetitive manner will receive the lowest total score in Performance.



Poomsae

- Recreational Poomsae
 - Individual, all ages
 - Competitor performs one poomsae according to belt level
 - Uniform is any style white Taekwondo dobok, appropriate belt, bare feet

Sparring

- All ages, all belts

Sparring Rules:

- Current WT rules will be used for the sparring divisions.
- No head contact
- Matches will consist of one minute rounds with a 30 second break between
- Matches will be best of 3 rounds
- Coaches must be 16 year or older and red belt or higher
- Mandatory equipment to be provided by the competitor
 - Head protector
 - Mouth guard
 - Arm guards
 - Chest protector
 - Groin guard
 - Shin guards
 - Any style white Taekwondo dobok and appropriate belt

Questions? Email reddeerchampionfundraising@gmail.com