

February 20, 2024

Dear Beloved Alberta Taekwondo Masters, Athletes, and Parents,

RE: AB Taekwondo Club Tournament

It is a great pleasure for me to invite you and your team to participate in the AB Taekwondo Club Tournament, which is scheduled for the 23rd of March in the Multi-Rec Centre Field House in Slave Lake, Alberta. This event has been sanctioned by the Alberta Taekwondo Association as an Alberta Black Belt Ranking Point Tournament.

The event is very meaningful for developing our beloved sport in Slave Lake. I am confident that the organizing committee will do its best to ensure the tournament's success and offer all participants a high-quality competition, with the best referees and volunteers to guarantee athlete safety, high-level transparency, and fair play.

The deadline for registration is Sunday, March 17, 2024. To ensure a smooth-running tournament, registrations received after this date will not be accepted. Please feel free to contact our school if you have any questions or require further information

We look forward to seeing you all in Slave Lake on March 23!

Best Regards,

A handwritten signature in black ink, appearing to be 'A. Briones', with a long horizontal line extending to the right.

Master Alexander Briones, ChPC
AB Taekwondo Club
Email: abtaekwondoclub@gmail.com



2024 AB Taekwondo Club Tournament General Information

Date/Venue:

- Saturday, March 23, 2024
- Multi-Rec Centre Field House - 305 6 Ave SW in Slave Lake, Alberta
- Doors open at 8:00 AM
- Spectator admission is \$5.00 cash (5 and under free)
- Parking is free at the venue; extra parking is available on the street or at St. Mary's School

Organizer: AB Taekwondo Club

Sanctioned By: Alberta Taekwondo Association

Online Registration:

Colour Belt:

<https://www.cognitoforms.com/ABTAEKWONDOCLUB/ColourBeltTournamentRegistrationForm>

Black Belt:

<https://www.cognitoforms.com/ABTAEKWONDOCLUB/BlackBeltTournamentRegistrationForm>

Coaches:

<https://www.cognitoforms.com/ABTAEKWONDOCLUB/RegistrationCoaches>

Referees:

[Referee Registration](#)

DEADLINE TO REGISTER: Sunday, March 17, 2024

NOTE: Registrations will not be accepted after the deadline date.

Athlete Registration Fees:

- Color Belts and Black Belts - \$85.00 for one or two events

Athlete Eligibility:

- Athletes must be members of Alberta Taekwondo Association registered clubs

Weigh-Ins: Saturday, March 23rd

- 12:00 – 1:00 PM – Weigh-ins for **sanctioned black belt fighters** at the Multi-Rec Centre Field House

KYORUGI RULES

- 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 that 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.**

HEAD CONTACT:

- No head contact in colour belt divisions
- Optional head contact in recreational black belt divisions cadet and older
- Mandatory head contact in high performance black belt divisions cadet, junior senior
- High performance kyorugi age categories:
 - Cadet – Born 2010-2012
 - Junior – Born 2007 – 2009
 - Senior – Born 2006 or earlier

Combined Black Belt weight divisions as follows:

Cadet Male: -33kg & -37kg, -41kg & -45kg, -49kg & -53kg, -57kg & -61kg, -65 & +65kg
Cadet Female: -29kg & -33kg, -37kg & -41kg, -44kg & -47kg, -51kg & -55kg, -59kg & +59kg
Junior Male: -45kg & -48kg, -51kg & -55kg, -59kg & -63kg, -68kg & -73kg, -78kg & +78kg
Junior Female: -42kg & -44kg, -46kg & -49kg, -52kg & -55kg, -59kg & -63kg, -68kg & +68kg
Senior Male: -54kg & -58kg, -63kg & -68kg, -74kg & -80kg, -87kg & +87kg
Senior Female: -46kg & -49kg, -53kg & -57kg, -62kg & -67kg, -73kg & +73kg

Equipment / Uniform:

- Mandatory safety equipment to be provided by athletes:
 - Groin guard, mouth guard, shin and arm guards, gloves
 - Any style white Taekwondo uniform
 - Colour belt and recreational black belt sparring athletes provide their own head protector and hogu
 - High performance black belt sparring athletes must provide their own KPNP socks – order KPNP socks at www.captainsports.ca
- The head protector for cadet athletes may be equipped with a face shield and will be provided to athletes
- Instant Video Replay (IVR) system will be used for high performance black belt sparring
- Sanctioned black belt fighters are allowed to register in both high performance and recreational sparring

POOMSAE RULES

- 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 March 20, 2024
 - Sanctioned Individual: Youth, Cadet, Junior, U30, U40, U50, U60, U65, O65
 - Exhibition Teams and Pairs: Youth, Cadet, Junior, U30, O30
- Pairs and teams are exhibition events (no fee and no medals) and may consist of any combination of male and female athletes
- Uniform – sport poomsae uniform as per World Taekwondo rules recommended but NOT MANDATORY



* Master categories are U60 and older

2024 Birth Year Chart - Categories are based on the year in which the contestant was born.		
Youth: born in 2013 and later	U30: born in 1994-2006	U60: born in 1964-1973
Cadet: born in 2010-2012	U40: born in 1984-1993	U65: born in 1959-1963
Junior: born in 2007-2009	U50: born in 1974-1983	O65: born 1958 and earlier

ESTIMATED SCHEDULE

Friday, March 22

- 5:00 - 9:00 PM - Referee Seminar/Refresher at the AB Taekwondo dojang
- 6:00 - 8:00 PM - Setup at the venue

Saturday, March 23

- 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 – ALL colour belts line up for poomsae and sparring divisions
- 9:30 AM - Opening ceremony
- 9:45 AM - Recreational poomsae (patterns) begins for all ages and all belt levels
- 9:45 AM - Sport poomsae competition begins (black belts, all ages)
- 11:30 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 - Children's sparring continues
- 3:00 PM - Adult colour belt sparring begins
- 3:00 PM - Recreational black belt sparring begins
- 5:00 PM - Take down equipment and clean up