



TRI STAR TAEKWONDO

2320 Main St. Unit 5 (Lambeth) London, Ontario N6P 1A9

(519)652-2299, (519)495-3189

www.tristartkd.com, tristartkd@hotmail.com

February 19, 2018

Dear Club Owners, Masters and Instructors,

Tri Star Taekwondo would like to invite you to participate in our 12th Annual “**Tri Star Taekwondo Championship**”. Our Tournament will be held on Saturday March 24, 2018, at Sheridan College Athletics and Recreation Centre 1430 Trafalgar Road, Oakville, ON.

This is a Taekwondo Ontario sanctioned tournament. WT rules will apply to the black belt competition between the ages of 12 to 29. Taekwondo Ontario colour belt rules will apply to all other divisions.

There will be both recreational sparring and poomsae, and high performance sparring and poomsae at our event. KP&P scoring system will be used for the high performance black belt sparring divisions. Please ensure you have your own socks, as they will not be provided.

Please note that all competitors and coaches must be current 2017-2018 members of the Taekwondo Ontario (All membership application forms are available on the Taekwondo Ontario website).

Enclosed is a tournament package including entry forms. Please make copies as necessary. Pre-registration for competitors will be for sparring and patterns. Please submit forms with a certified cheque, money order, or e-transfer (tristartkd@hotmail.com) to the address above to be received by **March 19, 2018**.

NOTE: There will be no registration on the day of the competition.
White Uniforms only for competition with the exception of HP Poomsae

In the meantime, if you have any questions, please do not hesitate to contact us at:

(519) 495-3189 (519) 859-3189 Email at: tristartkd@hotmail.com

Thank you for your interest and we look forward to seeing you on March 24, 2018.

Sincerely,

Sai Visowath

Master Sai Visowath
Tournament Host

Robert Khamsouk

Master Robert Khamsouk
Tournament Director

Tri Star Taekwondo *Championship*

Colour & Black Belt Competition

Hosted by: *Tri Star Taekwondo*

Saturday March 24, 2017

Sign In / Check In: 8:00 am

Start Time: 9:00 am

Competition fee: \$70.00 Colour Belts/Recreational BB 1or 2 events

Competition fee: \$80.00 HP Black Belts 1or 2 events

General Admission: \$10.00

(Children 5 and under are free)

Sheridan College Athletics and Recreation

1430 Trafalgar Road, Oakville, ON

For More Information:

519-495-3189 or 519-859-3189

Email: tristartkd@hotmail.com

Sanctioned by Taekwondo Ontario

THIS CONTEST IS SANCTIONED BY TAEKWONDO ONTARIO, THE PROVINCIAL SPORT ORGANIZATION (PSO) OFFICIALLY RECOGNIZED BY THE PROVINCE OF ONTARIO.

Tri Star Taekwondo Championship

Hosted By: Tri Star Taekwondo

Competition Location: Sheridan College Athletics and Recreation Centre
1430 Trafalgar Road, Oakville, ON

Pre-Registration Pick Up: 8:00am

Tournament Begins: 9:00am

Registration: Pre-registration \$70.00 Colour Belts/Recreational BB
Pre-registration \$80.00 High Performance Black Belts
(certified cheques, money order or etransfer (tristartkd@hotmail.com))
Mail to: Tri Star Taekwondo
2320 Main St. Unit 5 (Lambeth)
London, Ontario N6P 1A9

Admission: Adults - \$10.00 each
Children - FREE (5 and under)

Awards: Forms: Gold, Silver & Bronze
Sparring: Gold, Silver, Bronze & Bronze
All Children 7 years and under will Receive an award (PATTERNS ONLY)

Rules: WTF rules apply to Black Belt sparring 12 – 29
Taekwondo Ontario colour belt rules apply to all others
*** White uniforms only for competition (exception HP poomsae)

Equipment: The following equipment is required, by athletes, in order to
Compete in sparring: Arm and Shin guards, Helmet, Chest
Protector, Groin Protector, and Mouth Guard.

Sparring: Colour Belts: 2 round of 1 minute
Black Belts: All Recreational
2 rounds of 1.5 minutes
Black Belts HP: Cadet and Junior
3 rounds of 1.5 minutes

*****Divisions are subject to change at the host's discretion*****

Colour Belt Divisions PATTERNS

AGE	Male/Female	Weights	Belt	Belt	Belt	Belt	Belt
Special Needs	Together	None	All				
5 & under	Together	None	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
6 - 7	Together	None	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
8 - 9	Together	None	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
10 - 11	Together	None	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
12 - 13	Together	None	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
14 - 15	Together	None	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
16 - 17	Together	None	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
18 - 29	Together	None	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
30 & up	Together	None	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe

Colour Belt Divisions SPARRING

AGE	Male/Female	Weights	Belt	Belt	Belt	Belt	Belt
Special Needs	Together	Light/Heavy	All				
5 & under	Separate	Light/Heavy	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
6 - 7	Separate	Light/Heavy	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
8 - 9	Separate	Light/Heavy	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
10 - 11	Separate	Light/Heavy	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
12 - 13	Separate	Light/Heavy	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
14 - 15	Separate	Light/Heavy	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
16 - 17	Separate	Light/Heavy	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
18 - 29	Separate	Light/Heavy	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
30 - 40	Separate	Light/Heavy	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
41 & up	Separate	Light/Heavy	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe

Black Belt Divisions PATTERNS

AGE	Male/Female	Weights	Belt	Belt	Belt
Special Needs	Together	None	All		
7 & under	Together	None	All		
8 - 9	Together	None	All		
10 - 11	Together	None	1 st Poom	2 nd Poom	-
12 - 14	Together	None	1 st Poom	2 nd Poom	-
15 - 17	Together	None	1 st Dan	2 nd Dan	-
18 - 29	Together	None	1 st Dan	2 nd Dan	3 rd dan & up
30 & up	Together	None	1 st Dan	2 nd Dan	3 rd Dan & up

Black Belt Divisions SPARRING

7 & under	Male	Female	Light/Heavy	All
8 - 9	Male	Female	Light/Heavy	All
"Youth" 10 - 11	Male	Female	Light/Heavy	All
"Cadet" 12 - 14	Male	Female	Light/Heavy	All
"Junior" 15 - 17	Male	Female	Light/Heavy	All
Senior 18-29	Male	Female	Light/Heavy	All
Executive 30 +	Male	Female	Light/Heavy	All

High Performance Black Belt Divisions SPARRING

"Cadet" 12 - 14	Olympic Division	Olympic Division	Fin/Fly	All
"Cadet" 12 - 14	Olympic Division	Olympic Division	Bantam/Feather	All
"Cadet" 12 - 14	Olympic Division	Olympic Division	Light/Welter	All
"Cadet" 12 - 14	Olympic Division	Olympic Division	Middle/Heavy	All
"Junior" 15 - 17	Olympic Division	Olympic Division	Fin/Fly	All
"Junior" 15 - 17	Olympic Division	Olympic Division	Bantam/Feather	All
"Junior" 15 - 17	Olympic Division	Olympic Division	Light/Welter	All
"Junior" 15 - 17	Olympic Division	Olympic Division	Middle/Heavy	All

COLOUR BELT ENTRY FORM

March 24, 2018

NAME: _____ Email: _____

---- Please Print Neatly ----

AGE: _____ SEX: _____ BELT: _____ WEIGHT: _____ HEIGHT: _____

Please Check off box below indicating rank:

White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/Red Stripe	Red/Black Stripe

TAEKWONDO SCHOOL: _____

MASTER OR INSTRUCTOR: _____

FEE: \$70 (For one, two or both events) TO MEMBERSHIP PAID: YES NO

LIABILITY WAIVER

I _____ have read the rules and hereby submit my application for registration in the **Tri Star Taekwondo Championship**. I understand that my participation involves certain risks and regardless of the precautions taken by organizers, some injuries may occur. I agree to waive claims against any persons connected with this tournament and hold harmless the tournament host, their representatives, and competitors for any injuries I may sustain, and likewise assume full responsibility for all my actions in connection with said tournament. I further agree that any pictures taken of or by me in connection with the said tournament can be used by the Tournament Director for publicity or promotion without compensation at this or any other time.

SIGNATURE: _____ DATE: _____

SIGNATURE PARENT/GUARDIAN (under 18 yrs): _____

BLACK BELT ENTRY FORM

March 24, 2018

NAME: _____ Email: _____

---- Please Print Neatly ----

AGE: _____ SEX: _____ BELT: _____ WEIGHT: _____ HEIGHT: _____

Poomsae (Please indicate if High Performance):

1st Poom/Dan Koryo	2nd Poom/Dan Keumgang	3rd Poom/Dan Taebaek	4th Poom/Dan + Required Form

Recreational Sparring:

7 & Under	8 & 9	10 & 11	12 - 14	15 - 17	18 - 29	30 +

High Performance Sparring:

Cadet & Junior	Cadet & Junior Male			Cadet & Junior Female				
Fin/Fly	37kg		48kg		33kg		44kg	
Bantam/Feather	45kg		55kg		41kg		49kg	
Light/ Welter	53kg		63kg		47kg		55kg	
Lt Middle/Middle	61kg		73kg		55kg		63kg	
Lt Heavy/ Heavy	+65kg		+78kg		+59kg		+68kg	

TAEKWONDO SCHOOL: _____

MASTER OR INSTRUCTOR: _____

FEE: \$80 (For one, two or both events) TO MEMBERSHIP PAID: YES NO

LIABILITY WAIVER

I _____ have read the rules and hereby submit my application for registration in the **Tri Star Taekwondo Championship**. I understand that my participation involves certain risks and regardless of the precautions taken by organizers, some injuries may occur. I agree to waive claims against any persons connected with this tournament and hold harmless the tournament host, their representatives, and competitors for any injuries I may sustain, and likewise assume full responsibility for all my actions in connection with said tournament. I further agree that any pictures taken of or by me in connection with the said tournament can be used by the Tournament Director for publicity or promotion without compensation at this or any other time.

SIGNATURE: _____ DATE: _____

SIGNATURE PARENT/GUARDIAN (under 18 yrs): _____

COACHES FORM

NAME: _____
---- Please Print Neatly ----

Address: _____ Postal Code: _____

BLACK BELT LEVEL: _____ DAN / POOM

TAEKWONDO SCHOOL: _____

MASTER OR INSTRUCTOR: _____

FEE: **\$20** (1 Free per club, maximum 5 coaches per club)

OTA MEMBER: _____

LIABILITY WAIVER

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SIGNATURE: _____ DATE: _____

SIGNATURE OF PARENT/GUARDIAN (If under 18 years): _____

Tournament Schedule

Start Time	Age	Belt Levels / Rank
9:00 AM	9 and under	Colour belts
12:00 PM	10 - 11 yrs	Colour belts
2:00 PM	12 - 15 yrs	Colour belts
4:00 PM	16 and up	Colour Belts
9:00 AM	12 - 14	Black Belts HP Sparring
9:00AM	15-17	Black Belt HP Poomsae
12:00 PM	All Ages	Recreational Black Belts Poomsae and Sparring

Go Train available to front of College!!!

Sheridan College Athletics and Recreations Centre is close to Parking Lot 6 or 7

