



**Saturday October 2nd, 2010**

# **BC MASTERS CUP TAEKWONDO CHAMPIONSHIPS & 1st Senior Team Trials**

## **ADMISSION**

**ADULT: \$5.00**

**FAMILY: \$10.00**

**UNDER 6: FREE**

## **Capilano University**

*2055 Purcell Way, North Vancouver*

**REGISTRATION : 8:30 AM**

**COMPETITION: 9:30 AM**

**OPENING CEREMONY: 11:30 AM**

**FOR MORE INFORMATION :**

**604-939-8323 / 604-986-5558**

**[www.taekwondobc.com](http://www.taekwondobc.com)**

ORGANIZED & SANCTIONED BY  
**WTF TAEKWONDO FEDERATION OF B.C**



# 2010 B.C. MASTERS CUP & 1ST SENIOR TEAM TRIALS

In the midst of the fresh Fall season, I would like to welcome you to the 2010 Masters Cup Championships with great pleasure.

Special thanks the officials, masters, referees, and volunteers for working so hard in preparing and organizing this event as always. I am certain that it has been a long wait for all competitors and instructors participating this event since our last provincial event, 2010 BC Championships last March. I sincerely hope that all of your sweat and dedication in preparation of this event during the summer season were worthwhile and well rewarded.

We have the 2011 Taekwondo World Championships in May next year in Seoul Korea. It is every British Columbian's wish to have many BC competitors representing Canada for this World Championships. It is also my wish that BC becomes the powerhouse of international level competitors for Canada. We always have been strong in training and preparing our athletes for international competitions and we hope to continue and even strengthen that tradition further.

I would also like to take this opportunity to express gratitude on behalf of WTF BC to Ms. Tonya McLaughlin for her dedication and true passion for BC Taekwondo for which she has served as Programs Director. Her resignation due to personal reasons has put Ms Yvonne Yong in her place as our Government Programs Director.

In closing I want to thank all of you again for your continued support for Taekwondo in BC and hope that you enjoy being Taekwondo martial artists and athletes in pursuit of becoming true champions in life.

I look forward to seeing you at the 2010 Masters Cup Championships!

Your truly,  
Grandmaster Dae Lim  
President, WTF British Columbia



## GENERAL INFORMATION

<b>Location :</b>	<b>Capilano University</b> 2055 Purcell Way, North Vancouver, B.C.
<b>Date :</b>	<b>Saturday, October 2nd, 2010</b>
<b>Entry Fee :</b>	One event (Pattern or Sparring) : \$50.00 Two events (Pattern and Sparring) : \$60.00
<b>Competitor &amp; Coaches ID Pick Up :</b>	8:30 am - 9:30 am
<b>Championship Begins :</b>	9:30 am. Color belt Poomse (Including Junior & Senior Black Belt)
<b>Opening Ceremony &amp; Demonstration :</b>	11:30AM
<b>General Enquires &amp;</b>	School Master/Instructor send Master List by E-Mail : metrotkd@shaw.ca, (Microsoft Excell format). The Master List can also be faxed to Master Ruitter at 778-371-9014 Payments to be brought to the tournament site before 9am in order to receive competitor id cards. <b>** Certified Cheque or Money order made payable to WTF TAEKWONDO FEDERATION OF B.C.</b>
<b>Black Belt Weigh-in :</b>	Black Belt weigh in will be Friday, Oct. 1st from 7-8pm with a 1kg allowance at Metro Taekwondo in Burnaby. Out of towners (Interior and Vancouver Island) can weigh in on Sat. morning of the tournament at 9am.
<b>Registration Deadline :</b>	Saturday September 25th, 2010 <b>ABSOLUTELY NO REGISTRATION AT THE DOOR.</b>
<b>Spectator Fee :</b>	Family: \$10.00      Adult: \$5.00      Children under 6: FREE
<b>Equipment :</b>	Chest protector, Head gear, Groin cup, Mouth guard, Arm/Shin guards, and TKD uniform are mandatory
<b>Sparring Rounds :</b>	Black Belts - 2 rounds / 2 minutes Color Belts - 2 rounds / 1 minute, Senior Black Belts - 3 rounds / 2 minutes
<b>Rules :</b>	<b>Current WTF Rules Apply to the Official Black Belts</b> <b>ALL COLOR BELTS - NO FACE KICK ALLOWED</b> <b>UNDER 12 BLACK BELT - NO FACE KICK ALLOWED</b> <b>13 &amp; UP BLACK BELTS - FACE KICK ALLOWED</b>
<b>Awards :</b>	<b>1ST / 2ND / 3RD MEDALS</b>
<b>Qualifications :</b>	As according to the WTF Taekwondo Federation of B.C. Constitutional bylaws.
<b>Accommodations:</b>	Holiday Inn - 700 Old Lillooet Road North Vancouver. Phone:604-985-3111. Registered under B.C. Tae Kwon Do Federation. See www.taekwondobc.com - Travel/Accommodation SPORT BC Sandman Inn rebates for BC TKD members.

**FOR ALL COMPETITORS**

Please print the information and fill in the feilds that apply.

Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_  
Street City Province Postal Code

**Color Belts**

Your Rank (Color): \_\_\_\_\_

Poomse / Div # \_\_\_\_\_  Gyroogi / Div # \_\_\_\_\_

**Black Belts**

Kukkiwon # : \_\_\_\_\_ Your Dan / Poom : \_\_\_\_\_

Poomse / Div # \_\_\_\_\_  Gyroogi / Div # \_\_\_\_\_

**For Official Black Belts**

(Senior Black Belt Only)

Kukkiwon # : \_\_\_\_\_ Your Dan : \_\_\_\_\_

Poomse / Div # \_\_\_\_\_  Gyroogi / Official weight category \_\_\_\_\_

- ◇ All official Black Belts are required to weigh-in. See the general information.
- ◇ Please find the official weight category information on the B.C. Taekwondo web site.

School Name: \_\_\_\_\_ Phone: \_\_\_\_\_

School Address: \_\_\_\_\_  
Street City Province Postal Code

School Master Instructor: \_\_\_\_\_  
Print Name Signature

Fee: \$50.00 for 1 event, \$60.00 for 2 events, CASH ONLY: CERTIFIED CHEQUE or MONEY ORDER  
Payable to WTF TAEKWONDO FEDERATION OF B.C. Registration deadline SATURDAY, September 25th, 2010.

Information: 604-939-8232 / www.taekwondobc.com

**ABSOLUTELY NO REGISTRATION AT THE DOOR**

**LIABILITY WAIVER**

I, the undersigned, submit this application and the entry fee as consideration for my right to participate in the 2010 B.C. Masters Cup Championship (& 1st Senior Team Trials) to be held on October 2nd, 2010. I understand and accept that physical injury and related damages are an inherent and necessary risk of participation in the sport of Taekwondo. I expressly assume all such risks. I accept full responsibility for the cost of medical or other treatment for any injury or damages, which I may sustain. I release, hold harmless, and waive all claims against the promoters, operators, and sponsors, individually or collectively, for any and all injuries of damage I may sustain while attending or participating in the Championships, including any claim for negligent supervision, instruction, and/or maintenance of the facilities.

**IF UNDER 18 YEARS OF AGE, THIS RELEASE AND CONSENT FORM MUST BE SIGNED BY A PARENT OR GUARDIAN.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent / Guardian if under 18 years of age.

## POOMSAE (PATTERNS)

5 Years & under	Boys & Girls	White to Green(1)	Blue to Poom(2)	
6 Years	Boys & Girls	White to Green(3)	Blue to Poom(4)	
7-8 Years	Boys & Girls	White & Yellow(5)	Green & Blue(6)	Red & Black(7)
9-10 Years	Boys & Girls	White & Yellow(8)	Green & Blue(9)	Red & Black(10)
11-13 Years	Boys	White & Yellow(11)	Green & Blue(12)	Red & Black(13)
11-13 Years	Girls		Green & Under(14)	Blue & Over(15)
14-16 Years	Boys	White & Yellow(16)	Green & Blue(17)	Red & Black(18)
14-16 Years	Girls		Green & Under(19)	Blue & Over(20)
17-29 Years	Female	White & Yellow(21)	Green & Blue(22)	Red & Black(23)
17-29 Years	Male	White & Yellow(24)	Green & Blue(25)	Red & Black(26)
30-39 Years	Female	Green & Under(27)	Blue and Over & Black(28)	
30-39 Years	Male	Green & Under(29)	Blue and Over & Black(30)	
40 & Up	Female	Green & Under(31)	Blue and Over & Black(32)	
40 & Up	Male	Green & Under(33)	Blue and Over & Black(34)	

## GYOROOGI (SPARRING)

<b>5 Years and UnderBoys &amp; Girls</b>			<b>15-16 Years Boys</b>		
White to Green	Light(35)	Heavy(36)	White & Yellow	Light(87)	Heavy(88)
Blue to Poom	Light(37)	Heavy(38)	Green & Blue	Light(89)	Heavy(90)
			Red	Light(91)	Heavy(92)
			Black Belt	Light(93)	Heavy(94)
<b>6 Years Boys &amp; Girls</b>			<b>15-16 Years Girls</b>		
White to Green	Light(39)	Heavy(40)	Green & Under	Light(95)	Heavy(96)
Blue to Poom	Light(41)	Heavy(42)	Blue & Red	Light(97)	Heavy(98)
			Black Belt	Light(99)	Heavy(100)
<b>7 - 8 Years Boys &amp; Girls</b>			<b>17 - 29 Years Female</b>		
White & Yellow	Light(43)	Heavy(44)	White & Yellow	Light(101)	Heavy(102)
Green & Blue	Light(45)	Heavy(46)	Green & Blue	Light(103)	Heavy(104)
Red	Light(47)	Heavy(48)	Red & Black	Light(105)	Heavy(106)
Poom	Light(49)	Heavy(50)			
<b>9 - 10 Years Boys</b>			<b>17 - 29 Years Male</b>		
Green & Under	Light(51)	Heavy(52)	White & Yellow	Light(107)	Heavy(108)
Blue & Red	Light(53)	Heavy(54)	Green & Blue	Light(109)	Heavy(110)
Poom	Light(55)	Heavy(56)	Red & Black	Light(111)	Heavy(112)
<b>9 -10 Years Girls</b>			<b>30 - 39 Years Female</b>		
Green & Under	Light(57)	Heavy(58)	Green & Under	Light(113)	Heavy(114)
Blue & Red	Light(59)	Heavy(60)	Blue / Over & Black	Light(115)	Heavy(116)
Poom	Light(61)	Heavy(62)			
<b>11 - 12 Years Boys</b>			<b>30 - 39 Years Male</b>		
Green & Under	Light(63)	Heavy(64)	Green & Under	Light(117)	Heavy(118)
Blue & Red	Light(65)	Heavy(66)	Blue / Over & Black	Light(119)	Heavy(120)
Poom	Light(67)	Heavy(68)			
<b>11 - 12 Years Girls</b>			<b>40 &amp; Up Female</b>		
Green & Under	Light(69)	Heavy(70)	Green & Under	Light(121)	Heavy(122)
Blue & Red	Light(71)	Heavy(72)	Blue / Over & Black	Light(123)	Heavy(124)
Poom	Light(73)	Heavy(74)			
<b>13 - 14 Years Boys</b>			<b>40 &amp; Up Male</b>		
Green & Yellow	Light(75)	Heavy(76)	Green & Under	Light(125)	Heavy(126)
Blue & Red	Light(77)	Heavy(78)	Blue / Over & Black	Light(127)	Heavy(128)
Black	Light(79)	Heavy(80)			
<b>13 - 14 Years Girls</b>					
Green & Yellow	Light(81)	Heavy(82)			
Blue & Red	Light(83)	Heavy(84)			
Black	Light(85)	Heavy(86)			

For all Adult Black Belt, male and female weight division, see the attached weight division chart or refer to [www.taekwondobc.com](http://www.taekwondobc.com) website. Competitors who do not compete in Official Black Belt divisions, please indicate the category numbers from the above list.

**The B.C. Taekwondo Federation Officials reserve the right to change divisions and categories as necessary.**