



# TRI STAR TAEKWONDO

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February 13, 2019

Dear Club Owners, Masters and Instructors,

Tri Star Taekwondo would like to invite you to participate in our 13<sup>th</sup> Annual “**Tri Star Tae Kwon Do Championship**”. Our Tournament will be held on Saturday March 23, 2019, at Sheridan College Athletics and Recreation 1430 Trafalgar Road, Oakville, ON.

This is a fully sanctioned Taekwondo Ontario (“TO”) event and as such World Taekwondo (“WT”) competition rules will be in effect for all high performance black belt divisions and Taekwondo Ontario (TO) competition rules for all color belt and recreational black belt 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 and high performance poomsae divisions. Please ensure you have your own socks, as they will not be provided.

Please note that only online registration through Taekwondo Ontario is only available for this event. All competitors and coaches must be current 2018-2019 members of Taekwondo Ontario (Taekwondo Ontario membership is available online at [www.taekwondo-ontario.com/membership](http://www.taekwondo-ontario.com/membership)). Paper registrations will NOT be accepted and there will be no registration on the day of the competition.

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

(519) 495-3189 (905) 877-4343 Email at: [tristartkd@hotmail.com](mailto:tristartkd@hotmail.com)

Thank you for your interest and we look forward to seeing you on March 23, 2019.

Sincerely,

*Sai Visouath*

Master Sai Visouath  
Tournament Host

*Robert Khamsouk*

Robert Khamsouk  
Tournament Director

# *Tri Star Tae Kwon Do* *Championship*

## *Colour & Black Belt Competition*

Hosted by: *Tri Star Taekwondo*

Saturday March 23, 2019

Sign In / Check In: 8:00 am

Start Time: 9:00 am

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

Competition fee: \$80.00 HP Black Belts for 1 Event  
(HP Poomsae or HP Sparring)

Competition fee: \$90.00 for 1 HP Sparring and 1  
Recreational Poomsae division or \$90.00  
for 1 HP Poomsae and 1 Recreational  
Sparring division

General Admission: \$10.00 cash only  
(Children 5 and under are free)

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

For More Information:  
519-495-3189 or 905-877-4343  
Email: [tristartkd@hotmail.com](mailto:tristartkd@hotmail.com)

Sanctioned by Taekwondo Ontario

# Tri Star Tae Kwon Do Championship

**Hosted By:** Tri Star Taekwondo

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

**Pre-Registration Pick Up:** 8:00am

**Tournament Begins:** 9:00am

**Registration:** Pre-registration \$70.00 Colour Belts/Recreational BB  
For 1 or 2 events  
Pre-registration \$80.00 High Performance Black Belts  
for 1 division (HP Sparring or HP Poomsae)  
Pre-registration \$90.00 1 High Performance division and 1  
Recreational Division (Ex. HP Sparring and Recreational  
Poomsae or HP Poomsae and Recreational Sparring)

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

**Awards:** Forms: Gold, Silver & Bronze  
Sparring: Gold, Silver, Bronze & Bronze  
All Children 6 years and under will Receive an award (PATTERNS ONLY)

**Rules:** World Taekwondo (WT) rules apply to HP black belt divisions  
Taekwondo Ontario (TO) rules apply to all recreational black  
belt and color belts divisions.  
\*\*\* 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\*\*\*\*\*

# PATTERNS DIVISIONS

<b>COLOR BELT</b>						
<b>Mandatory Patterns</b>		<b>Taeguek 1</b>	<b>Taeguek 2 or 3</b>	<b>Taeguek 4 or 5</b>	<b>Taeguek 6 or 7</b>	<b>Taeguek 7 or 8</b>
<b>Age</b>	<b>Male / Female</b>	<b>Belt</b>	<b>Belt</b>	<b>Belt</b>	<b>Belt</b>	<b>Belt</b>
<b>6 &amp; Under</b>	Separate	White / Yellow Stripe	Yellow / Green Stripe	Green/ Blue Stripe	Blue / Red Stripe	Red / Black Stripe
<b>7 &amp; 8</b>	Separate					
<b>9 &amp; 10</b>	Separate					
<b>11 &amp; 12</b>	Separate					
<b>13 &amp; 14</b>	Separate					
<b>15 to 17</b>	Separate					
<b>18 to 30</b>	Separate					
<b>31 to 40</b>	Separate					
<b>41 +</b>	Separate					

<b>RECREATIONAL BLACK BELT</b>			
<b>Age</b>	<b>Male /Female</b>	<b>Mandatory Patterns</b>	
<b>6 &amp; Under</b>	Separate	<b>1ST DAN / POOM</b>	<b>KORYO</b>
<b>7 &amp; 8</b>	Separate	<b>2ND DAN / POOM</b>	<b>GEUMGANG</b>
<b>9 &amp; 10</b>	Separate	<b>3RD DAN/ POOM</b>	<b>TAEBAEK</b>
<b>11 &amp; 12</b>	Separate	<b>4TH DAN/ POOM</b>	<b>PYONGWON</b>
<b>13 &amp; 14</b>	Separate	<b>5TH DAN/ POOM</b>	<b>SIPJIN</b>
<b>15 to 17</b>	Separate	<b>6TH DAN/ POOM</b>	<b>JITAE</b>
<b>18 to 30</b>	Separate		
<b>31 to 40</b>	Separate		
<b>41 +</b>	Separate		

# SPARRING DIVISIONS

COLOR BELT							
Age	Male Female	Weight	Belt	Belt	Belt	Belt	Belt
6 & under	Separate	Light/Heavy	White / Yellow Stripe	Yellow / Green Stripe	Green/ Blue Stripe	Blue / Red Stripe	Red / Black Stripe
7 & 8	Separate	Light/Heavy					
9 & 10	Separate	Light/Heavy					
11 & 12	Separate	Light/Heavy					
13 & 14	Separate	Light/Heavy					
15 to 17	Separate	Light/Heavy					
18 +	Separate	Light/Heavy					

RECREATIONAL BLACK BELT (HIGH SECTION NOT PERMITTED)		
Age	Male / Female	Weight
6 & under	Separate	Light / Middle / Heavy
7 & 8	Separate	Light / Middle / Heavy
9 & 10	Separate	Light / Middle / Heavy
11 & 12	Separate	Light / Middle / Heavy
13 & 14	Separate	Light / Middle / Heavy
15 to 17	Separate	Light / Middle / Heavy
18 +	Separate	Light / Middle / Heavy

HIGH PERFORMANCE BLACK BELT (HIGH SECTION PERMITTED)			
Age	Division	Male	Female
12 to 14 Cadet	Fin/Fly	Under 37 kg	Under 33 kg
	Bantam/Feather	37 kg – 45 kg	33 kg – 41 kg
	Light/Welter Light	45 kg – 53 kg	41 kg – 47 kg
	Middle/ Middle Light	53 kg – 61 kg	47 kg – 55 kg
	Heavy/Heavy	55 kg and over	55 kg and over
15 to 17 Junior	Fin/Fly	Under 48 kg	Under 44 kg
	Bantam/Feather	48 kg – 55 kg	44 kg – 49 kg
	Light/Welter Light	55 kg – 63 kg	49 kg – 55 kg
	Middle/ Middle Light	63 kg – 73 kg	55 kg – 63 kg
	Heavy/Heavy	73 kg and over	63 kg and over

# Tournament Schedule

Start Time	Age	Belt Levels / Rank
9:00 AM	8 and under	Colour belts
9:00 AM	Cadet and Junior	HP Poomsae
11:00 AM	9 – 10 yrs	Colour belts
11:00 AM	Cadet and Junior	HP Sparring
1:00 PM	11 – 12 yrs	Colour Belts
1:00 PM	12 and Under	Recreational Black Belts Poomsae and Sparring
2:30PM	13 and Over	Recreational Black Belts Poomsae and Sparring
3:00 PM	13 - 14 yrs	Colour Belts
4:00 PM	15 -17 yrs & 18 plus	Colour Belts

Please arrive 1 hour ahead of time in case divisions start earlier.

Go Train available to front of College!!!

