

# TORONTO OPEN

TAEKWONDO CHAMPIONSHIPS



**SUNDAY NOV | 27 | 2022 at VARIETY VILLAGE**

**VARIETY VILLAGE ATHLETIC CENTRE**

**3701 Danforth Avenue**

**Scarborough, Ontario**

**EVENT INFORMATION / EMAIL REGISTRATION**

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

**ONLINE REGISTRATION:**

**<http://taekwondo-ontario.com/>**



**This Contest Is Sanctioned By Taekwondo Ontario,  
The Provincial Sport Organization (PSO)  
Officially Recognized By The Province Of Ontario.**



**"WHERE ART & SCIENCE MEET"**  
**VARIETY VILLAGE , TORONTO, CANADA**  
**TorontoOpenTaekwondo@gmail.com**

**Dear Friends,**

**We are pleased to present 2022 TORONTO OPEN™ at the Variety Village Athletic Centre at 3701 Danforth Avenue, Scarborough, Toronto on Sunday November 27, 2022**

**This event is to provide our Community a safe and enjoyable contest adopting World Taekwondo™ standards.**

**Kindly read the attached instructions for all details regarding registration deadlines, tournament rules, terms and conditions of participation, & competition schedule.**

**Should you have any questions or concerns at any time regarding this competition please contact us. [TorontoOpenTaekwondo@gmail.com](mailto:TorontoOpenTaekwondo@gmail.com)**

**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**



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**▶ PLEASE READ CAREFULLY**

**Thank you for your interest in the Toronto Open 2022 Taekwondo Championships. 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. I agree to allow Toronto Open 2022 Taekwondo Championships and their agents to capture myself on still image or video for the purposes of promoting the Toronto Open 2022 “Taekwondo Championships”**
- 3. I understand that Divisions may be separated or combined at the discretion of the Tournament Director / Event Staff due to the number of participants and/or for safety reasons.**
- 4. I understand for Insurance requirements for Ontario residents, participant must be a current Member of Taekwondo Ontario (Annual dues for \$35) <http://taekwondo-ontario.com/>**
- 5. As a condition of participation in this Taekwondo Championships I declare I am “fit to engage at THE 2022 TORONTO OPEN “Taekwondo Championships”.**
- 6. \*MEDICAL DECLARATION FORM (*\*Mandatory for World Class Kyorugi Contestants*)**

**I \_\_\_\_\_, hereby declare that I have not sustained any head injuries or concussions, fractures, dislocations or any other injuries that might put me at risk of further injuries in the last 60 days. If these or other injuries have occurred in the last 60 days, I will not participate in competition unless I provide Ontario Taekwondo Association (OTA) o/a Taekwondo Ontario with a letter from a licensed physician (e.g. my family physician) stating that I am medically fit to compete in a full head contact taekwondo sporting event. I confirm that no medical information has been knowingly withheld that could affect the decision as to whether I am medically fit to train and compete. I understand that Ontario Taekwondo Association (OTA) o/a Taekwondo Ontario, including its officials and medical team will not be held responsible for any injuries preceding or resulting from this sporting event.**

**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**

**Sunday, November 27, 2022**  
**VENUE: Variety Village Athletic Centre**  
**3701 Danforth Avenue**  
**Scarborough, Ontario**  
**M1N 2G2**

▶ **EVENT CONTACT INFORMATION**

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

▶ **REGISTRATION FEES ALL ATHLETES REQUIRE TAEKWONDO ONTARIO MEMBERSHIP**

▶ **RECREATIONAL (colour belt & black belt) DIVISIONS**

- \$80 for Poomsae OR Kyorugi
- \$100 (FOR BOTH EVENTS)

▶ **WORLD CLASS DIVISIONS**

- **KYORUGI** (Cadet, Jr, Sr) \$100
- **POOMSAE** (Cadet, Jr, U30, U40, O40) \$100

**Additional COACH PASS: \$25 PER COACH (ACCESS TO FIELD OF PLAY & VIP LUNCH)**

**\*1 complimentary Coaching Pass included per school**

**SPECTATORS:**

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

**RECEIVED by November 23<sup>rd</sup>, 2022**

- e-transfer to: [masterchoung@rogers.com](mailto:masterchoung@rogers.com)
- PayPal: [paypal.me/torontoopentaekwondo](https://paypal.me/torontoopentaekwondo)
- Online Registration System: [Taekwondo Ontario | \(taekwondo-ontario.com\)](http://taekwondo-ontario.com)



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## SUN NOV 27-RECREATIONAL TOURNAMENT

<b>First Name</b>	<b>Last Name</b>	<b>Gender</b> <input type="checkbox"/> MALE <input type="checkbox"/> FEMALE
<b>Date of Birth: (Month/Day/Year)</b>	<b>Address: (Address/City/ Province/Postal Code)</b>	
<b>Telephone Number</b>	<b>EMAIL</b>	<b>PERSON WITH A DISABILITY?:</b> <input type="checkbox"/> YES <input type="checkbox"/> NO
<b>Emergency Contact Person</b>	<b>TKD Ontario Membership# (TOM#)</b>	<b>ONTARIO RESIDENT</b> <input type="checkbox"/> NON MEMBER- please add TO Fee \$35
<b>Belt /rank</b>	<b>Weight (Kg)</b>	<b>NON-ONTARIO RESIDENT</b> <input type="checkbox"/> Insurance Proof or <input type="checkbox"/> TO Fee \$35
<b>Team Name</b>	<b>Coach Name</b>	<input type="checkbox"/> Poomsae \$80 <input type="checkbox"/> Kyorugi \$80 <input type="checkbox"/> Both \$100

*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 Open2022 , NOV 27, 2022, 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 27-WORLD CLASS SPARRING**

<b>First Name</b>	<b>Last Name</b>	<b>GENDER</b> <input type="checkbox"/> MALE <input type="checkbox"/> FEMALE
<b>Date of Birth: (Month/Day/Year)</b>	<b>Address: (Address/City/ Province/Postal Code)</b>	
<b>Telephone Number</b>	<b>Email</b>	<b>TKD Ontario Membership# (TO#)</b> <input type="checkbox"/> YES (TO#) _____ <input type="checkbox"/> NO- please add TO Fee \$35 <input type="checkbox"/> Medical Declaration
<b>Emergency Contact Person</b>	<b>Contact Telephone Number</b>	<b>NON ONTARIO RESIDENT</b> <input type="checkbox"/> Insurance Proof or <input type="checkbox"/> TO Fee \$35 <input type="checkbox"/> Medical Declaration
<b>Team Name</b>	<b>Coach Name</b>	<input type="checkbox"/> Kyorugi \$100.00

**KYORUGI DIVISIONS:**

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

**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 27- WORLD CLASS Individual Poomsae Competition

<b>First Name</b>	<b>Last Name</b>	<b>GENDER</b> <input type="checkbox"/> MALE <input type="checkbox"/> FEMALE
<b>Date of Birth: (Month/Day/Year)</b>	<b>Address: (Address/City/ Province/Postal Code)</b>	
<b>Telephone Number</b>	<b>Email</b>	<b>TKD Ontario Membership# (TO#)</b>  <input type="checkbox"/> NO- please add TO Fee \$35
<b>Emergency Contact Person</b>	<b>Contact Telephone Number</b>	<b>NON ONTARIO RESIDENT</b> <input type="checkbox"/> Insurance Proof or <input type="checkbox"/> TO Fee \$35
<b>Team Name</b>	<b>Coach Name</b>	<input type="checkbox"/> Recognized Poomsae \$100

### Recognized ***DIVISIONS***

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

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

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

\_\_\_\_\_  
**Date**



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## Coach Registration

<b>First Name</b>	<b>Last Name</b>	<b>Gender</b> <input type="checkbox"/> MALE <input type="checkbox"/> FEMALE
<b>Address</b>	<b>City/Town</b>	<b>Province &amp; Postal Code</b>
<b>Telephone Number</b>	<b>Email</b>	<b>Date of Birth: (Month/Day/Year)</b>
<b>Emergency Contact Person</b>	<b>Contact Telephone Number</b>	<input type="checkbox"/> <b>Coach Fee \$25</b>

**Team Name**

### Coach signature below:

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

\_\_\_\_\_  
**Date**



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**► RULES**

**POOMSAE & KYORUGI - COLOUR BELTS & RECREATIONAL BLACK BELT ALL AGES**

- **Single Elimination**
- **Manual Electronic Scoring System**
- **NO head contact**
- **1 Poomsae according to Age Category. Manual Judging.**

**WORLD CLASS KYORUGI - SENIOR, JUNIOR & \*CADET**

- **Cadet (12-14) Junior (15-17) & Senior Olympic (17+) : World Taekwondo® Rules.**
- **Single Elimination**
- **1st, 2nd, two 3rd place winners awarded for podium finish.**
- **KP&P® e-Helmets, Body Protector & Scoring System will be used.**

**WORLD CLASS BLACK BELT POOMSAE – CADET (12-14) JUNIOR(15-17) U30, U40, U50, 050**

- **World Taekwondo® Rules**
- **Electronic Scoring Instrument**
- **Two required Poomsae, announced by Friday Nov 25<sup>th</sup>.**
- **1st, 2nd, 3rd & 4th place awards**

**MANDATORY EQUIPMENT**

- **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.***
- **World Class Kyorugi 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 World Class Cadet, Junior & Senior.***
- **Recognized Poomsae- WORLD TAEKWONDO (WT®) style Y Neck Uniform for appropriate age division Recommended.**



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<b>Sunday November 27 2022</b>	
<b>8:00 AM</b> <b>Accreditation area</b>	<b>Accreditation area opens – WEIGHTS VERIFIED UPON ARRIVAL</b>
<b>8:00 AM</b> <b>World Class</b> <b>Competition Section</b>	<b>World Class Poomsae &amp; Sparring Divisions -Have Medical Declaration Forms ready at designated World Class Competition Area</b>
<b>8:00 AM</b>	<b>Meeting of Officials</b>
<b>8:30 AM call to staging</b>	<b>▶ COLOUR BELTS &amp; RECREATIONAL BLACK BELTS AGES <u>30 &amp; UP</u></b>
<b>9:00 AM call to staging</b>	<b>▶ 6 &amp; Under ▶ 7 &amp; 8 Year Olds</b>
<b>Followed by</b>	<b>▶ 9 &amp; 10 Year Olds</b>
<b>2:00 PM call to staging</b>	<b>▶ 11 &amp; 12 Year Olds</b>
<b>Followed by</b>	<b>▶ 13 &amp; 14 Year Olds</b>
<b>6:00 PM call to staging</b>	<b>▶ 15-17 Year Olds ▶ 18-29 Year Olds</b>
<b>Times are approximate &amp; subject to change.</b>	



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**Sunday, November 27,2022**

**World Class Recognized Poomsae Schedule**  
**KP&P® Poomsae Competition Scoring System.**

<b>08:30</b>	<b>CADET DIVISION</b>
<b>11:30</b>	<b>ALL 18+ : U30, U40, U50, 51+</b>
<b>12:00</b>	<b>JUNIOR DIVISION</b>

**World Class Kyorugi Schedule**  
**KP&P® Electronic Protector & Scoring System.**

<b>08:00</b>	<b>▶ DRAWS POSTED</b>
<b>08:30</b>	<b>▶ JUNIOR SPARRING</b>
<b>12:00</b>	<b>▶ CADET SPARRING</b>
<b>16:00</b>	<b>▶ SENIOR SPARRING</b>

**Times are  
approximate &  
subject to change.  
Awards at the ring  
after completion of  
the divisions**



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**RECREATIONAL POOMSAE DIVISIONS SEPARATED BY GENDER , RANK & AGE**

Age Group	Taeguk 1	Taeguk 2 or 3	Taeguk 4 or 5	Taeguk 6 or 7	Taeguk 7 or 8
6 & Under	WHITE/ YELLOW STRIPE	YELLOW/ GREEN STRIPE	GREEN/ BLUE STRIPE	BLUE/ RED STRIPE	RED/ BLACK STRIPE
7 & 8					
9 & 10					
11 & 12					
13 & 14					
15 to 17					
18 to 29					
30 to 39					
Over 40					

**RECREATIONAL SPARRING DIVISIONS SEPARATED BY GENDER ,RANK, SIZE & AGE**

Age Group	Light/Heavy	Light/Heavy	Light/Heavy	Light/Heavy	Light/Heavy
6 & Under	WHITE/ YELLOW STRIPE	YELLOW/ GREEN STRIPE	GREEN/ BLUE STRIPE	BLUE/ RED STRIPE	RED/ BLACK STRIPE
7 & 8					
9 & 10					
11 & 12					
13 & 14					
15 to 17					
18 to 29					
30 to 39					
Over 40					

**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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**RECREATIONAL BLACK BELT POOMSAE DIVISIONS SEPARATED BY GENDER , RANK & AGE**

<b>RECREATIONAL BLACK BELT POOMSAE</b>						
<b>6 &amp; Under</b>	<b>KORYO</b>  <b>1<sup>ST</sup> DAN/POOM</b>	<b>KEUMGANG</b>  <b>2<sup>ND</sup> DAN/POOM</b>	<b>TAEBEK</b>  <b>3<sup>RD</sup> DAN/POOM</b>	<b>PYUNGWON</b>  <b>4<sup>TH</sup> DAN/POOM</b>	<b>SIPJIN</b>  <b>5<sup>TH</sup> DAN</b>	<b>JITAE</b>  <b>6<sup>TH</sup> DAN</b>
<b>7 &amp; 8</b>						
<b>9 &amp; 10</b>						
<b>11 &amp; 12</b>						
<b>13 &amp; 14</b>						
<b>15 to 17</b>						
<b>18 to 29</b>						
<b>30 to 39</b>						
<b>Over 40</b>						

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

**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**

**RECREATIONAL BLACK BELT SPARRING DIVISIONS SEPARATED BY GENDER ,RANK, AGE & SIZE**

<b>RECREATIONAL BLACK BELT KYORUGI – NO HEAD CONTACT</b>			
<b>6 &amp; Under</b>	<b>LIGHT</b>	<b>MIDDLE</b>	<b>HEAVY</b>
<b>7 &amp; 8</b>			
<b>9 &amp; 10</b>			
<b>11 &amp; 12</b>			
<b>13 &amp; 14</b>			
<b>15 to 17</b>			
<b>18 to 29</b>			
<b>30 to 39</b>			
<b>Over 40</b>			

**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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## WORLD CLASS POOMSAE DIVISIONS

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

## WORLD CLASS KYORUGI DIVISIONS

<b>SR. 17+</b>	<b>MALE</b>	<b>Under 58kg</b>	<b>Under 68kg</b>		<b>Under 80kg</b>	<b>Over 80kg</b>
	<b>FEMALE</b>	<b>Under 49kg</b>	<b>Under 57kg</b>		<b>Under 67kg</b>	<b>Over 67kg</b>
<b>JR, 15-17</b>	<b>MALE</b>	<b>Under 48kg</b>	<b>Under 55kg</b>	<b>Under 63kg</b>	<b>Under 73k</b>	<b>Over 73kg</b>
	<b>FEMALE</b>	<b>Under 44kg</b>	<b>Under 49kg</b>	<b>Under 55kg</b>	<b>Under 63kg</b>	<b>Over 63kg</b>
<b>Cadet 12-14</b>	<b>MALE</b>	<b>Under 37kg</b>	<b>Under 45kg</b>	<b>Under 53kg</b>	<b>Under 61kg</b>	<b>Over 61kg</b>
	<b>FEMALE</b>	<b>Under 33kg</b>	<b>Under 41kg</b>	<b>Under 47kg</b>	<b>Under 55kg</b>	<b>Over 55kg</b>

**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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