

**Get ready for the Lower Mainland Friendship Tournament
And
National Team Member Fundraiser!**

Dear Instructors, Students and Parents

It gives us great pleasure to invite you to participate in the 2009 Lower Mainland Friendship Tournament and National Team Member Fundraiser. This event is sanctioned by the International Taekwon-Do Federation of B.C. (ITF of B.C.).

It is our goal to provide a well organized event with a good level of competition and sportsmanship, demonstrating the true spirit of the original ITF Taekwon-Do.

This event will be a great way for students to try their competition skills in a less formal environment. There will be medals for 1st, 2nd and two 3rd places awarded using the standard single-knockout eliminations.

However, as in past friendship tournaments, we will ensure that every participant has at least 2 matches. In both Sparring and Patterns, if competitors lose their first match, they will have a second "exhibition" match for fun and experience.

Also, this event is meant to serve as a way to raise funds to help our members from BC who are part of the Canadian National Team travelling to Argentina to compete in the World Championships in November 2009. \$5 from every entry fee will be donated to the ITF of BC to disburse to the 7 people from BC who are members of the Canadian National Team.

On top of it all, this is a great opportunity for folks from out of town to do some Christmas shopping in the large centres in the area!

This Tournament will be held Saturday **November 14, 2009** in Gym #1 of the Pinetree Community Centre, 1260 Pinetree Way, Coquitlam, B.C.

For this event, we are also pleased to introduce the following innovations to the tournament program:

- 1) All competitors, upon registration at the championship, will be provided with an estimated time schedule for their events.
- 2) We will be testing an On-Line registration system to make the job of instructors and students simpler by having participants enter their own information and make payment directly via the Internet – Instructors only have to point their people to the right place!
- 3) BC National Team members will be there and running other fundraising ventures such as bake sale, t-shirt sales, 50/50 tickets, etc.

Please ask your students to go to our web site at www.triumphtkd.com/tournament.html. Here they will be able to look at information and register for the event via the Internet. **Registration deadline is November 1, 2009, 11:00pm**

Instructors are asked to take responsibility for on-line registration of any students who do not have access to the Internet or do not have credit cards.

Should you require any further information, please do not hesitate to contact either Mr. Reinelt at 604-944-5425 or email at achieve@triumphtkd.com.

See you on November 14, 2009!

Tournament Director

Kevin Reinelt

604-944-5425

**Lower
Mainland
ITF
Taekwon-Do
Friendship
Tournament**

**Nov. 14
2009**

**Pine Tree
Community
Centre**

**1260 Pinetree Way
Coquitlam, BC**

**Open to all
belt levels,
age 7 and up.**

**Entry Fee
(incl GST):**

**Sparring and
patterns
\$40**

**Patterns-only
\$25**



Event Information

- What:** 2009 Lower Mainland ITF Taekwon-Do Friendship Tournament
- Who:** All official ITF schools and practitioners in British Columbia and Member Clubs of the ITF of B.C.
- When:** Saturday, November 14, 2009
- Black Belt meeting at 9:30 am sharp.
 - Competition begins for Black Belts at 10:00 am sharp.
 - Opening Ceremony 12 pm
 - Colour Belts competition 12:00pm until 5:00pm
- Where:** Pine Tree Community Centre, 1260 Pinetree Way Coquitlam
(See Map attached).
- Hosted By:** Mr. Kevin Reinelt Triumph Taekwon-Do 604-944-5425
- Registration Fee:**
- | | |
|------------------------------|-------------------------------|
| Patterns and Sparring | \$40.00 (includes GST) |
| Patterns only | \$25.00 (includes GST) |

Important information regarding Registration:

Instructors: All participants in this event must use our online registration system. Please direct all students to our web site at: www.triumphtkd.com/tournament.html

Here they will be able to look at information and register for the event via the Internet. Payment must be made by Visa or Mastercard.

This saves you much time and effort collecting and processing application forms and fees. It also saves many errors as students are responsible for entering their correct weight, height, age, rank and gender or they cannot register.

A report will be sent back to each school for review and confirmation by the Instructor regarding correct weight, height, age, rank and gender and the assigned division.

*** Instructors are asked to take responsibility for on-line registration of any students who do not have access to the Internet or do not have credit cards. If there are any difficulties, please contact the Tournament Director.

Registration Deadline: November 1, 2009 at 11pm.

Schedule of Events

Registration Deadline: **November 1, 2009**

**No registrations accepted after this date.*

Tournament Day

Saturday November 14, 2009

9:30 a.m. sharp: Black Belt Meeting and Ring Assignments.

All Black Belts must be in attendance in official ITF dress – either Blue Suit or official Dobok.

10:00 a.m. sharp: **Black Belt** Competition Begins for all divisions.

12:00 p.m. **Opening Ceremonies.**
Bow In, Speeches and Introduction of our National Team Members.

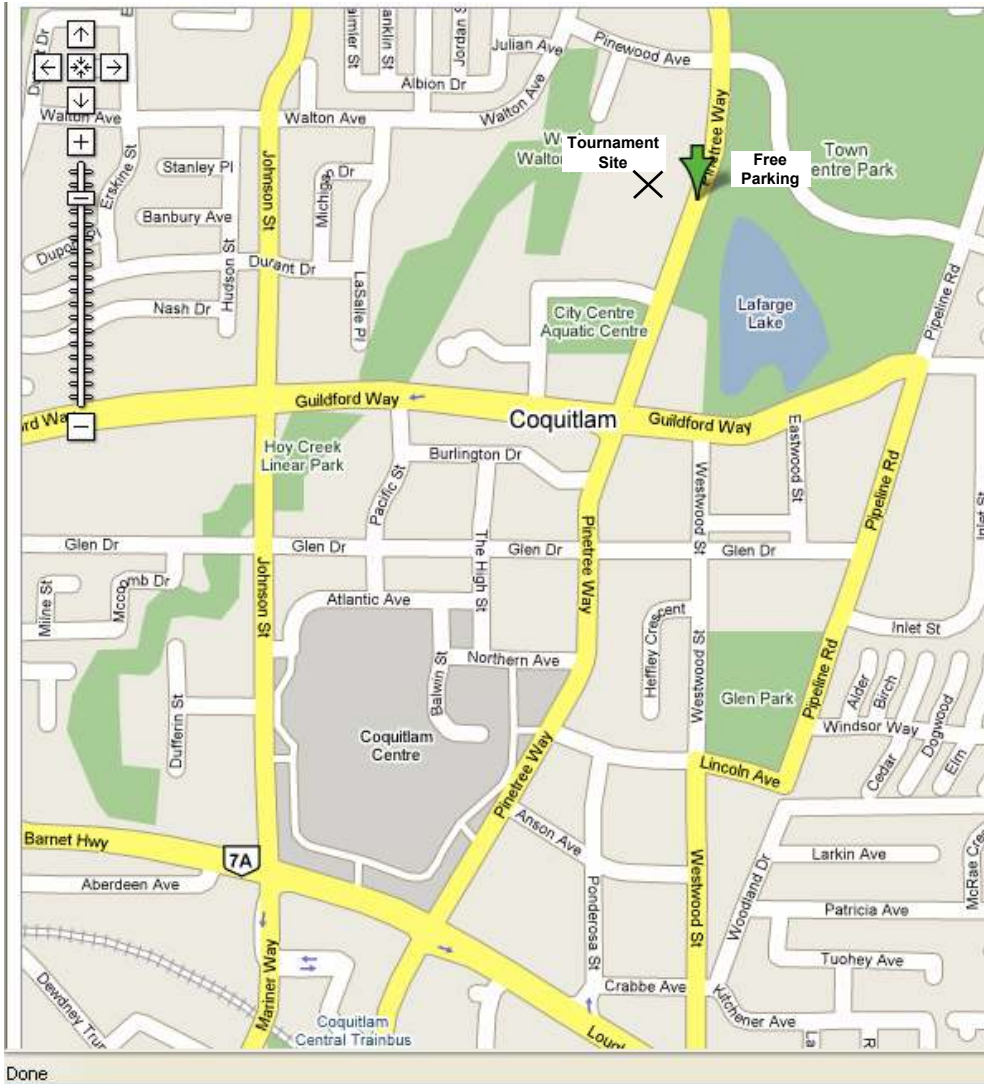
12:30 a.m. Colored Belt Competition.
to 5:00 p.m.

6:00 p.m. ITF of BC Annual General Meeting
to 9:00 p.m. PoCo Inn & Suites 1545 Lougheed Highway, Port Coquitlam,
British Columbia

Event Location

Venue Address: 1260 Pinetree Way, Coquitlam, BC

Parking: There is plenty of free parking all day Saturday (no matter what the signs say – we've confirmed this) in the large lot to the north-east of the school. There is a pedestrian overpass at the south end that takes you right to the doors of the venue.



Done

Hotel Accommodations

The following hotel has a block of rooms reserved for our tournament participants. Please quote Triumph Taekwon-Do when making your reservations, to receive our quoted rates.

Book early, these rooms are being held for our group until **November 1, 2009** and may not be available after.

PoCo Inn and Suites

www.poco-inn-and-suites.com

1545 Lougheed Highway, Port Coquitlam

1-800-930-2235

Or

604-41-6216

Tournament Special Rate

\$109 up to Quad occupancy

The hotel offers on onsite restaurant and bar, wireless high speed internet access, local phone calls, and parking onsite

Close to shopping centre.

10 minute drive to tournament site.

Room rate guaranteed until Nov. 1, 2009

Quote **“Triumph Taekwon-Do”**
When registering

Tournament Rules

All events at this tournament will follow the Rules for Coloured Belt and Black Belt Competition as specified by the Canadian Taekwon-Do Federation International (CTFI) and the International Taekwon-Do Federation (ITF). Additions to those rules are as noted below.

Patterns:

- Black Belts will perform only one pattern of the competitor's choice or the pattern immediately below their current rank for newly promoted students.
- Coloured Belt competitors may perform the pattern of their rank or the pattern immediately below their current rank for newly promoted students. Coloured Belts may not perform any pattern above that of their current rank.
- *Winners of medals will be determined by single knock-out elimination.*
- *All participants will have a minimum of 2 matches. Competitors eliminated in the first round will have a second "exhibition" match which will not determine final medal placing.*

Free Sparring

CONTACT POLICY: As tournament host we want both students and parents to leave this friendship tournament feeling positive about competitions and enthusiastic for future competitions in BC and beyond.

- Colour Belts - No head contact, light contact to the body permitted. Head contact or heavy body contact will result in warnings, fouls or disqualification.
- Black Belts - Contact for must be light and controlled. Heavy contact will result in fouls or disqualification.

DURATION OF MATCHES

Coloured Belts	1 round of 1.5 minutes.
Black Belts	1 round of 2 minutes.

- In the event of a draw, a further round of 1 minute will take place. In the event of a second draw, the match will continue following rules for "first point scored".

Free Sparring (continued)

SAFETY EQUIPMENT

Mandatory Safety equipment:

- hand and foot safety equipment of an approved type (no hard materials);
- Mouth guard;
- Groin protection for all males (must be worn inside the trousers);
- Head protector for all youths under the age of 14 years at the time of the event.

Optional Safety equipment:

- Shin and forearm protectors of an approved type (no hard materials);
- Head protector for Juniors (age 14-17)
- Groin protection or chest protection for females (must be worn inside the dobok)

Students must compete with required safety equipment. Students without required equipment will be disqualified. Competitors sharing equipment is welcomed.

No jewellery, watches or other adornments may be worn, hair may be kept in place using a material of a soft elastic nature only, no grips or slides are allowed.

- *Winners of medals will be determined by single knock-out elimination.*
- *All participants will have a minimum of 2 matches. Competitors eliminated in the first round will have a second “exhibition” match which will not determine final medal placing.*

Umpires

It is our mission to provide a safe, fair, exciting and efficient competition for all students.

All Black Belts (age 15 +) are required to assist with the umpire duties at this tournament. In the event of an umpire shortage, Black Stripes (age 15+) may also be asked to assist with umpire duties for coloured belts.

This will be a fun, low pressure environment which will be a great opportunity for new Black Belts and Black Stripes to develop their judging skills.

All officials must attend the Black Belt meeting to be held at 9:30 am on Saturday November 14/09 at the tournament site. Black Belts and Black Stripes who do not attend the meeting will not be permitted to compete.

All Black Belts acting as referees and Umpires will receive a complimentary lunch.

All referees and judges must wear official ITF dress:

- White Shirt, Blue Tie, Blue Pants, white shoes
- or
- Official ITF Dobok

Casual clothing will not be permitted on the floor.

Registrations of Black Belts and Black Stripes will be used to create the Umpires list.