

HILTZ TAEKWON-DO

ITF OPEN CHAMPIONSHIP

2020



March 14th 2020

BRING YOUR BEST!!

BE THE BEST!!



Sackville Heights Junior High School

956 Sackville Drive, Lower Sackville

902 865-2753

www.hiltztaekwon-do.com



Hiltz Taekwon-Do
19 Graves Island Rd ,Chester, Nova Scotia
B0J 1J0
Phone: (902)865-2753

January 20, 2020

Dear Masters and Instructors,

Hiltz Taekwon-Do will be hosting the Nova Scotia ITF Taekwon-Do Open Championship on March 14th, 2020 at Sackville Heights Junior High School in Lower Sackville, Nova Scotia. You will find information related to the tournament and registration material attached.

Registration and payment will take place between 8 and 9:30 AM that morning. Unfortunately due to events of the past, anyone wishing to pay by cheque must do so at least one week in advance of the tournament. Any cheques and registration forms can be sent to the address below. Anyone not registered by 9:30 will not be able to compete. The registration fee for one or two events is \$45.00. The cost for spectators is \$5.00 each.

Competitor's weights will be randomly checked the day of the tournament. If any competitor weighs more than what is reported on the registration form, she/he will be disqualified. There will be 4 medals for all divisions awarded to all students under 18 years old with the exception of Black Belts. Gold, Silver and 2 Bronze. Every under 18 year old student that competes in the tournament in both events will receive two medals. All divisions will be created the morning of the tournament.

Patterns will be done using ITF rules with two competitors side by side.

Colour belt competitors will perform their current level pattern or one level below their belt.

Line tag will be available for young students that don't know their patterns as of yet.

Sparring will be absolutely no head contact in all divisions under green belt with very little contact above green belt. All hand techniques are valued at one point. Kicks to the body are two points and high kicks that score are worth three points. White belt sparring divisions will be flag sparring. Ribbons will be placed on each side under the belt of the competitor and whoever is successful grabbing the most ribbons in one minute is the winner. A lot of fun.

There will be a canteen set up that day offering pizza, drinks and such for purchase. We will also have a limited number of custom designed t-shirt for sale at the tournament site as well. You may reserve your t-shirt by e- mailing your name, size and quantity to tkdhiltz@eastlink.ca.

We will have a black belt meeting at 9 AM that morning. Black belt judges are required for rings and in an effort to ensure that judges are available, black belts must complete their assigned judging rotation either in the morning or afternoon in order to participate. Black belts who are attending but are not competing are asked to volunteer to judge.

Please make cheques **payable to Hiltz Taekwon-Do**. You can also register by e-transfer at tkdhiltz@eastlink.ca.

I look forward to seeing you. Thank you for your support.

Sincerely yours,

Master David Hiltz, 7th Dan,

Hiltz Taekwon-Do

NOVA SCOTIA ITF TAEKWON-DO OPEN CHAMPIONSHIP

March 14th, 2020 Sackville Heights Junior High, Lr. Sackville, NS

INDIVIDUAL REGISTRATION FORM (Please Print)

NAME: _____

DOJANG: MacKenzie Taekwon-Do

HOME ADDRESS: _____

CITY: _____

PROVINCE: _____

POSTAL CODE: _____

AGE: _____ GENDER: (M) _____ (F) _____

BELT: _____

INSTRUCTOR: Master MacKenzie

I, _____ hereby submit my application for registration in the Nova Scotia I.T.F. Taekwon-Do Championship, which is affiliated with the International Taekwon-Do Federation. I agree to waive all claims against any person(s) connected with the tournament, for any injury that may be sustained during the tournament. I hold myself responsible for my own actions and promise to act according to the rules and regulations of the tournament and the International Taekwon-Do Federation. I further agree that the Tournament Director for publicity of promotion may use any picture taken of me or by me in connection with the tournament without compensation at this or any future time. FEE: \$45.00 1 or 2 events.

Applicant's Signature: _____

Parent's Signature: _____ (If applicant is under 18 years)

PATTERN (TUL)

Name: _____ Age: _____

Gender: - (M) _____ (F) _____ Belt: _____

Dojang: MacKenzie Taekwon-Do

Instructor: Master MacKenzie

SPARRING (MATSOGI)

Name: _____ Age: _____

Gender: - (M) _____ (F) _____ Belt: _____

Weight: _____ Kg

Dojang: MacKenzie Taekwon-Do

Instructor: Master MacKenzie
