

“WHERE ART & SCIENCE MEET”  
TorontoOpenTaekwondo@gmail.com

# 2024 TORONTO OPEN

TAEKWONDO CHAMPIONSHIPS

SUNDAY NOVEMBER 17  
VARIETY VILLAGE  
3701 Danforth Ave. Toronto, ON



**This Contest Is Sanctioned by Taekwondo Ontario**  
The Provincial Sport Organization (PSO) Officially Recognized by The Province of Ontario.



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Dear Friends,

We are pleased to present 2024 TORONTO OPEN™ at the Variety Village Athletic Centre at 3701 Danforth Avenue, Scarborough, Toronto.

This event is to provide our community a safe and enjoyable contest adopting World Taekwondo™ standards. The 2024 TORONTO OPEN™ Taekwondo Championships will be on **SUNDAY NOVEMBER 17, 2024.**

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,

**Grandmaster Young Su Choung**

Host

**Master Rommel Cabanatan, ChPC**

Tournament Director



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# INFORMATION SUMMARY

<b>Tournament Site:</b>	<b>Variety Village Athletic Centre</b> 3701 Danforth Avenue Scarborough, Ontario M1N 2G2
<b>Date:</b>	<b>SUNDAY , NOVEMBER 17, 2024</b>
<b>Start Time:</b>	<b>Please arrive no earlier than 30 minutes before your call to staging time</b>
<b>Registration:</b>	<b>Online Registration Only</b> <a href="https://taekwondo-ontario.com">Taekwondo Ontario   Event Calendar (taekwondo-ontario.com)</a> Participants outside Ontario, please contact us via email at <a href="mailto:TorontoOpenTaekwondo@gmail.com">TorontoOpenTaekwondo@gmail.com</a>
<b>Deadline:</b>	All registrations must be received before November 13 <sup>th</sup> , 2024 <b>NO REGISTRATION AT THE DOOR</b>
<b>Fees:</b>	<ul style="list-style-type: none"><li>▶ <b>RECREATIONAL (colour belt &amp; black belt) DIVISIONS</b><ul style="list-style-type: none"><li>• \$80(+hst) for Patterns OR Sparring</li><li>• \$120(+hst) (FOR BOTH EVENTS)</li></ul></li><li>▶ <b>WORLD CLASS KYORUGI DIVISIONS</b><ul style="list-style-type: none"><li>• \$150 (+hst) Sparring (Cadet, Jr, Sr)</li></ul></li><li>▶ <b>COACHES</b><ul style="list-style-type: none"><li>• Coach passes can be purchased at \$25 each</li><li>• Teams with 5 or more registered athletes will receive 1 complimentary coaching pass to the field of play</li></ul></li><li>▶ <b>SPECTATORS:</b><ul style="list-style-type: none"><li>• \$10 ages 12 &amp; Up</li><li>• \$5 ages 7-11</li><li>• Registered Coaches, Athletes &amp; Children 6 &amp; under: FREE</li></ul></li></ul>
	1 <sup>st</sup> , 2 <sup>nd</sup> , or 3 <sup>rd</sup> place medals <b>All awards will be received on the mat after completion of division.</b>

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<b>Insurance:</b>	All participants must be current 2024-2025 members of Taekwondo Ontario. Non-residents of Ontario competing must provide proof of insurance or purchase one day insurance from Taekwondo Ontario at \$40.00. Non-members will not be permitted to participate and may result in loss of registration fee and/or disqualification.
<b>Mandatory Equipment:</b>	<ul style="list-style-type: none"><li>• 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.</li><li>• World Class Kyorugi Cadet, Junior &amp; Senior athletes must provide their own white WORLD TAEKWONDO (WT®) style uniform/equipment. (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&amp;P Sensor Socks are required for World Class Cadet, Junior &amp; Senior.</li></ul>
<b>General Inquiries:</b>	<b>Facebook Event Page</b> 2024 Toronto Open Taekwondo Championships <a href="mailto:TorontoOpenTaekwondo@gmail.com">TorontoOpenTaekwondo@gmail.com</a>



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# TOURNAMENT SCHEDULE

<b>SATURDAY NOVEMBER 16, 2024</b>	
5:00 PM	Early Accreditation & Pickup at Venue
6:00 PM-8:00 PM	Weigh Ins for World Class Divisions
<b>SUNDAY NOVEMBER 17, 2024</b>	
8:00 AM	Accreditation Area Opens
8:00 AM	Meeting of Officials
<b>8:30 AM</b>	<b>▶ All Colour Belts &amp; Recreational Black Belts <u>Ages 30 &amp; Up</u></b> <b>▶ World Class 15-17 Junior Sparring Divisions Begin (KPNP PSS)</b>
9:00 AM	▶ All Colour Belts & Recreational Black Belts 6 & Under
9:30 AM	▶ All Colour Belts & Recreational Black Belts 7 & 8 Year Olds
10:30 AM	▶ 9 & 10 Year Olds White To Green Stripe
11:00 AM	▶ 9 & 10 Year Olds Green To Blue Stripe
11:30 AM	▶ 9 & 10 Year Olds Blue To Red Stripe
12:00 PM	▶ 9 & 10 Year Olds Red To Black Stripe <b>▶ World Class 12-14 Cadet Sparring Divisions Begin (KPNP PSS)</b>
12:30 PM	▶ 9 & 10 Year Olds Recreational Black Belts
1:30 PM	▶ 11 & 12 Year Olds White To Green Stripe
2:00 PM	▶ 11 & 12 Year Olds Green To Blue Stripe

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2:30 PM	▶ 11 & 12 Year Olds Blue To Red Stripe
3:00 PM	▶ 11 & 12 Year Olds Red To Black Stripe
3:30 PM	▶ 11 & 12 Year Olds Recreational Black Belts
4:00 PM	▶ 13 & 14 Year Olds White To Green Stripe ▶ <b>World Class 17+ Senior Sparring Divisions Begin (KPNP PSS)</b>
4:30 PM	▶ 13 & 14 Year Olds Green To Red Stripe
5:00 PM	▶ 13 & 14 Year Olds Red To Black Stripe
5:30 PM	▶ 13 & 14 Year Olds Recreational Black Belts
6:00 PM	▶ <u>All</u> Colour Belts & Recreational Black Belts 15-17 Year Olds
6:30 PM	▶ <u>All</u> Colour Belts & Recreational Black Belts 18-29 Year Olds

**Times are approximate for calls to staging and are subject to change after registration deadline.**

# COMPETITION RULES

## RECREATIONAL - COLOR BELT & BLACK BELT

### Poomsae (Patterns)

- Participants may only perform mandatory Kukkiwon approved Black belt patterns
- **1st, 2nd, two 3rd place winners awarded for podium finish.**

### Kyorugi (Sparring)

- **Single Elimination . Best of 3 rounds**
- **Manual Electronic Scoring System**
- **NO head contact**
- **1st, 2nd, two 3rd place winners awarded for podium finish.**

## WORLD CLASS KYORUGI (SPARRING)

- **Cadet (12-14) Junior (15-17) & Senior Olympic (17+) •**
- **World Taekwondo® Rules. Head Contact Permitted.**
- **Single Elimination . Best of 3 rounds**
- **1st, 2nd, two 3rd place winners awarded for podium finish.**
- **KP&P® PSS e-Helmets, Body Protector & Scoring System will be used**
- *Tournament Host reserves the right to separate or combine the divisions at their discretion based on age, weight, height and other discretionary factors*

# PATTERNS DIVISIONS

Colour Belt						
Mandatory Patterns		Taegeuk 1	Taegeuk 2 or 3	Taegeuk 4 or 5	Taegeuk 6 or 7	Taegeuk 7 or 8
Age	Male/Female	Belt	Belt	Belt	Belt	Belt
6 & under	Separate	White/ Yellow Stripe	Yellow / Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
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					

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



# SPARRING DIVISIONS

Colour 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 to 29	Separate	Light/Heavy					
30 to 39	Separate	Light/Heavy					
40 +	Separate	Light/Heavy					

Recreational Black Belt (High Section not permitted)		
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	

## World Class Sparring (WT Rules)

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

# COACH REGISTRATION FORM

## Coaching Pass Policy

- Taekwondo school with five (5) or more competitors at 2024 Toronto Open Taekwondo Championships will receive 1 complimentary Coach accreditation to the field of play.
- Additional coach passes can be purchased at \$25 each
- **NO COACH REGISTRATION ON TOURNAMENT DAYS!**
- Please send us coaches list of names by Nov 13, 2024 [TorontoOpenTaekwondo@gmail.com](mailto:TorontoOpenTaekwondo@gmail.com) for accreditation.
- All coaches must be black belts and a good standing member of Taekwondo Ontario
- No one will be allowed on the floor without a coach's pass.

<b>Name:</b>	<b>E-Mail:</b>
<b>Address:</b>	<b>Phone #:</b>
<b>Taekwondo School:</b>	<b>Kukkiwon (Poom/Dan):</b>
1. Coach Name:	Kukkiwon No (Poom/Dan)
2. Coach Name:	Kukkiwon No (Poom/Dan)
3. Coach Name:	Kukkiwon No (Poom/Dan)
4. Coach Name:	Kukkiwon No (Poom/Dan)
5. Coach Name:	Kukkiwon No (Poom/Dan)