



# TORONTO OPEN 2019

## TAEKWONDO CHAMPIONSHIPS

"WHERE ART & SCIENCE MEET"  
VARIETY VILLAGE , TORONTO, CANADA  
[TorontoOpenTaekwondo@gmail.com](mailto:TorontoOpenTaekwondo@gmail.com)

### NOVEMBER 9th RECREATIONAL NOVEMBER 10th WORLD CLASS (& Introducing "B" Class & Ultra

Kyorugi)

THIS CONTEST IS SANCTIONED BY AN ORGANIZATION OFFICIALLY RECOGNIZED BY THE PROVINCE OF ONTARIO

**Variety Village Athletic Centre**  
**3701 Danforth Avenue**  
**Scarborough, Ontario**

### EVENT INFORMATION

[www.taekwondo-ontario.com](http://www.taekwondo-ontario.com)

[TorontoOpenTaekwondo@gmail.com](mailto:TorontoOpenTaekwondo@gmail.com)

**Spectator Fee: \$10**

Registered Coaches, Athletes & Children 6 & under: FREE



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► Dear Friends,

You are cordially invited to the TORONTO OPEN™ **2019** TAEKWONDO CHAMPIONSHIPS, at the Variety Village Athletic Centre at 3701 Danforth Avenue, Toronto, Ontario on **November 9 & 10 2019** . This is the 36<sup>th</sup> Edition of Young Choung Taekwondo Academy's annual tournament established in 1983.

Our aim is to give all developing participants an opportunity to compete and meet with many other TKD practitioners. The Toronto Open has always been the event to celebrate and showcase Taekwondo for athletes of ALL abilities.

Last year's event attracted World Class Athletes, Coaches and Referees! Many of our domestic players were tested, inspired, and realize their own potential. The quality of the competitors and teams continually define the credibility of this long running event.

Kindly read the attached tournament package carefully for all details regarding registration deadlines, tournament rules, terms and conditions of participation, competition schedule, weigh-in. **This year, Day 2 we will be implementing \*"B" class Divisions (for Junior & Senior+) and Ultra Divisions for 35+ to encourage Train to Compete & Active For Life athletes under current World Class rules, protocol, equipment and coaching. B class is restricted to athletes that have not competed under full WT Rules in the Junior & Senior divisions.**

Signed \***Medical Declaration Forms** will be submitted at Weigh In and provided to Medical upon request.

Should you have any questions or concerns at any time regarding the tournament, please contact us. We look forward to seeing you soon.

Sincerely,

*Young Su Choung*

**Grandmaster Young Su Choung**  
Event Host

*Rommel Cabanatan*

**Master Rommel Cabanatan, ChPC**  
Tournament Director

**▶ PLEASE READ CAREFULLY**

Thank you for your interest in the 2019 Toronto Open. As a requirement for event registration, I agree to the following terms and conditions:

1. I declare that I am over the age of 18 years old or I am a parent/guardian of a participant under the age of 18 years old.
2. Choose **One**:
  - As a **RESIDENT OF ONTARIO** - I understand as a condition of event participation athlete, I and my club must be a current member of the Taekwondo Ontario **OR** must purchase a **\$35 Taekwondo Ontario (TO) COMPETITOR DAY PASS** to the event organizers as a condition of participation and event insurance.
  - As a **NON-RESIDENT of ONTARIO** I understand as a condition of event participation I must purchase a **\$35 Taekwondo Ontario (TO) COMPETITOR DAY PASS OR** provide **proof of my insurance information** to the event organizers as a condition of participation and event insurance.
3. I am fully aware of the risks involved and the degree of fitness required in taking part in this event. I accept that the event organizers and their agents cannot be held responsible for any injury or loss, however caused.
4. I agree to allow Toronto Open Taekwondo Championships and their agents to capture myself on still image or video for the purposes of promoting the Toronto Open Taekwondo Championships..
5. I understand that the categories in the Colour Belt & Recreational Black belt Divisions may be separated or combined at the discretion of the Tournament Director due to the number of participants and/or for safety reasons.
6. I understand that the categories for Cadet, Junior & Senior Black Belt Sparring on Sunday November 10, 2019 will be modifying Cadet, & adopting Youth & Senior Olympic Weight Categories. I understand that divisions may be merged at the discretion of the Tournament Director due to the number of participants and/or for safety reasons.
7. Registered Kyorugi athletes on Sunday November 10, will NOT be eligible to register or compete in the Kyorugi Divisions B Class or Recreational Black Belt Kyorugi Divisions Saturday November 9.
8. I understand that all fees are non-refundable.
9. As a condition of participation in WORLD CLASS SPARRING DIVISIONS on Sunday, November 10/2019 – I declare I am “fit to engage at THE 2019 TORONTO OPEN for Cadet, Jr & Sr Black Belt Sparring Divisions.” **Medical Declaration Forms will be accepted in lieu of above requirements and shall be submitted at Weigh In.**

I acknowledge that I have read and agree to the above Terms and Conditions.

<b>Print Name</b>	<b>Signature</b>	<b>Date</b>



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### ► GENERAL INFORMATION

**Saturday November 9th & Sunday November 10th, 2019**

**VENUE: Variety Village Athletic Centre**

3701 Danforth Avenue

Scarborough, Ontario

M1N 2G2 \*Limited Parking onsite\* recommended alternative

75 Birchmount Road, Toronto, ON with a complimentary Shuttle Bus to this Event!

### ► EVENT CONTACT INFORMATION

[TorontoOpenTaekwondo@gmail.com](mailto:TorontoOpenTaekwondo@gmail.com)

**LINK TO ONLINE REGISTRATION SYSTEM – [www.taekwondo-ontario.com](http://www.taekwondo-ontario.com)**

### ► REGISTRATION FEES

**Online Registrations MUST be received by November 7th, 2019**

Cash, Certified Cheques or Money Orders Payable to:

"YOUNG CHOUNG TAEKWONDO ACADEMY" 44 Vaughan Road, Toronto, ON M6G 2N4 Canada

### ► ONLINE REGISTRATION SYSTEM – [www.taekwondo-ontario.com](http://www.taekwondo-ontario.com)

- **ONTARIO RESIDENTS** \*Valid TO Membership Or One Day TO Competition Pass For \$35.00
- **NON-RESIDENTS** \*May Purchase One Day TO Competition Pass For \$35.00 / OR submit Proof Of Insurance.

### Day 1 RECREATIONAL DIVISIONS

\$75 Cdn/US for poomsae and/or kyorugi events.

**Day 2: WORLD CLASS (WORLD TAEKWONDO® RULES)**—Medical Declaration Forms shall be emailed to [torontoopentaekwondo@gmail.com](mailto:torontoopentaekwondo@gmail.com) or submitted at Weigh In.

#### World Class

**\$85 Cdn/US** CADET (12-14) JUNIOR(15-17) and SENIOR (17+)

#### "B" Class

**\$85 Cdn/US** JUNIOR(15-17) and SENIOR (18+)

#### "Ultra"

**\$85 Cdn/US** ULTRA (35+)

### Day 2 BLACK BELT Recognized Poomsae

**\$85 Cdn/US**

- CADET (12-14) JUNIOR(15-17) U30, U40, U51+
- Pairs & Teams for Cadet, Jr, U30 & O30

### Coaching Fee:

**\$35 Cdn/US** One (1) FREE coach pass per school by pre-registration

Each additional coach pass (floor access) available on-site registration: \$35 Cdn/US

### Spectator Fee:

- **\$10 ages 13 & Up**
- **\$5 ages 7-12**
- **Registered Coaches, Athletes & Children 6 & under: FREE**



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### ► RULES

#### DAY 1-POOMSAE & KYORUGI -COLOUR BELT & RECREATIONAL BLACK BELT ALL AGES SATURDAY, NOVEMBER 9,2019

- Single Elimination
- 2 x 1 minute rounds; will end match with a 20 point gap
- Manual Electronic Scoring System
- **NO** head contact
- 1 Poomsae according to Age Category. Manual Judging.

#### DAY 2-WORLD CLASS KYORUGI - SENIOR, JUNIOR & \*CADET SUNDAY, NOVEMBER 10, 2019

- **Cadet (12-14) Junior (15-17) & Senior Olympic (17+) : World Taekwondo® Rules.**
- 3 rounds x 1.5 minute, 30 sec rest; will end match with a 20 point gap at the end of 2nd round
- Single Elimination
- 1st, 2nd, 3rd place winners awarded for podium finish.
- **KP&P® e-Helmets, Body Protector & Scoring System** will be used..
- Instant Video Replay

#### \*\*\*NEW \*\*\*

#### DAY 2-"B" CLASS & ULTRA KYORUGI - SENIOR, JUNIOR SUNDAY, NOVEMBER 10, 2019

- **Junior (15-17) & Senior (17+) : World Taekwondo® Rules.**
- 3 rounds x 1.5 minute, 30 sec rest; will end match with a 20 point gap at the end of 2nd round
- Single Elimination
- 1st, 2nd, 3rd place winners awarded for podium finish.
- **KP&P® e-Helmets, Body Protector & Scoring System** will be used.
- Instant Video Replay

- **DAY 2- WORLD CLASS BLACK BELT POOMSAE – CADET (12-14) JUNIOR(15-17) U30, U40, U51+**
- Pairs & Teams for Cadet, Jr, U30 & O30 **SUNDAY, NOVEMBER 10, 2019**
- **World Taekwondo® Rules**
- Electronic Scoring Instrument
- Two required Poomsae, announced by Friday Nov 8<sup>th</sup>.
- 1st, 2nd, 3rd & 4th place awards

#### MANDATORY EQUIPMENT

- **Day 1**-All Colour and Recreational Black Belt Kyorugi athletes must provide their own white WORLD TAEKWONDO (WT®) style uniform, helmet, shin guards, arm guards, instep protection, groin protector (worn inside of uniform), chest protectors, mouth guard. *Equipment will be on sale, on site.*
- **Day 2**-Cadet, Junior & Senior athletes must provide their own white WORLD TAEKWONDO (WT®) style uniform/equipment. Red & Blue Helmets (e-Helmets will be provided), shin guards, arm guards, WT® approved sensor socks, groin protector (worn inside of uniform), hand protectors and white or transparent mouth guard. *Equipment will be on sale, on site. Please note that approved KP&P Sensor Socks are required for Day 2. Cadet, Junior & Senior.*
- **Day 2-Recognized Poomsae-** WORLD TAEKWONDO (WT®) style **Y Neck Uniform** for appropriate age division Recommended.



<b>Friday, November 8, 2019</b>	
<p><b>6:30pm-9pm</b> @ Variety Village Athletic Centre</p>	<p><b>Poomsae Draws Announced</b> / Early Weigh Ins &amp; Credential Pickup for Day 1 or 2</p> <p><i>*for those competing World Class, "B" Class &amp; Ultra Sparring on Sunday Nov 10-Have Medical Declaration Forms ready</i></p> <p>Spectator &amp; additional coach wristbands will be available for sale.</p>

<b>Saturday, November 9, 2019</b>	
8:00 AM	Accreditation area opens – WEIGHT VERIFIED UPON ARRIVAL
8:00 AM- 5:00 PM	<b>Weigh ins for World Class, "B" Class &amp; Ultra Sparring Divisions -Have Medical Declaration Forms ready)</b>
8:00 AM	Meeting of Officials
8:30 AM call to staging	▶ <b>People With Disability (PD) ALL BELTS &amp; ALL Ages</b>
8:30 AM call to staging	▶ 31-40 Year Olds    ▶ 41-50 Year Olds    ▶ 51+ Year Olds
9:00 AM call to staging	▶ 6 & Under    ▶ 7 & 8 Year Olds
Followed by	▶ 9 & 10 Year Olds
2:00 PM call to staging	▶ 11 & 12 Year Olds
Followed by	▶ 13 & 14 Year Olds
6:00 PM call to staging	▶ 15-17 Year Olds    ▶ 18-30 Year Olds
Times are approximate & subject to change.	





**Sunday, November 10,2019**

**World Class Recognized Poomsae Competition Schedule**

08:30	CADET DIVISION-INDIVIDUAL,PAIR & TEAM
11:30	ALL 18+ : U30, U40, U50, 51+ INDIVIDUAL. U30, O30 PAIR & TEAM
12:00	JUNIOR DIVISION-INDIVIDUAL, PAIR & TEAM

**World Class, "B" Class & Ultra Kyorugi Schedule with KP&P® Electronic Protector & Scoring System.**

08:00	▶ Draws posted
08:30	▶ Junior Sparring ▶ ULTRA Sparring Female
12:00	▶ Cadet Sparring ▶ ULTRA Sparring Male
15:00	▶ Senior Sparring
Times are approximate & subject to change. Awards at the ring after completion of the divisions	



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### COLOUR BELT POOMSAE - DIVISIONS GUIDELINE

AGE GROUP	White / Yellow Stripe 10 / 9 Gup		Yellow / Green Stripe 8 / 7 Gup		Green / Blue Stripe 6 / 5 Gup		Blue / Red Stripe 4 / 3 Gup		Red / Black Stripe 2 / 1 Gup		REC BLACK
6 Years Old & Under	Basic	Taeguk1	Taeguk 2	Taeguk 3	Taeguk 4	Taeguk 5	Taeguk 6	Taeguk 7	Taeguk 7	Taeguk 8	8-KORYO
7 & 8 Years Old	Basic	Taeguk1	Taeguk 2	Taeguk 3	Taeguk 4	Taeguk 5	Taeguk 6	Taeguk 7	Taeguk 7	Taeguk 8	8-KORYO
9 & 10 Years Old	Basic	Taeguk1	Taeguk 2	Taeguk 3	Taeguk 4	Taeguk 5	Taeguk 6	Taeguk 7	Taeguk 7	Taeguk 8	8-KEUMGANG
11 & 12 Years Old	Basic	Taeguk1	Taeguk 2	Taeguk 3	Taeguk 4	Taeguk 5	Taeguk 6	Taeguk 7	Taeguk 7	Taeguk 8	8-KEUMGANG
13 & 14 Years Old	Basic	Taeguk1	Taeguk 2	Taeguk 3	Taeguk 4	Taeguk 5	Taeguk 6	Taeguk 7	Taeguk 7	Taeguk 8	8-TAEBEK
15 to 17 Years Old	Basic	Taeguk1	Taeguk 2	Taeguk 3	Taeguk 4	Taeguk 5	Taeguk 6	Taeguk 7	Taeguk 7	Taeguk 8	KORYO-TAEBEK
18 to 30 Years Old	Basic	Taeguk1	Taeguk 2	Taeguk 3	Taeguk 4	Taeguk 5	Taeguk 6	Taeguk 7	Taeguk 7	Taeguk 8	KORYO-PYUNGWON
31 to 40 Years Old	Basic	Taeguk1	Taeguk 2	Taeguk 3	Taeguk 4	Taeguk 5	Taeguk 6	Taeguk 7	Taeguk 7	Taeguk 8	KORYO-PYUNGWON
41 to 50 Years Old	Basic	Taeguk1	Taeguk 2	Taeguk 3	Taeguk 4	Taeguk 5	Taeguk 6	Taeguk 7	Taeguk 7	Taeguk 8	KORYO- JITAE
51 Years Old & Over	Basic	Taeguk1	Taeguk 2	Taeguk 3	Taeguk 4	Taeguk 5	Taeguk 6	Taeguk 7	Taeguk 7	Taeguk 8	KORYO- JITAE

\*3<sup>RD</sup> POOM/DAN ages 13 & UP, ENCOURAGED FOR WORLD CLASS /RECOGNIZED POOMSAE COMPETITION ON SUNDAY 😊 \*

Note: Divisions may be separated or combined at the discretion of the Tournament Director due to the number of participants and/or for safety reasons.



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### SATURDAY NOV 9-RECREATIONAL DIVISIONS

First Name	Last Name	Gender <input type="checkbox"/> MALE <input type="checkbox"/> FEMALE
Date of Birth: (Month/Day/Year)	Address: (Address/City/ Province/Postal Code)	
Telephone Number	Email	Person with a Disability?: <input type="checkbox"/> YES <input type="checkbox"/> NO
Emergency Contact Person	TKD Ontario Membership# (TOM#)	ONTARIO RESIDENT <input type="checkbox"/> NON MEMBER- please add TO Fee \$35
Belt /rank	Weight (Kg)	NON-ONTARIO RESIDENT <input type="checkbox"/> Insurance Proof or <input type="checkbox"/> TO Fee \$35
Team Name	Coach Name	<input type="checkbox"/> Poomsae \$75 <input type="checkbox"/> Kyorugi \$75 <input type="checkbox"/> Both \$75

Note: Divisions may be separated or combined at the discretion of the Tournament Director due to the number of participants and/or for safety reasons.

#### Athlete (or Parent/Guardian if athlete is under 18) signature below:

*I have read the rules and hereby submit my application for registration in the Toronto Open2019 , Nov 9 & 10,2019 , hosted by Young Choung TaeKwonDo Academy. I release, hold harmless and indemnify Young Choung TaeKwonDo Academy from and against all claims, actions, costs and expenses and demand in respect to death, injury, loss or damage to my person or property, whosoever and howsoever caused, arising out of or in connection with my taking part in the event and notwithstanding that the same may have been contributed to or occasioned by any act or failure to act including, without limitation, of Young Choung TaeKwonDo Academy. or any of its staff. I further agree, that any pictures taken of or by me in connection with the said Championship can be used by the Tournament Director for publicity or promotion without compensation at this or any other time.*

\_\_\_\_\_  
 Signature of Applicant or Parent/Guardian if under 18

\_\_\_\_\_  
 Date



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### SUNDAY NOV 10-WORLD CLASS SPARRING

First Name	Last Name	GENDER <input type="checkbox"/> MALE <input type="checkbox"/> FEMALE
Date of Birth: (Month/Day/Year)	Address: (Address/City/ Province/Postal Code)	
Telephone Number	Email	TKD Ontario Membership# (TO#) <input type="checkbox"/> YES (TO#) <input type="checkbox"/> NO- please add TO Fee \$35 <input type="checkbox"/> Medical Declaration
Emergency Contact Person	Contact Telephone Number	NON ONTARIO RESIDENT <input type="checkbox"/> Insurance Proof or <input type="checkbox"/> TO Fee \$35 <input type="checkbox"/> Medical Declaration
Team Name	Coach Name	<input type="checkbox"/> Kyorugi \$85

### KYORUGI DIVISIONS:

	(circle fields)				(circle weight category)				
	World Class	B Class	Ultra						
<b>Senior</b>	World Class	B Class	Ultra	<b>MALE</b>	Under 58kg	Under 68kg	Under 80kg	Over 80kg	
	World Class	B Class	Ultra	<b>FEMALE</b>	Under 49kg	Under 57kg	Under 67kg	Over 67kg	
<b>Junior</b>	World Class	B Class		<b>MALE</b>	Under 48kg	Under 55kg	Under 63kg	Under 73k	Over 73kg
	World Class	B Class		<b>FEMALE</b>	Under 44kg	Under 49kg	Under 55kg	Under 63kg	Over 63kg
<b>Cadet</b>	World Class			<b>MALE</b>	Under 37kg	Under 45kg	Under 53kg	Under 61kg	Over 61kg
	World Class			<b>FEMALE</b>	Under 33kg	Under 41kg	Under 47kg	Under 55kg	Over 55kg

Note: Divisions may be separated or combined at the discretion of the Tournament Director due to the number of participants and/or for safety reasons.

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Signature of Applicant or Parent/Guardian if under 18

Date



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### SUN NOV 10- Individual Poomsae Competition

First Name	Last Name	GENDER <input type="checkbox"/> MALE <input type="checkbox"/> FEMALE
Date of Birth: (Month/Day/Year)	Address: (Address/City/ Province/Postal Code)	
Telephone Number	Email	TKD Ontario Membership# (TO#)  <input type="checkbox"/> NO- please add TO Fee \$35
Emergency Contact Person	Contact Telephone Number	NON ONTARIO RESIDENT <input type="checkbox"/> Insurance Proof or <input type="checkbox"/> TO Fee \$35
Team Name	Coach Name	<input type="checkbox"/> Recognized Poomsae \$85 <input type="checkbox"/> Freestyle Poomsae \$85

### Recognized + FREESTYLE DIVISIONS

AGE DIVISION	Male	Female	DESIGNATED COMPULSORY POOMSAE
12-14 Cadet			Taeguk 4 to Keumgang
15-17 Junior			Taeguk 4 to Taebek
18-30 Years Old			Taeguk 6 to Shipjin
31-40 Years Old			Taeguk 6 to Shipjin
41-50 Years Old			Taeguk 8 to Chonkwon
51+ Years Old			Koryo to Hansu

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Signature of Applicant or Parent/Guardian if under 18

Date



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### SUN NOV 10- TEAM/PAIR Poomsae Competition

<b>TEAM (Name, First and Last)</b> <input type="checkbox"/> Recognized Poomsae \$85	<b>PAIR (Name, First and Last)</b> <input type="checkbox"/> Recognized Poomsae \$85
1.	1.
2.	2.
3.	
4.	
5.	
Address (Main Contact)	
Email	Contact Telephone Number
Team / Pair Name	

### Pairs / Team / Freestyle *Please Select all that apply*

AGE DIVISION	Pair	Team	DESIGNATED COMPULSORY POOMSAE
CADET			Taeguk 4 to Keumgang
JUNIOR			Taeguk 4 to Taebek
UNDER 30			Taeguk 6 to Shipjin
OVER 30			Taeguk 8 to Chonkwon

- \*Pairs **must** be 1 male and 1 female
- \*Pairs or Teams **must** be in the same Age Division

### Athlete (or Parent/Guardian if athlete is under 18)

*I have read the rules and hereby submit my application for registration in the Toronto Open 2019 , Nov 9 & 10,2019 , hosted by Young Choung TaeKwonDo Academy. I release, hold harmless and indemnify Young Choung TaeKwonDo Academy from and against all claims, actions, costs and expenses and demand in respect to death, injury, loss or damage to my person or property, whosoever and howsoever caused, arising out of or in connection with my taking part in the event and notwithstanding that the same may have been contributed to or occasioned by any act or failure to act including, without limitation, of Young Choung TaeKwonDo Academy. or any of its staff. I further agree, that any pictures taken of or by me in connection with the said Championship can be used by the Tournament Director for publicity or promotion without compensation at this or any other time.*

Signature of Applicant or Parent/Guardian if under 18 Date



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Coach Registration		
First Name	Last Name	Gender <input type="checkbox"/> MALE <input type="checkbox"/> FEMALE
Address	City/Town	Province & Postal Code
Telephone Number	Email	Date of Birth: (Month/Day/Year)
Emergency Contact Person	Contact Telephone Number	<input type="checkbox"/> <b>Coach Fee \$35</b>
Team Name		
<b>Coach signature below:</b>		
<p><i>I have read the rules and hereby submit my application for registration in the Toronto Open 2019 , Nov 9 &amp; 10,2019 , hosted by Young Choung TaeKwonDo Academy. I release, hold harmless and indemnify Young Choung TaeKwonDo Academy from and against all claims, actions, costs and expenses and demand in respect to death, injury, loss or damage to my person or property, whosoever and howsoever caused, arising out of or in connection with my taking part in the event and notwithstanding that the same may have been contributed to or occasioned by any act or failure to act including, without limitation, of Young Choung TaeKwonDo Academy. or any of its staff. I further agree, that any pictures taken of or by me in connection with the said Championship can be used by the Tournament Director for publicity or promotion without compensation at this or any other time.</i></p>		
<hr/> Signature of Applicant or Parent/Guardian if under 18		<hr/> Date



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