



# TRISTAR TAEKWONDO

2320 Main St. Unit 5 (Lambeth) London, Ontario N6P 1A9

(519)652-2299, (519)495-3189

[www.tristartkd.com](http://www.tristartkd.com), [tristartkd@hotmail.com](mailto:tristartkd@hotmail.com)

August 10, 2009

Dear Club Owners, Masters and Instructors,

Tri Star Taekwondo would like to invite you to participate in our 4<sup>th</sup> Annual tournament "**Tri Star Tae Kwon Do Championship**". Our Tournament will be held on Saturday October 3, 2009, at **Conestoga College Recreation Centre** 299 Doon Valley Drive Kitchener, ON.. This is an O.T.A. sanctioned tournament. WTF rules will apply to the black belt competition between the ages of 13 to 29. O.T.A. colour belt rules will apply to all other divisions.

Please note that all competitors and coaches must be current 2008-2009 members of the Ontario Taekwondo Association. (All membership application forms are available on the OTA website)

Enclosed is a tournament package including entry forms. Please make copies as necessary. Pre- registration for competitors will be \$55 for sparring and patterns. Please submit forms with a certified cheque or money order to the address above by **September 30, 2009**.

**NOTE:** There will be no registration the on the day of the competition.

In the meantime, if you have any questions, please do not hesitate to contact us at:

**Tri Star Taekwondo (519)652-2299 or (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 October 3, 2009.

Sincerely,

*Master Sai Visouvath*

Master Sai Visouvath  
Tournament Director

# *Tri Star Tae Kwon Do* *Championship*

## *Colour & Black Belt Competition*

Hosted by: *Tri Star Taekwondo*

October 3, 2009

Sign In / Check In: 8:30 am

Start Time: 10:00 am

Competition fee: \$55.00 1 or 2 events

General Admission: \$5.00

(Children 5 and under are free)

[Conestoga College Recreation Centre](#)

299 Doon Valley Drive Kitchener, ON

For More Information:

519-652-2299

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

Sanctioned by  
The Ontario Taekwondo Association

*The Ontario Taekwondo Association is officially recognized by the Ministry of Health*

# Tri Star Tae Kwon Do Championship

**Hosted By:** Tri Star Taekwondo

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

**Pre – Registration**

**Pick Up:** 8:30am

**Tournament Begins:** 10:00am

**Registration:** Pre-registration \$55.00(certified cheques or money order only)  
Mail to: Tri Star Taekwondo  
2320 Main St. Unit 5 (Lambeth)  
London, Ontario N6P 1A9

**Admission:** Adults - \$5.00 each  
Children – FREE (6 and under)

**Awards:** Forms: Gold, Silver & Bronze  
Sparring: Gold, Silver, Bronze & Bronze  
**All Children 6 years and under will Receive a Trophy (PATTERNS ONLY)**

**Rules:** WTF rules apply to Black Belt sparring 13 – 29  
OTA colour belt rules apply to all others

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

**Sparring:** Colour Belts under 12: 1 round of 1.5 minutes  
Colour Belts 13+: 2 rounds of 1 minute  
Black Belts: 2 rounds of 1.5 minutes

## Colour Belt Divisions PATTERNS

AGE	Male/Female	Weights	Belt	Belt	Belt	Belt	Belt
Special Needs	Together	None	All				
5 & under	Together	None	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
6 - 7	Together	None	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
8 - 9	Together	None	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
10 - 11	Together	None	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
12 - 13	Together	None	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
14 - 15	Together	None	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
16 - 29	Together	None	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
30 & over	Together	None	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe

## Colour Belt Divisions SPARRING

AGE	Male/Female	Weights	Belt	Belt	Belt	Belt	Belt
Special Needs	Together	Light/Heavy	All				
5 & under	Separate	Light/Heavy	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
6 - 7	Separate	Light/Heavy	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
8 - 9	Separate	Light/Heavy	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
10 - 11	Separate	Light/Heavy	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
12 - 13	Separate	Light/Heavy	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
14 - 15	Separate	Light/Heavy	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
16 - 17	Separate	Light/Heavy	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
18 - 29	Separate	Light/Heavy	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
30 - 40	Separate	Light/Heavy	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
41 & up	Separate	Light/Heavy	White/Yellow Stripe	Yellow/ Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe

## Black Belt Divisions PATTERNS

AGE	Male/Female	Weights	Belt	Belt	Belt
Special Needs	Together	None	All		
5 & Under	Together	None	All		
6 - 7	Together	None	All		
8 - 9	Together	None	All		
10 - 11	Together	None	1 <sup>st</sup> Poom	2 <sup>nd</sup> Poom	-
12 - 13	Together	None	1 <sup>st</sup> Poom	2 <sup>nd</sup> Poom	-
14 - 15	Together	None	1 <sup>st</sup> Dan	2 <sup>nd</sup> Dan	-
16 - 29	Together	None	1 <sup>st</sup> Dan	2 <sup>nd</sup> Dan	3 <sup>rd</sup> dan & up
30 & up	Together	None	1 <sup>st</sup> Dan	2 <sup>nd</sup> Dan	3 <sup>rd</sup> Dan & up

## Black Belt Divisions SPARRING

AGE	Male	Female	Weights	Belt
8 & under	Male	Female	Light/Heavy	All
9 - 10	Male	Female	Light/Heavy	All
11 - 12	Male	Female	Light/Heavy	All
13 - 14	Male	Female	Light/Heavy	All
15 - 16	Male	Female	Light/Heavy	All
17 - 29	58kg & under	49kg & under	Fin/Fly	All
17 - 29	58.1kg - 68kg	49.1kg - 57kg	Bantam/Feather	All
17 - 29	68.1kg - 80kg	57.1kg - 67kg	Light/Welter	All
17 - 29	Over 80.1kg	Over 67.1kg	Middle/Heavy	All
30 - 39	Male	Female	Light/Heavy	All
40 & over	Male	Female	Light/Heavy	All

**Divisions may be separated or combined at the discretion of the tournament director/coordinator depending upon the number of participants entered into the competition.**

# Tri Star Tae Kwon Do Championship

**Saturday, October 3, 2009**

**Conestoga College Recreation Centre 299 Doon Valley Drive Kitchener, ON**

**Hosted by: Tri Star Tae Kwon Do**

## ENTRY FORM

NAME: \_\_\_\_\_  
----- Please Print Neatly -----

AGE: \_\_\_\_\_ SEX: \_\_\_\_\_ BELT: \_\_\_\_\_ WEIGHT: \_\_\_\_\_ HEIGHT: \_\_\_\_\_

TAEKWONDO SCHOOL: \_\_\_\_\_

MASTER OR INSTRUCTOR: \_\_\_\_\_

FEE: **\$55** (For one, two or both events)

OTA MEMBER: \_\_\_\_\_ NUMBER: \_\_\_\_\_

### LIABILITY WAIVER

I have read the rules and hereby submit my application for registration in the **Tri Star Tae Kwon Do Championship**. I understand that my participation involves certain risks and regardless of the precautions taken by organizers, some injuries may occur. I agree to waive claims against any persons connected with 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 the said tournament can be used by the Tournament Director for publicity or promotion without compensation at this or any other time.







SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

SIGNATURE OF PARENT/GUARDIAN (If under 18 years): \_\_\_\_\_







<u>SPARRING</u>	<u>PATTERNS</u>
NAME: _____	NAME: _____
TKD SCHOOL: _____	TKD SCHOOL: _____
AGE: _____ BELT: _____	AGE: _____ BELT: _____
HEIGHT: _____ WEIGHT: _____	HEIGHT: _____ WEIGHT: _____
PLACE: _____	PLACE: _____

# Tri Star Tae Kwon Do Championship

## 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	