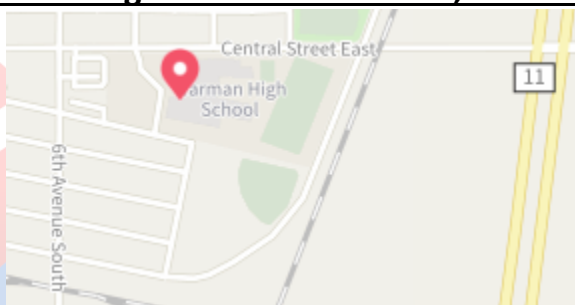


# GTMA Provincial Taekwon-Do Championships



**You are invited to the 2019 GTMA Provincial Championships on April 27, 2019 at the Warman High School in Warman, Saskatchewan!**



## Amenities:

- Free parking, washrooms and change rooms.
- Food and beverages will be available on site for purchase (cash only). Black Pepper Pizza will be on site as well as a small concession. Volunteers and officials eat for free.
- Tim Hortons, Subway and other establishments within walking distance.

A group rate at the Days Inn Warman (306-477-3297) has been arranged. Contact your instructor or e-mail [mcdowelltkd@yahoo.ca](mailto:mcdowelltkd@yahoo.ca) for details.

## Events:

1. Patterns.
2. Continuous free sparring.

Those who place first overall within their divisions will be declared as Provincial Champions! Black Belts (Junior: under 18; Senior: 18 to 35; Advanced Senior: 36+) who place 1<sup>st</sup> overall will be declared as Grand Champions. An award for the out of town club with the most registered participants will also receive an award.

Registration fees:

Early bird (prior to March 25<sup>st</sup>): \$50.00

Regular (after March 25<sup>st</sup>): \$60.00

Black Belts (those who ref and judge): \$15.00

Entrance fee: \$2.00, age five and under are free. Volunteers and officials will enter for free.

Payments can be made by cheque or e-transfer. Please make cheques payable to *McDowell Martial Arts* and can be mailed to the address below. E-transfers can be sent to [mcdowelltkd@yahoo.ca](mailto:mcdowelltkd@yahoo.ca) using the password: **warman**. Unfortunately, those who do not use the designated password will not be accepted. Once your registration has been processed, you will receive a confirmation e-mail.

Mailing address:

McDowell Martial Arts

C/O The Legends Centre

701 Centennial Blvd, Warman SK S0K 4S2

The deadline to register is Monday April 15th. This will give the organizers time to review and organize the divisions prior to tournament day. Late registrations will not be accepted.

All participants will be required to wear approved:

1. Protective hand and foot gear (shin pads are optional)
2. Head gear (Black Belt's over 18 are optional, but recommended)
3. Mouth guards
4. Protective cup (male participants).

There will be no exceptions.

A small selection of sparring gear and mouth guards may be available for purchase. However, it recommended that you bring your own.

The tournament rules can be found on the reverse side.

Schedule (subject to change):

9:00am to 9:45am	Registration and preparation
9:45am	Opening ceremonies
10:00am	Patterns begin
12:30pm	Lunch (approximately)
1:00pm	Sparring begins

Up to the minute information can be located on the Facebook event page at:

<https://www.facebook.com/events/274374836714174/>

**Tournament Rules**  
***We shall all respect each other as Martial Artists.***

**Patterns**

Patterns are scored on the basis of accuracy, balance, timing of movements, smoothness, breath control, power, rhythmic movement, and beauty. Each of three/five judges independently determines a winner and loser. Decisions are indicated by hand signals or flags by each judge. No tie decisions are allowed.

Participants who have a yellow belt or below and are 9 years of age or under will be allowed to repeat a pattern once if they make a mistake or freeze without penalty. All other participants will not be allowed a repeat.

**Individual Black Belt**

1 <sup>st</sup> Degree:	Jee Goo, Kwang Gae, Po Eun, Gae Baek
2 <sup>nd</sup> Degree:	Eui Am, Choong Jang, Go Dang, Jook Am
3 <sup>rd</sup> Degree:	Samm Il, Yu Shin, Ghoi Young, Pyung Hwa
4 <sup>th</sup> Degree:	Yun Gae, Ul Ji, Moon Moo, Sun Duk

**Coloured Belts**

White:	Saju-Jirugi or Saju-Makgi (4 direction punch, 4 direction block)
Yellow Stripe(s):	Chon Ji or Saju-Jirugi or Saju-Makgi
Yellow:	Dan Gun or Chon Ji
Green Stripe(s):	Do San or Dan Gun
Green:	Won Hyo or Do San
Blue Stripe(s):	Yul Gok or Won Hyo
Blue:	Joong Gun, Jee Sang or Yul Gok
Red Stripe(s):	Toi Gye, Joong Gun, Jee Sang or Dhan Goon
Red Belt:	Hwa Rang, Dhan Goon or Toi Gye
Black Stripe(s):	Choong Moo or Hwa Rang

**Sparring**

Coloured belt matches are 1.5 minutes and black belt matches consist of a single 2 minute round. If there is no score or a score is tied, an additional 1 minute round is allowed after a 1 minute interval (break). If a contestant is unable to continue the match due to injury, the party responsible for the injury will be disqualified. If no responsibility can be determined, the four judges will decide the winner. Each of four/three judges independently determines a winner and a loser. Decisions are indicated by a flag of the winner's colour being raised. Contact is light to medium.

**Points** are scored with both offensive and defensive moves. For an offensive move to be awarded points, an appropriate attacking tool must lightly touch a vital spot, and must be delivered in a controlled manner with correct posture. For a defensive move to be awarded points, the appropriate blocking tool must be used at the proper distance with complete balance maintained. The block must also be powerful and accurate, and the attacker's balance must be broken.

Within the above criteria, points are awarded as follows:

**1 pt:** - hand attack to mid or high section (upper torso or head), with feet on the ground  
foot attack to mid-section, with one foot on the ground perfect block with feet on the ground

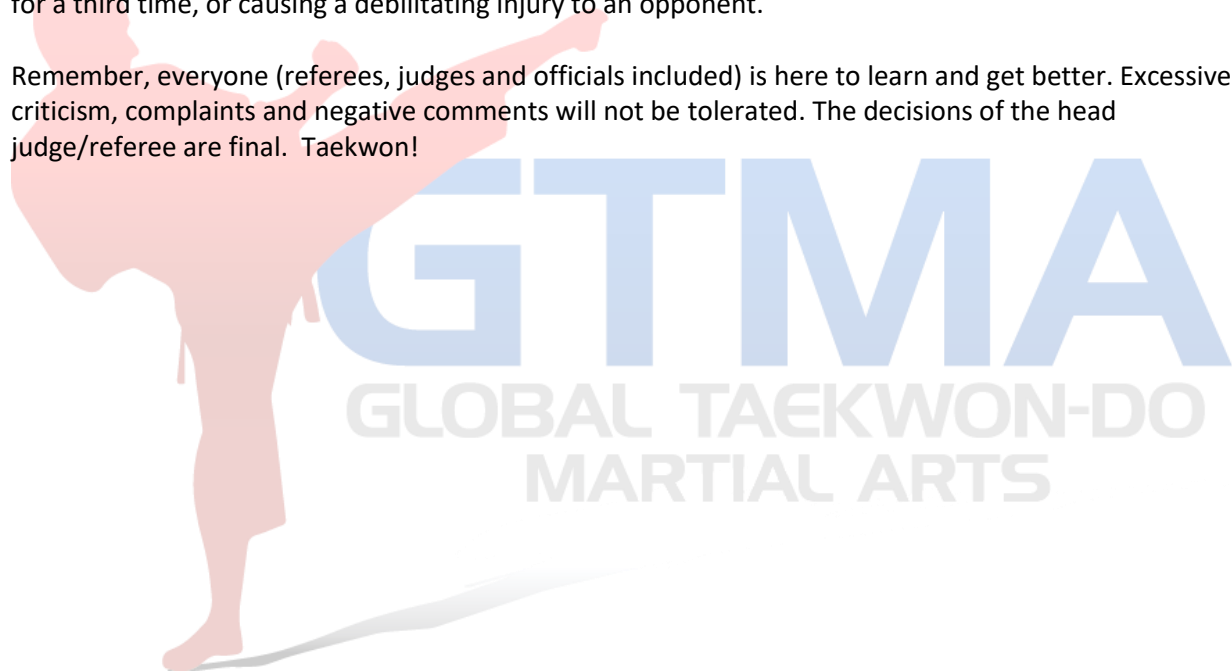
**2 pts:** - foot attack to high section, with one foot on the ground, hand attack with both feet off the ground jumping or flying kick to the mid-section, with feet off the ground.

**3 pts:** - jumping or flying kicks to the high section, with feet off the ground.

**Fouls:** Warnings are given for stepping out of the ring with both feet, falling down, attacking a fallen opponent, pushing, excessive contact, intentionally avoiding close contact, holding or clawing. A minus point is assigned for every three warnings. One minus point is given for hard (extreme) contact, loss of temper, insulting an opponent in any way, biting or scratching. Three minus points will result in disqualification.

Contestants will be disqualified for misconduct against the referee, intentionally attacking an illegal vital spot which disables the opponent, committing more than three fouls, ignoring the referee's instructions for a third time, or causing a debilitating injury to an opponent.

Remember, everyone (referees, judges and officials included) is here to learn and get better. Excessive criticism, complaints and negative comments will not be tolerated. The decisions of the head judge/referee are final. Taekwon!



# GTMA Provincial Taekwon-Do Championships

\$50.00 fee paid \_\_\_\_\_

\$60.00 fee paid \_\_\_\_\_

\$15.00 fee paid \_\_\_\_\_

## Registration form

Early bird (prior to March 25th): \$50.00

Regular (after March 25th): \$60.00

Black Belts (those who ref and judge): \$15.00

**The deadline to register is Monday April 15th. Late registrations will not be accepted.**

**NOTE:** All information must be completed. The form must be signed by the participant and/or their legal guardian before GTMA will undertake participation in any form whatsoever. Make cheques payable to *McDowell Martial Arts*. You can either pay by cheque or via e-transfer to: [mcdowelltkd@yahoo.ca](mailto:mcdowelltkd@yahoo.ca), password: *warman*

Please Print:

Name \_\_\_\_\_  
(Last) (First)

Address \_\_\_\_\_

City/Town \_\_\_\_\_ Postal Code \_\_\_\_\_

Email \_\_\_\_\_ Phone (hm): \_\_\_\_\_ (c): \_\_\_\_\_

Age: \_\_\_\_\_ Gender: Male \_\_\_\_\_ Female \_\_\_\_\_

Name(s) of Parent(s) or Guardian(s) \_\_\_\_\_

Emergency contact information

\_\_\_\_\_  
(Name/Phone number/Relationship to child)

Belt Colour or rank (please include stripes and Dans): \_\_\_\_\_

Events (please circle): **Patterns** **Sparring** **Both**

**Please read and complete the information on the reverse side of this registration form.**

Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit

### Release and Indemnification

**Taekwon-Do, like other Martial Arts is an activity in which physical contact between participants occurs. I hereby release Global Taekwon-Do Martial Arts Inc (GTMA) staff, volunteers and officials from any liability with respect to damage or injury that I or my child may suffer during participation in physical activity.**

I also agree that medical treatment on the occasion of injury will be of first-aid treatment only and participant or member agrees to give their permission for such first-aid treatment as may be deemed necessary until such time as suitable medical treatment can be arranged for or provided.

The contestant gives GTMA permission to use any photographs or other recorded materials of any kind, which may be produced before, during or after the tournament freely, and also grants his/her permission for this tournament or portions thereof to be televised, filmed, or videotaped without compensation at this or any other time.

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(Signature of applicant)

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(Signature of Parent/Guardian if Applicant is under 18 years of age)

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(Date)

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(Signature of Authorized Representative of Global Taekwon-Do Martial Arts Inc (GTMA))

Please list any medical information or special needs that may be related to emergency treatment or that may affect participation in this tournament. This information will be kept confidential and will only be released to medical personnel in the event of an emergency.

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