

2017 COLOUR BELT CLASSIC FACT SHEET

WHAT: A tournament dedicated to colour belts of all ages. This event will be a friendship-focused tournament open to all ITF styles regardless of affiliation.

WHEN: Saturday, April 22, 2017

WHERE: Almonte Community Centre – 182 Bridge Street Almonte, Ottawa, ON.

IMPORTANT NOTE: The tournament will begin **on time at 8:30 a.m.** Competitors will be advised of their approximate competition time in advance of the tournament. Competitors who are not present when their division is called will be eliminated from the competition and will not have an opportunity to compete in an alternate division. This rule will be strictly enforced and we ask all instructors and coaches to ensure that their competitors are ready to compete at their allotted time.

REGISTRATION: Pre-registration only.

EVENTS: Individual Patterns, Individual Sparring, Special Needs Patterns, Individual Chon-Ji Challenge, Obstacle Course (4-6 year olds only), Breaking Challenge.

COST: **Chon-Ji Challenge:** Free for all competitors
Breaking Challenge: Free for all competitors
Obstacle Course: \$25

Patterns, Sparring or Both:

\$45.00 Early bird registration (on or before February 28, 2017)

\$55.00 Registration (on or before April 03, 2017)

NOTE: There will be **NO** registration at the door. Tournament participants **must** register no later than April 03, 2017.

RULES: International Taekwon-Do Federation rules
Sparring – Continuous (1 round of 1.5 minutes)
Patterns – 1 pattern per round

SAFETY EQUIPMENT: Hand, foot, head protection, and mouth guards for all competitors. Hand gear must be approved by the tournament organizer (e.g. closed fist gear or foam-dipped style). Hand gear must cover wrist to thumb, fingertips and sides of the hand when a fist is formed. Foot gear must cover the entire top of the foot including the heel.

Groin protection for all male competitors (must be worn under the uniform).

Breaking Challenge Division

Combining power breaking with speed, competitors compete against themselves and the clock. Competitors have 30 seconds to complete three techniques: side kick, front kick, downward hand technique. Break all 3 techniques to win a gold, 2 techniques to win a silver or 1 technique to win a bronze. Every competitor can win a medal in the Breaking Challenge!