

Blackburn Taekwon-Do Dojangs Present...

Annual Inter-School Tournament

TOURNAMENT INFORMATION

- Name: Blackburn Taekwon-Do Inter-School Tournament
- Date: Saturday, March 28, 2009
- Location: Blackburn Taekwon-Do Dojang
2652 Innes Road,
Ottawa, Ontario, K1B 4Z5, Canada
(613) 837-6948
- Cost: \$ 20 per competitor
\$ 2 per spectator
- Deadlines: Competition Registration Deadline is Tuesday, March 24, 2009
Please make cheques payable to Blackburn Taekwon-Do Ltd.
- Rules: The competition will follow the rules of the International Taekwon-Do Federation (ITF Rules).
- Patterns: All competitors are to perform the correct pattern of their belt level or one level below their current level. Pattern Competition will take place by elimination. At the end of the round the judges will choose the competitor with the best pattern. Each pattern will be judged based on Power, Stance, Correct Technique, Sinewave and rhythm.
- Sparring: Sparring will be NO CONTACT for all competitors ages 13 and under.
Sparring will allow LIGHT CONTACT TO THE BODY and NO CONTACT TO THE HEAD for all Competitors above the age of 14.
- All punches performed to the body or head (jumping or standing) are 1-point
All kicks performed to the body while jumping or standing are 2-points
All kicks performed to the head while jumping or standing are 3-points
- Safety Equipment: Proper gear must be worn during sparring. The boots must cover the heel and toes of both feet.
- All competitors under 18 years of age MUST wear head gear, mouth guard, sparring gloves and boots.
- Flying Side Kick: All competitors will have a designated start position. They will run across the floor and jump over the assigned obstacle and perform a flying side kick to the target. The winner will be decided by elimination. Each round the jump area will be increased.