

Sanctioned by:



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



Hosted by:



# 14th ANNUAL

# 2024 CHAMPIONSHIP

**Saturday,**  
**April 20th**  
**Admission \$10**  
Children 5 & under are FREE

**Ingersoll District Memorial Centre**  
97 Mutual St., Ingersoll, ON

**Registration: 8am**  
**Start time: 9am**

For More Information: 519.652.2299  
or 519.495.3189 or tristarkd@hotmail.com

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## TRI STAR TAEKWONDO

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February 4, 2024

Dear Club Owners, Masters, Instructors, and Taekwondo practitioners,

Tri Star Taekwondo would like to invite you to participate in our 14<sup>th</sup> Annual “**Tri Star Tae Kwon Do Championship**”. Our Tournament will be held on Saturday April 20, 2024, at **Ingersoll District Memorial Centre**, 97 Mutual St S, Ingersoll, ON, N5C 1S6.

This is a fully sanctioned Taekwondo Ontario event and as such World Taekwondo competition rules will be in effect for all black belt divisions and Taekwondo Ontario competition rules for all color belt divisions.

Please note that only **online registration** through Taekwondo Ontario is only available for this event. All competitors and coaches must be current 2023-2024 members of Taekwondo Ontario (Taekwondo Ontario membership is available online at [www.taekwondo-ontario.com/membership](http://www.taekwondo-ontario.com/membership)).

This is a pre-registration tournament, there will be no registration on the day of the competition. Registration deadline is **April 17**, so please ensure that you have your registration completed by this time.

In the meantime, if you have any questions, please do not hesitate to contact us at: **(519) 495-3189**. Email at: [tristartkd@hotmail.com](mailto:tristartkd@hotmail.com) Thank you for your interest and we look forward to seeing you on April 20, 2024.

Sincerely,

*Master Sai Visouvath*

Master Sai Visouvath  
Tournament Host

# **Tri Star Tae Kwon Do** **Championship**

## ***Colour & Black Belt Competition***

Hosted by: Tri Star Taekwondo

Saturday April 20, 2024

Sign In / Check In: 8:00 am

Start Time: 9:00 am

Colour Belts/Recreational Black Belt Competition fee:  
\$85.00 poomsae **or** sparring  
\$90.00 both event

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

**Ingersoll District Memorial Centre,**  
97 Mutual St S, Ingersoll, ON, N5C 1S6

For More Information:

519-495-3189

Email: [tristartkd@hotmail.com](mailto:tristartkd@hotmail.com)

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# *Tri Star Tae Kwon Do* *Championship*

**Hosted By:** Tri Star Taekwondo

**Competition Location:** **Ingersoll District Memorial Centre,**  
97 Mutual St S, Ingersoll, ON, N5C 1S6

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

**Tournament Begins:** 9:00am

**Registration:** Pre-registration \$85.00 poomsae **or** sparring / \$90.00 both event

**Coaches:** One free coach (must have a valid Kukkiwon) for every 10 athletes for a maximum of 5 coaches per school. Additional coaches pass may be purchased for \$20.00 a pass.

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

**Awards:** Forms: Gold, Silver & Bronze  
Sparring: Gold, Silver, Bronze & Bronze

**Rules:** Taekwondo Ontario colour rules apply to all  
\*\*\* White uniforms only for competition

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

**Sparring:** Colour Belts: best of three rounds  
Black Belts: best of three rounds

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# Competition Rules:

## Colour Belt Divisions

### Poomsae (Patterns)

- Participants may only perform mandatory Kukkiwon approved patterns
- Gold, Silver, Bronze place winners awards for podium finish
- Combination movements and ITF patterns are **NOT** allowed

### Sparring

- Single elimination, best of three rounds
- Manual electronic scoring system
- **NO head** contact will be permitted
- Gold, Silver, & 2 Bronze place winners awards for podium finish

## Black Belt Divisions

### Poomsae (Patterns)

- Participants may only perform mandatory Kukkiwon approved Black belt patterns

### Sparring

- Manual electronic scoring system
- **NO head** contact will be permitted
- Gold, Silver, and 2 Bronze place winners awards for podium finish

**Tournament host reserves the right to separate or combine the divisions at their discretion based on age, weight, height, and other discretionary factors.**

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# Pattern Divisions

<b>Colour Belt</b>						
<b>Mandatory Patterns</b>		<b>Taegeuk 1</b>	<b>Taegeuk 2 or 3</b>	<b>Taegeuk 4 or 5</b>	<b>Taegeuk 6 or 7</b>	<b>Taegeuk 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	<b>White/ Yellow Stripe</b>	<b>Yellow / Green Stripe</b>	<b>Green/ Blue Stripe</b>	<b>Blue/ Red Stripe</b>	<b>Red/ Black Stripe</b>
<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 29</b>	Separate					
<b>30 to 39</b>	Separate					
<b>40 +</b>	Separate					

<b>Black Belt</b>		
<b>Age</b>	<b>Male/Female</b>	<b>Mandatory Patterns</b>
<b>6 &amp; under</b>	Separate	<b>1<sup>st</sup> Dan/Poom</b> <b>Koryo</b>
<b>7 &amp; 8</b>	Separate	<b>2<sup>nd</sup> Dan/Poom</b> <b>Geumgang</b>
<b>9&amp;10</b>	Separate	<b>3<sup>rd</sup> Dan/Poom</b> <b>Taebaek</b>
<b>11 &amp; 12</b>	Separate	<b>4<sup>th</sup> Dan/Poom</b> <b>Pyongwon</b>
<b>13 &amp; 14</b>	Separate	<b>5<sup>th</sup> Dan</b> <b>Sipjin</b>
<b>15 to 17</b>	Separate	<b>6<sup>th</sup> Dan</b> <b>Jitae</b>
<b>18 to 29</b>	Separate	
<b>30 to 39</b>	Separate	
<b>40 +</b>	Separate	

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# Sparring Divisions

<b>Colour Belt</b>							
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 to 29	Separate	Light/Heavy					
30 to 39	Separate	Light/Heavy					
40 +	Separate	Light/Heavy					

<b>Recreational Black Belt (High Section not permitted)</b>		
Age	Male/Female	Weight
6 & under	Separate	Light / Middle / Heavy
7 & 8	Separate	
9&10	Separate	
11 & 12	Separate	
13 & 14	Separate	
15 to 17	Separate	
18 to 29	Separate	
30 to 39	Separate	
40 +	Separate	

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# Tournament Schedule

8:00 AM	Doors Open	
8:30 AM	Referee Meeting / Coaches Meeting	
9:00 AM	COMPETITION BEGINS	
Start Time	Age	Belt Levels / Rank
9:00 AM	8 and under	Colour belts
11:00 AM	9 - 10 yrs	Colour belts
1:00 PM	11 - 12 yrs	Colour belts
2:00 PM	12 and up	Colour Belts
2:00 PM	All Ages	Recreational Black Belts Poomsae and Sparring

Please arrive 30 minutes prior to your start time.

\*\* Times are approximate and subject to change \*\*

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