



February 21, 2018

Dear Grandmasters, Masters, Instructors, Parents and Athletes,

On behalf of the Alberta Taekwondo Association, it is our pleasure to invite you to attend the 2018 Alberta Open Tournament, taking place on Saturday, April 28, 2018 in Edmonton, Alberta.

This event will be held at the at the MacEwan University Sport and Wellness Centre in Edmonton, a venue that provides access to over 2,000 downtown hotel rooms plus shopping, entertainment, dining and transportation.

Enclosed is information on competition details, accommodations and online registration. Should you require further details, please do not hesitate to contact the Alberta Taekwondo Association at (780) 446-0246 or email admin@taekwondoalberta.com.

We thank you in advance for your participation, and we look forward to a fun and competitive tournament.

Sincerely,

A handwritten signature in blue ink, appearing to be "Su Hwan Chung", written in a fluid, cursive style.

Grandmaster Su Hwan Chung
Chairman
Alberta Taekwondo Association

2018 Alberta Open General Information



Date/Venue:

- Saturday, April 28, 2018
- MacEwan University Sport and Wellness Centre, 10800 - 104 Avenue, Edmonton

Divisions:

- Colour Belt Poomsae for Individuals, All Ages
- Black Belt Recognized Poomsae for Individuals, Pairs and Teams
- Black Belt Freestyle Poomsae for Individuals
- Sparring - Single Elimination
All Ages Colour Belts, Black Belts: Senior (ages 17 - 29), Junior (ages 15 - 17), Cadet (ages 12 - 14), Youth (age 11 and under), Executive (aged 30 - 39) and Ultra (aged 40+). Black Belt divisions determined by year of birth - see attached.
- If you are a Junior athlete who wishes to compete in both Junior and Senior sparring divisions, you must register and pay twice.
- If you are a Black Belt age 30 or over who would like to compete in a Senior sparring division, please register using a birth date and age that will be 17 to 29 years old.
- **Online Registration will be open from March 1st to April 23rd at <https://www.gifttool.com/registrar/ShowEventDetails?ID=2008&EID=25328>**

Registration Fees:

- Color Belt Fee: \$70.00 for one event, \$75.00 for two events
- Black Belt Individual Fee: \$70.00 one event, \$75.00 two events, \$80.00 three events
- Pairs Poomsae Fee: \$85.00/pair
- Team Poomsae Fee: \$100.00/team

Host Hotel:

- Coast Edmonton Plaza Hotel, 10155 - 105 Street, Edmonton
- \$115.00/night available until March 28, 2018
- Phone 1-800-663-1144 or online <http://coa.st/m9ju> using Code CEP-GFC17163

Schedule Information:

- **Mandatory Black Belt weigh-ins** will be held Friday, April 27th from 6:30pm - 7:30pm at the Coast Edmonton Plaza Hotel, Lakeland Room, 10155 - 105 Street, Edmonton. **Failure to make weight in the Registered Division will result in disqualification.**
- Coaches' Meeting 9:30am
- Color Belt Divisions begin at 10:00am
- Black Belt Poomsae Divisions begin at 10:00am
- Black Belt Sparring Divisions begin at approximately 2:00pm

Competitor Eligibility:

- Canadian Athletes and Coaches must be a member of Taekwondo Canada and their respective Provincial organization.

Rules:

- Current WT rules will be in effect for Cadet, Junior and Senior Black Belt Divisions
- WT rules with no head contact for divisions not noted above

Weight Classes:

- WT weight classes will be used for Cadet, Junior and Senior Black Belt Divisions

Coaching Requirements (Alberta Coaches Only):**To Coach Colored Belts at the 2018 Alberta Open (must be ATA/TC Member)**

- 16 years +
- Red Belt and higher
- TC Assistant Instructor (AI) Workshop (Trained)
- ATA Provincial Referee Course Certificate
- Dress Code: Track Suit or Semi-casual

To Coach Black Belts at the 2018 Alberta Open (must be ATA/TC Member)

- 1st Dan or higher (16 years + as per NCCP Standard)
- Assistant Instructor (AI) Certified
- Dojang Coach (DC) Certified
- Making Headway: NCCP Concussion Module
- Coaching Association of Canada (CAC) Member
- Dress Code: Track Suit or Semi-casual

Equipment:

- Competitors must provide their own protective equipment: arm, foot, groin, head, chest guards and mouth guards are mandatory.
- **KP&P will be the official scoring system used at the 2018 Alberta Open for Black Belt sparring divisions. Black Belt competitors are required to have KP&P socks, which can be purchased from Captain Sports at <http://captainsports.ca>. Socks will not be available for purchase at the tournament site.**



Poomsae Competition - 2018

Recognized Poomsae: Individual*

Division	Born	Compulsory Poomsae
Youth	2007 – 2008	Taegeuk 6, 7, 8 Jang, Koryo
Cadet	2004 – 2006	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon
Junior	2001 – 2003	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
U30	1988 – 2000	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu,
U40	1978 – 1987	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
U50	1968 – 1977	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
O50	1967 and earlier	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu

Recognized Poomsae: Pair and Team*

Division	Born	Compulsory Poomsae
Youth	2007 – 2008	Taegeuk 6, 7, 8 Jang, Koryo
Cadet	2004 – 2006	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon
Junior	2001 – 2003	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
U30	1988 – 2000	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu,
O30	1987 and earlier	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu

* 48 hours prior to the competition, Poomsae Selections for each category will be posted on the ATA's website.

Freestyle Poomsae: Individual**

Division	Born
U17	2001 – 2006
O17	2000 and earlier

** Please bring a copy of your music to the event on a USB drive.



Black Belt Weight Divisions - 2018

Weight Classes for Seniors Ages 17+ (Born 2001 and earlier):

	Men's Weight Divisions	Women's Weight Divisions
Fin	Under 54 kg	Under 46 kg
Fly	54 – 58	46 – 49
Bantam	58 – 63	49 – 53
Feather	63 – 68	53 – 57
Light	68 – 74	57 – 62
Welter	74 – 80	62 – 67
Middle	80 – 87	67 – 73
Heavy	Over 87 kg	Over 73 kg

Weight Classes for Juniors Ages 15 - 17 (Born 2001 - 2003):

	Men's Weight Divisions	Women's Weight Divisions
Fin	Under 45 kg	Under 42 kg
Fly	45 - 48	42 - 44
Bantam	48 - 51	44 - 46
Feather	51 - 55	46 - 49
Light	55 - 59	49 - 52
Welter	59 - 63	52 - 55
Light Middle	63 - 68	55 - 59
Middle	68 - 73	59 - 63
Light Heavy	73 - 78	63 - 68
Heavy	Over 78	Over 68

Weight Classes for Cadets Ages 12 - 14 (Born 2004 - 2006):

	Men's Weight Divisions	Women's Weight Divisions
Fin	Under 33 kg	Under 29 kg
Fly	33 - 37	29 - 33
Bantam	37 - 41	33 - 37
Feather	41 - 45	37 - 41
Light	45 - 49	41 - 44
Welter	49 - 53	44 - 47
Light Middle	53 - 57	47 - 51
Middle	57 - 61	51 - 55
Light Heavy	61 - 65	55 - 59
Heavy	Over 65kg	Over 59kg

Weight Classes for Youth Ages 10 - 11 (Born 2007 - 2008):

	Men's Weight Divisions	Women's Weight Divisions
Fin	Under 30 kg	Under 30 kg
Light	30 - 35	30 - 35
Middle	35 - 40	35 - 40
Heavy	Over 40 kg	Over 40 kg