

Sanctioned by:



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

Hosted by:



15th ANNUAL

2025 CHAMPIONSHIP

Saturday,
April 12th

Admission \$10

Children 5 & under are FREE

**Thompson Arena
(Western University)**

1231 Western Rd, London ON

Registration: 8am

Start time: 9am

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

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TRI STAR TAEKWONDO

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www.tristartkd.com, tristartkd@hotmail.com

February 11, 2025

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

Tri Star Taekwondo would like to invite you to participate in our 15th Annual “**Tri Star Tae Kwon Do Championship**”. Our Tournament will be held on Saturday April 12th, 2025, at **Thompson Arena** (Western University) 1231 Western Rd, London, ON N6G 1H3

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 colour belt divisions.

Please note that only **online registration** through Taekwondo Ontario is available for this event. All competitors and coaches must be current 2024-2025 members of Taekwondo Ontario (Taekwondo Ontario membership is available online at 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 10th** 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, Thank you for your interest and we look forward to seeing you on April 12th, 2025.

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 12, 2025

Sign In / Check In: 8:00 am

Start Time: 9:00 am

Colour Belts/Recreational Black Belt Competition fee:
\$85.00 poomsae **or** sparring
\$95.00 both event

General Admission: \$10.00

(Children 5 and under are free)

Thompson Arena (Western University)
1231 Western Rd, London, ON N6G 1H3

For More Information:

519-495-3189

Email: tristartkd@hotmail.com

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Tri Star Tae Kwon Do *Championship*

Hosted By: Tri Star Taekwondo

Competition Location: **Thompson Arena** (Western University)
1231 Western Rd, London, ON N6G 1H3

Hotel:

Pre-Registration 8:00am
Pick Up:

Tournament Begins: 9:00am

Registration: Pre-registration \$85.00 poomsae **or** sparring / \$95.00 both event

Coaches: One free coach (must have a valid Kukkiwon) per school.
Additional coaches pass may be purchased for \$25.00 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, insteps, 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
 - Colour belts 1:00 minute rounds
 - Black belts 1:30 minute round
- 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

Colour belts 1:00 minute rounds

Black belts 1:30 minute rounds

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

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	1st Dan/Poom
7 & 8	Separate	
9&10	Separate	2nd Dan/Poom
11 & 12	Separate	3rd Dan/Poom
13 & 14	Separate	4th Dan/Poom
15 to 17	Separate	5th Dan
18 to 29	Separate	
30 to 39	Separate	6th Dan
40 +	Separate	

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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	

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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 45 minutes prior to your start time.

** Times are approximate and subject to change **

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Western Campus Map



Weekend parking: Complimentary
Lots P and S are closest to Thompson Recreation Center

<https://www.uwo.ca/parking/find/map.html>