

PERFORMANCE TAEKWON-DO | HILTZ TAEKWON-DO

HALIFAX, SACKVILLE, NOVA SCOTIA

Dear Masters and Instructors,

We would like to formally invite you to the 2022 Nova Scotia Taekwon-Do Championships hosted jointly by myself (Performance Taekwon-Do) and Mr. Liam Forsythe (Hiltz Taekwon-Do). The tournament will take place on January 8th, 2022 at 3380 Barnstead Lane in Halifax. For this competition, we will require everyone to register in advance so that we can design the best possible divisions. Registration is currently open at this link (<https://forms.gle/ZKa57sgBbHdLSHbJA>), and will close on December 20th (we may extend this if necessary). Please pass it along to your students so they can register. I have also included some posters with QR codes linked to the registration form that you can post in your dojangs as well. The cost of the competition is \$50 and we're asking students to send payments to their instructors so that we can limit the number of contacts we have and information we need to verify. There is no spectator/door fee. Once the registration is closed, we will send you the details of all your students who registered and ask you to confirm that all the information is correct. The registration also includes a question regarding those who would like to volunteer as umpires as well.

The competition will adhere to ITF rules and format (patterns done side-by-side, two competitors at a time, etc.). All white belt and yellow stripe sparring divisions will be flag sparring. More details about the events, rules and format will be included below. As usual, there will be a canteen with pizza for lunch, and we will provide lunches for referees.

COVID-19 Protocols:

We will need your assistance to ensure that we are operating within the Covid-19 guidelines for this event. The online registration form will allow competitors to upload their vaccination records, if required for their age. There will be no spectator fee but we will need to ensure everyone who enters the building is vaccinated, if applicable. In this case, we would appreciate if you could inform the parents/supporters of your competitors that we will require proof of vaccination, as well as ID, well in advance. As I'm sure you're all familiar, there will be no exceptions to this rule except for written notice from a medical professional (and we would like to know about such exceptions in advance).

Sincerely,

Sean O'Neil, 4th Dan
Head Instructor
Performance Taekwon-Do

Liam Forsythe, 4th Dan
Head Instructor
Hiltz Taekwon-Do



*****Divisions will be combined/altered at the organizer's discretion*****

Color Belt Patterns

Age Range	Age Name	Sex	Ranks (gup)
5 to < 7	Little Dragons	Unisex	10-9, 8-5, 4-1
7 to < 9	Kids	Unisex	10-9, 8-5, 4-1
9 to < 11	Youth	Unisex	10-9, 8-5, 4-1
11 to < 13	Cadet	Unisex	10-9, 8-5, 4-1
13 to < 15	Prejunior	M/F	10-9, 8-5, 4-1
15 to < 18	Junior	M/F	10-9, 8-5, 4-1
18 to < 35	Senior	M/F	10-9, 8-5, 4-1
35+	Supersenior	M/F	10-9, 8-5, 4-1

Color Belt Sparring (flag sparring for all 10th and 9th gup)

Age Range	Age Name	Sex	Weights	Ranks (gup)
5 to < 7	Little Dragons	M/F	lite, mid, hvy	10-9, 8-5, 4-1
7 to < 9	Kids	M/F	lite, mid, hvy	10-9, 8-5, 4-1
9 to < 11	Youth	M/F	lite, mid, hvy	10-9, 8-5, 4-1
11 to < 13	Cadet	M/F	lite, mid, hvy	10-9, 8-5, 4-1
13 to < 15	Prejunior	M/F	lite, mid, hvy	10-9, 8-5, 4-1
15 to < 18	Junior	M/F	lite, mid, hvy	10-9, 8-5, 4-1
18 to < 35	Senior	M/F	lite, mid, hvy	10-9, 8-5, 4-1
35+	Supersenior	M/F	lite, mid, hvy	10-9, 8-5, 4-1

Black Belt Patterns

Age Range	Age Name	Sex	Ranks (dan)
< 14	Prejunior	Unisex	1,2,3
14 to < 18	Junior	M/F	1,2,3
18 to < 35	Senior	M/F	1,2,3,4
35+	Supersenior	Unisex	1,2,3,4

Black Belt Sparring

Age Range	Age Name	Sex	Weights
< 14	prejunior	M/F	lite, mid, hvy
14 to < 18	junior	M/F	see ITF rules
18 to < 35	senior	M/F	see ITF rules
35+	supersenior	M/F	lite, mid, hvy

Team Patterns

- Teams of 5 athletes
- Must be 10+ years old
- Athletes can be any rank
- Athletes can be any gender
- Athletes can be from any club

Team Sparring

- Teams of 5 athletes
- Must be 14-17 or 18+ years old
- Must be at least 6th gup
- Athletes must be same gender
- Athletes can be from any club

Special Technique Breaking

- Division ages will be 10-13, 14-17 and 18+
- Athletes will be split into male/female
- 2 special technique breaks (below)

Individual Patterns

Color Belts: All color belts will perform the pattern for their level or the one below. Judges will vote by hand and there will be no ties. Patterns will be done side by side, ITF style.

Black Belts: Junior and senior black belts will perform two designated patterns as outlined in the ITF rulebook. Prejuniors and superseniors will perform one designated pattern. Judging will be done by hand with no ties. Patterns will be done side by side, ITF style.

Individual Sparring

Color Belts: Kids and Youth bouts will be one, 90 sec round. All other color belt bouts will consist of one, 2 min round. Scoring will be recorded based on ITF rules. In the event of a tie, there will be another 1 min round. If there is a further tie, there will be a golden point (unlimited time, first score).

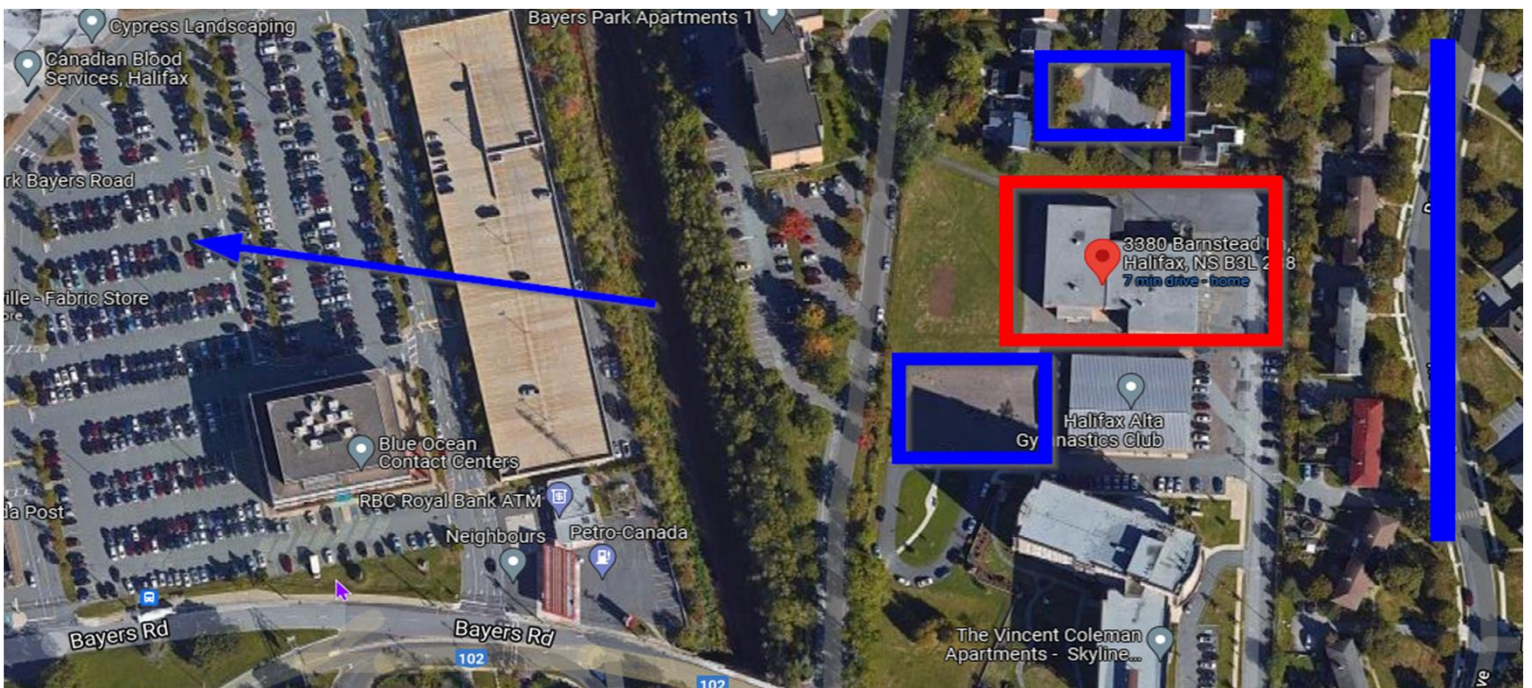
Black Belts: Junior and senior black belt bouts will consist of two, 90 sec rounds with a 30 sec break between rounds. All other black belt matches will be one round of 2 min. In the event of a tie, there will be another 1 min round. If there is a further tie, there will be a golden point (unlimited time, first score).

Team Patterns: Each of the team members must have the above mentioned characteristics. Each round will consist of one pattern performed by each team (teams may choreograph/prepare as many patterns as they wish). Please see the ITF rules, the demonstration videos posted on the Facebook page or discuss with your instructor for more information. Questions can also be sent to performance_taekwondo@hotmail.com or liamforsythe@outlook.com.

Team Sparring: Each of the team members must have the above mentioned characteristics. Each team sparring bout will be one round of 75 sec. Each of the 5 bouts will have the number of umpire votes recorded as the overall score. After 5 rounds, the team with the most umpire votes wins and advances to the next round. Teams will alternate who puts forth their fighter first for each bout.

Special Technique: Each athlete will perform two breaks - flying side kick and flying overhead kick (scissor kick). A break is completed if the athlete clears the obstacle and/or hits the target. The athlete with the most completed breaks will be declared the winner. In the event of a tie, the heights will be increased until a winner is declared.

As for the facility itself, the address is 3380 Barnstead Lane in Halifax (accessed from Bayers rd outbound), and the parking availability is outlined below:



- The main facility is located at 3380 Barnstead Lane - there is limited parking in the main lot.
- There is more parking behind the building and behind the nearby gymnastics building
- Parking is also available on Romans Ave and there are paths through to the venue
- There are a few additional parking spots available on St. Andrew's Ave
- There is lots of parking available at the strip mall which is approx 5min walk from the venue