



Dear Masters, Instructors and Club Owners;

Cambridge Taekwondo Academy is pleased to take this opportunity to personally invite you and your members to the First Annual **Tri-City Challenge** Taekwondo Competition being held on May 10, 2008, at Conestoga College, 299 Doon Valley Drive, Kitchener Ontario.

Our hope is to bring together many different Taekwondo Clubs from across the Province to compete at this event. It is with tournaments such as this that athletes get to come together to compete in a safe surrounding and gain valuable experience.

Enclosed is a tournament package including registration forms and OTA applications. Please make copies as necessary.

Pre-registration is available and is encouraged to alleviate long line ups at the door the day of competition. We will be allowing each club 1 coach per 5 competitors to a maximum of 6 coaches per club, please help us by sending in all coaching information in advance. Pre-registration deadline is April 30, 2008.

As this is an OTA sanctioned event, OTA color belt and WTF rules will apply. All competitors and coaches must be current OTA members.

Due to the restriction placed on us by Conestoga College, we are not able to sell food or beverages the day of the competition, therefore, we are offering you the opportunity to purchase a meal with your pre registration. Menu items and cost are included in the pages following. Please understand that only pre ordered meals will be available.

If you have any questions please do not hesitate to contact us at 519-624-8880 or cambridgetaekwondo@rogers.com.

Thank you for your interest and we hope to see you in May!!

Sincerely;

Laurie & Jason Earl
Cambridge Taekwondo Academy
1555 Bishop Street, Unit 5
Cambridge, ON
N1R 7J4
www.cambridgetaekwondoacademy.com

Sanctioned by : Ontario Taekwondo Association



TRI-CITY CHALLENGE

Hosted by: Cambridge Taekwondo Academy

SATURDAY MAY 10, 2008

**Conestoga College
299 Doon Valley Drive, Kitchener**

Athlete Pre-Registration: \$45.00

(money order or certified funds, no personal cheques please)

Athlete Registration: \$55.00 (cash only at the door)

Coach Registration: FREE

(1 coach per 5 athletes, to a maximum of 6 per club)

Color Belt Registration 8:00 am to 9:30 am

Color Belt Competition begins 10:00 am

Black Belt Registration 1:00 pm to 2:30 pm

**Black Belt Competition begins 3:00 pm (approximate time,
depending on number of color belt competitors)**

**Spectator Fee: \$5.00 per person or \$2.00 and donation
to the food bank.**

(children 6 and under free)

**Pre ordered meals available for athletes, coaches and
family members. Cost and selection are included in this
package, and will be available as a “pre-order” only.**



Date: **Saturday May 10, 2008**

Location: **Conestoga College
299 Doon Valley Drive, Kitchener, ON**

Pre-Registration: Deadline is April 30, 2008 (Certified cheque or money order, no personal cheques please)

Mail to:

1555 Bishop Street, Unit 5, Cambridge, ON N1R 7J4

Fees: **\$45.00 pre-registration** 1 or 2 events Certified cheque or money order, no personal cheques please.

\$55.00 at the door, 1 or 2 events (CASH only)

Coaches – FREE (1 coach per 5 competitors to a maximum of 6 per club)

OTA membership must be current for all coaches and competitors. Membership will be checked at the door.

\$15.00 OTA membership will apply if not a current member.

Spectator fee: \$5.00 per person or \$2.00 plus donation to the food bank (children 6 and under FREE)

Times: Color Belt Registration 8:00 am to 9:30 am
Color Belt Competition begins at 10:00 am
Black Belt Registration 1:00 pm to 2:30 pm
Black Belt Competition begins at 3:00 pm
(time dependent on number of color belt competitors)

Equipment: **Mandatory WTF Approved equipment** for all ages and divisions (must be provided by athlete)
Shin and arm guards, male or female groin protection, head gear, trunk protector, mouth guard.

Rules: WTF competition rules apply to Black Belt ages 14-29
OTA color belt rules apply to all others (no high section for ages 13 and under)

Rounds: White to Blue Stripe ages up to and including 13: 1 round of 1.5 minutes
White to Blue Stripe ages 14 and over: 1 round of 2 minutes
Blue to Black Stripe ages up to and including 13: 2 rounds of 1 minutes, 30 second break
Blue to Black Stripe ages 14 and over: 2 rounds of 1.5 minutes, 30 second break
Junior Black Belts ages up to and including 13: 2 rounds of 1.5 minutes, 30 second break
Junior & Senior Black Belts ages 14 and over: 2 rounds of 2 minutes, 45 second break.

Sanctioned by : Ontario Taekwondo Association



COLOR BELT COMPETITOR REGISTRATION FORM

NAME: _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

AGE: _____ SEX: _____ BELT: _____ WEIGHT: _____

TAEKWONDO SCHOOL: _____

MASTER/INSTRUCTOR: _____

PRE-REGISTRATION FEE: \$45.00 (1 OR BOTH EVENTS)

REGISTRATION FEE: \$55.00 (1 OR BOTH EVENTS)

2008-2009 OTA MEMBER YES _____ NO _____

LIABILITY WAIVER

I have read the rules and hereby submit my application to the Tri-City Challenge. I understand that my participation involves certain risks and regardless of the precautions taken by the organizers, some injuries may occur. I agree to waive claims against any persons connected to this tournament and hold harmless the tournament host, their representatives, and competitors for any injuries I may sustain and likewise assume full responsibility for all my actions in connection with said tournament. I further agree that any pictures taken of or by me in connection with said tournament can be used by the Tournament Director for publicity and promotion without compensation at this or any other time.

SIGNATURE: _____ DATE: _____

SIGNATURE OF PARENT/GUARDIAN (if under 18): _____

SPARRING

NAME: _____

TKD CLUB: _____

BELT: _____

AGE: _____ WEIGHT: _____

PLACE: _____

PATTERNS

NAME: _____

TKD CLUB: _____

BELT: _____

AGE: _____

PLACE: _____



BLACK BELT COMPETITOR REGISTRATION FORM

NAME: _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

AGE: _____ SEX: _____ DAN/POOM: _____ WEIGHT: _____ KUKKIWON # _____

TAEKWONDO SCHOOL: _____

MASTER/INSTRUCTOR: _____

PRE-REGISTRATION FEE: \$45.00 (1 OR BOTH EVENTS)

REGISTRATION FEE: \$55.00 (1 OR BOTH EVENTS)

2008-2009 OTA MEMBER YES _____ NO _____

LIABILITY WAIVER

I have read the rules and hereby submit my application to the Tri-City Challenge. I understand that my participation involves certain risks and regardless of the precautions taken by the organizers, some injuries may occur. I agree to waive claims against any persons connected to this tournament and hold harmless the tournament host, their representatives, and competitors for any injuries I may sustain and likewise assume full responsibility for all my actions in connection with said tournament. I further agree that any pictures taken of or by me in connection with said tournament can be used by the Tournament Director for publicity and promotion without compensation at this or any other time.

SIGNATURE: _____ DATE: _____

SIGNATURE OF PARENT/GUARDIAN (if under 18): _____

SPARRING

NAME: _____

TKD CLUB: _____

DAN/ POOM _____

AGE: _____ WEIGHT: _____

PLACE: _____

PATTERNS

NAME: _____

TKD CLUB: _____

DAN/POOM: _____

AGE: _____

PLACE: _____



COACHES REGISTRATION FORM

(must be a minimum of 15 years of age, and holder of minimum 1st Dan Kukkiwon)

NAME: _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

AGE: _____ SEX: _____ BELT: _____ WEIGHT: _____

KUKKIWON #: _____

TAEKWONDO SCHOOL: _____

2008-2009 OTA MEMBER YES _____ NO _____

LIABILITY WAIVER

I have read the rules and hereby submit my application to the Tri-City Challenge. I understand that my participation involves certain risks and regardless of the precautions taken by the organizers, some injuries may occur. I agree to waive claims against any persons connected to this tournament and hold harmless the tournament host, their representatives, and competitors for any injuries I may sustain and likewise assume full responsibility for all my actions in connection with said tournament. I further agree that any pictures taken of or by me in connection with said tournament can be used by the Tournament Director for publicity and promotion without compensation at this or any other time.

SIGNATURE: _____ DATE: _____



CAMBRIDGE TAEKWONDO ACADEMY

COLOR BELT DIVISION PATTERNS

AGE	MALE/FEMALE	WEIGHT	BELT	BELT	BELT	BELT	BELT
Special Needs	Together	None	ALL				
5 yr & Under	Together	None	White/Yellow Stripe	Yellow/Green Stripe	Green/ Blue Stripe	Blue/Red Stripe	Red/Black Stripe
6 – 7 years	Together	None	White/Yellow Stripe	Yellow/Green Stripe	Green/ Blue Stripe	Blue/Red Stripe	Red/Black Stripe
8 – 9 years	Together	None	White/Yellow Stripe	Yellow/Green Stripe	Green/ Blue Stripe	Blue/Red Stripe	Red/Black Stripe
10 – 11 years	Together	None	White/Yellow Stripe	Yellow/Green Stripe	Green/ Blue Stripe	Blue/Red Stripe	Red/Black Stripe
12 – 13 years	Together	None	White/Yellow Stripe	Yellow/Green Stripe	Green/ Blue Stripe	Blue/Red Stripe	Red/Black Stripe
14 – 16 years	Together	None	White/Yellow Stripe	Yellow/Green Stripe	Green/ Blue Stripe	Blue/Red Stripe	Red/Black Stripe
17 – 25 years	Together	None	White/Yellow Stripe	Yellow/Green Stripe	Green/ Blue Stripe	Blue/Red Stripe	Red/Black Stripe
26-35 years	Together	None	White/Yellow Stripe	Yellow/Green Stripe	Green/ Blue Stripe	Blue/Red Stripe	Red/Black Stripe
36 & Older	Together	None	White/Yellow Stripe	Yellow/Green Stripe	Green/ Blue Stripe	Blue/Red Stripe	Red/Black Stripe

SPARRING

AGE	MALE/FEMALE	WEIGHT	BELT	BELT	BELT	BELT	BELT
Special Needs	Together	None	ALL				
5 yr & Under	Together	Light/Heavy	White/Yellow Stripe	Yellow/Green Stripe	Green/ Blue Stripe	Blue/Red Stripe	Red/Black Stripe
6- 7 years	Separate	Light/Heavy	White/Yellow Stripe	Yellow/Green Stripe	Green/ Blue Stripe	Blue/Red Stripe	Red/Black Stripe
8-9 years	Separate	Light/Heavy	White/Yellow Stripe	Yellow/Green Stripe	Green/ Blue Stripe	Blue/Red Stripe	Red/Black Stripe
10-11 years	Separate	Light/Heavy	White/Yellow Stripe	Yellow/Green Stripe	Green/ Blue Stripe	Blue/Red Stripe	Red/Black Stripe
12-13 years	Separate	Light/Heavy	White/Yellow Stripe	Yellow/Green Stripe	Green/ Blue Stripe	Blue/Red Stripe	Red/Black Stripe
14-16 years	Separate	Light/Heavy	White/Yellow Stripe	Yellow/Green Stripe	Green/ Blue Stripe	Blue/Red Stripe	Red/Black Stripe
17-25 years	Separate	Light/Heavy	White/Yellow Stripe	Yellow/Green Stripe	Green/ Blue Stripe	Blue/Red Stripe	Red/Black Stripe
26-35 years	Separate	Light/Heavy	White/Yellow Stripe	Yellow/Green Stripe	Green/ Blue Stripe	Blue/Red Stripe	Red/Black Stripe
36 & Older	Separate	Light/Heavy	White/Yellow Stripe	Yellow/Green Stripe	Green/ Blue Stripe	Blue/Red Stripe	Red/Black Stripe

Sanctioned by : Ontario Taekwondo Association



BLACK BELT DIVISIONS PATTERNS

AGE	MALE/FEMALE	WEIGHT	BELT	BELT	BELT
Special Needs	Together	None	ALL		
7 yrs & Under	Together	None	1 st Poom	2 nd Poom & Up	
8 – 13 years	Together	None	1 st Poom	2 nd Poom & Up	
14 – 16 years	Together	None	1 st Poom/Dan	2 nd Poom/Dan & Up	
17 – 29 years	Together	None	1 st Dan	2 nd Dan & Up	
Executive 30 years & Older	Together	None	1 st Dan	2 nd Dan & Up	

SPARRING

AGE	MALE/FEMALE	WEIGHT	BELT
Special Needs	Together	None	ALL
	Separate	Light/Heavy	All Levels
7 yr & Under			
	Separate	Light/Heavy	All Levels
8-9 years			
	Separate	Light/Heavy	All Levels
10-11 years			
	Separate	Light/Heavy	All Levels
12-13 years			
	Separate	Light/Heavy	All Levels
14-16 years			
	Separate	Fin/Fly	All Levels
17-29 years			
	Separate	Bantam / Feather	All Levels
17-29 years			
	Separate	Light/ Welter	All Levels
17-29 years			
	Separate	Middle/Heavy	All Levels
17-29 years			
	Separate	Light/Heavy	All Levels
30-35 years			
	Separate	Light/Heavy	All Levels
Executive 36 years & Older			



Directions From Toronto

	HWY-401 COLLECTORS W becomes PROVINCIAL ROUTE 401 W.	42.2 miles
	Take the HOMER WATSON BOULEVARD / RR-28 exit- EXIT 275- toward KITCHENER.	0.3 miles
	Turn SLIGHT RIGHT onto HOMER WATSON BLVD / RR-28.	0.2 miles
	Turn RIGHT onto CONESTOGA COLLEGE BLVD.	0.2 miles
	CONESTOGA COLLEGE BLVD becomes DOON VALLEY DR.	0.1 miles
	End at 299 Doon Valley Drive Kitchener	

Directions from London

	Merge onto PROVINCIAL ROUTE 401 E.	52.5 miles
	Take the HOMER WATSON BLVD. / RR-28 / FOUNTAIN ST. exit- EXIT 275- toward KITCHENER / CAMBRIDGE.	0.3 miles
	Turn LEFT onto RR-28 / FOUNTAIN ST S / HOMER WATSON BLVD. Continue to follow RR-28 / HOMER WATSON BLVD.	0.5 miles
	Turn RIGHT onto CONESTOGA COLLEGE BLVD.	0.2 miles
	CONESTOGA COLLEGE BLVD becomes DOON VALLEY DR.	0.1 miles
	End at 299 Doon Valley Drive Kitchener	



**LUNCH MENU
PRE ORDER ONLY
MUST ACCOMPANY ATHLETE OR COACH PRE REGISTRATION**

**Please select the items you would like to purchase.
Payment must be included with registration.**

Name: _____

Athlete Name: _____

Coaches Name: _____

Club Name: _____

- | | |
|--|---------------|
| <input type="checkbox"/> Chili & Bun with Side Salad | \$7.00 |
| <input type="checkbox"/> Meatballs & Rice with Side Salad | \$7.00 |

Includes choice of Dessert and Beverage

Beverages include, coffee, water, pepsi, diet pepsi, sprite, root beer or ice tea.