

# 2015 *hanmadang* | SASKATCHEWAN PROVINCIAL taekwondo CHAMPIONSHIPS

**Date** | Saturday, November 21<sup>st</sup>, 2015      **Doors Open:** 8:30am

**Venue** | TCU Place  
Saskatoon, SK

**Judged Events\*** | Colour Belt Individual Poomse  
Black Belt Individual Poomse  
Colour Belt Pairs Poomse  
Black Belt Pairs Poomse

4 – 6yr Mixed Novice

	Boys			Girls		
	Novice (White – Yellow) 7 – 9 yrs	Intermediate (Green – Blue) 7 – 9 yrs	Advanced (Brown – Red) 7 – 9 yrs	Novice (White – Yellow) 7 -8 yrs	Intermediate (Green – Blue) 7 -8 yrs	Advanced (Brown – Red) 7 -8 yrs
<b>Skills Challenge</b>	10 – 12 yrs	10 – 12 yrs	10 – 11 yrs	9 – 11 yrs	9 – 11 yrs	9 – 11 yrs
	13 – 16 yrs	13 – 16 yrs	12 – 14 yrs	12 – 15 yrs	12 – 15 yrs	12 – 15 yrs
			15 – 17 yrs	16 – 18 yrs	16 – 18 yrs	16 – 18 yrs
	17 – 21 yrs	17 – 21 yrs	19 – 21 yrs	19 – 21 yrs	19 – 21 yrs	19 – 21 yrs
	22 – 32 yrs	22 – 32 yrs	22 – 32 yrs	22 – 32 yrs	22 – 32 yrs	22 – 32 yrs
	33 – 49 yrs	33 – 49 yrs	33 – 49 yrs	33 – 49 yrs	33 – 49 yrs	33 – 49 yrs
	50 +	50 +	50+	50+	50+	50+

**Demonstration Events (non-judged)** | Colour Belt Team Poomse (3 – 5 people)  
Black Belt Team Poomse (3 – 5 people)  
All Belts Board Breaking  
All Belts Demo Teams

\* The judged and medalled poomse events will be judged according to the International Standards, however, the format of the competition will be slightly altered.

Colour belt poomse will be double-elimination, head-to-head trees.

Black belt poomse will be scored with the electronic scoring system, however, each individual or pair will make two attempts at their chosen form, and their ranking will be based on the sum of both attempts. Coaching between events will be permitted and is encouraged.

Pairs and team poomse may be mixed, male, or female groups, to allow for as many participants as possible.

Event Packages:		
<b>Registration</b>	Individual <u>OR</u> Pairs Poomse Competition	\$ 50 per person
	Individual <u>AND</u> Pairs Poomse Competition	\$ 65 per person
	Skills Competition	\$ 50 per person
	Skills Competition <u>AND</u> either/both Poomse Competition	\$ 75 per person
	Individual Board Breaking (3 break max.)	\$ 20 per person
	Individual Board Breaking <u>AND</u> Any of the Above Events	\$ 10 per person
	Demo Team or Team Poomse*	\$ 30 per team
	Poomse Seminar	\$ 40 per person
	Referee Seminar 1	\$ 40 per person
	Referee Seminar 1 & 2	*see registration page
	NCCP Psychology of Performance Workshop	\$ 60 per person

**Registration Deadline** All registration forms must be received by Wednesday, November 18<sup>th</sup> 9:00am

Please submit all registration forms by email to [saskelite.com](mailto:saskelite.com)

Please submit payment to your Instructors.

\* Please see Team Registration form for all team registration. Registration and fees must be submitted separately from any individual registration.

### Registration Package Examples

---

If an athlete wishes to compete in Pairs Poomse, the Skills Competition, and Board Breaking, his/her registration total would be \$ 85.00.

If an athlete wishes to compete in Both Individual and Pairs Poomse, and the Skills Competition, his/her registration total would be \$ 75.00.

**2015** | SASKATCHEWAN  
*hanmadang taekwondo* | PROVINCIAL  
 CHAMPIONSHIPS

<b>Date</b>	Sunday, November 22 <sup>nd</sup> , 2015	
<b>Venue</b>	TCU Place Saskatoon, SK	
<b>Check-In Coffee</b>	8:30 – 9:00	
<b>Poomse Seminar</b>	<b>9:00 – 12:30</b> Conducted by Master Duk Ha  Open to all Black Belts	Review and refinement of all Taeguek Poomse (1-8).
<b>Referee Seminar 1</b>	<b>9:00 – 12:30</b> Conducted by Master Terry Webb  Open to all 13yrs+ (students, coaches, parents, and Instructors welcome)	This morning session will focus on sparring rules and regulations, penalties, and points and scoring systems.  Anyone wanting to learn more about the game is welcome!
<b>Referee Seminar 2</b>	<b>1:30 – 4:30</b> Conducted by Master Terry Webb  Open to all students 16+, red belt or higher. *Must attend morning session as well.	The afternoon session will focus on ring management, hand-signals, and evaluation.  This portion of the seminar is for those wishing to refresh, upgrade, or earn their provincial referee qualifications.
<b>NCCP Workshop</b>	<b>9:00 – 4:30 (with an hour lunch)</b> Conducted by Mr. Ralph Schoenfeld  Open to all 16 yrs+  Participants should have completed MultiSport A and B, however it is not strictly mandatory.  Qualification Points for this course will only be recorded after the Multi-Sport and MED modules are complete.	<b>Psychology of Performance</b>  Coaches will learn: <ul style="list-style-type: none"> <li>• to help athletes learn to manage distractions and use visualization techniques to prepare themselves technically and tactically for training and competition;</li> <li>• how to work with athletes or teams to identify performance and process goals related to their ability to focus on performance;</li> <li>• debriefing skills that can be used to help athletes assess their performance in both training and competition.</li> </ul>

**Individual Registration**

<b>Full Name</b>				<b>Date of Birth</b>	
<b>Gender</b>	<b>M or F</b>	<b>Weight (kg)</b>		<b>This is required for electronic scoring thresholds in the skills competition</b>	
<b>School/Club</b>			<b>Gup</b>		<b>Dan/Poom</b>

**Events**

(please check all that apply)

**Individual Poomse**

**Pairs Poomse**      Please list partner: \_\_\_\_\_  
 (separate registration must also be submitted)

**Skills Competition**

**Board Breaking**      Please note: a maximum of 5 individual  
 breaks. Athletes must supply boards.

I, the undersigned, hereby submit my application for registration in this Taekwondo tournament. I voluntarily assume all risks in any way connected with my participation in the said Tournament and hereby waive all claims howsoever caused, including negligence, against any and all persons, and any and all organizations and tournament officials connected with the above tournament, for any injuries or damages that I may sustain during my participation in this tournament. I also assume full responsibility for my actions and conduct during and in connection the said tournament.

<b>Parent/Guardian Signature (athletes under 18 yrs)</b>	<b>Date:</b>
<b>Athlete Signature</b>	<b>Date:</b>

Yes!! I would like to give my feedback regarding the event, my participation, or my child's participation. I understand that I will be contacted by a member of SaskWTF and that the email I provide here will be used for NO OTHER PURPOSE than to collect this feedback.

Please contact me at this email: \_\_\_\_\_

**Registration Deadline is November 18<sup>th</sup> at 9:00 am. Please submit to [saskelite@gmail.com](mailto:saskelite@gmail.com).**  
**Remit fees to your instructor.**

**Team Registration**

Demo Team

Team Poomse

<b>School</b>		<b>City</b>	
---------------	--	-------------	--

Demo Teams can consist of 2 – 5 people.

Team Poomse may be 3 or 5 participants.

Full Name	Gender*	Age
1.		
2.		
3.		
4.		
5.		
<b>COACH:</b>		

\* Because Team Poomse is not a judged event this year, mixed teams are welcome!!

**Will your demo require music?   Y   or   N**

**Please submit music file on a flash drive in either .wav or .mp3 format to Michelle at check-in on Saturday morning.**

**Registration Deadline is November 13<sup>th</sup> at 9:00 am. Please submit to [saskelite@gmail.com](mailto:saskelite@gmail.com).**

**Remit fees to your instructor.**

### Seminar Registration

<b>Full Name</b>		<b>Date of Birth</b>	
<b>Gender</b>	M or F	<b>Check all that apply:</b> <input type="checkbox"/> Athlete <input type="checkbox"/> Parent <input type="checkbox"/> Coach <input type="checkbox"/> Referee <input type="checkbox"/> Instructor/Master	
<b>Phone Number</b>		<b>Email Address</b>	
<b>School/Club</b>		<b>Gup</b>	<b>Dan/Poom</b>
<b>Out of curiosity (optional): How many years have you been involved in Taekwondo?</b>			
<b>If you are attending the NCCP Workshop, have you completed NCCP MultiSport A &amp; B?</b>			Y or N
<b>If you are attending the FULL DAY referee seminar, list your current referee rank:</b>			

**Please check one.**

	<b>Poomse Seminar</b> Black belts only. Full uniform required.	<b>\$ 40</b>	<b>9:00am – 12:30pm</b>
--	---	--------------	-------------------------

	<b>Referee Seminar 1</b> Students, coaches, parents welcome. Full uniform required (except for parents – please no jeans).	<b>\$ 40</b>	<b>9:00am – 12:30pm</b>
--	---	--------------	-------------------------

	<b>NCCP: Psychology of Performance Workshop</b> Students, coaches, parents welcome. 16 yrs+. Clean, respectful dress.	<b>\$ 60</b>	<b>9:00am – 4:30pm</b> 1hr lunch break
--	--	--------------	---

<b>R</b>	<b>Referee Seminar 1 &amp; 2 (certified)</b> Red belts and higher. 16 yrs+.	<b>Refresher \$ 40</b>	<b>9:00am – 4:30pm</b> 1hr lunch break
<b>3</b>	Full uniform required.	<b>Level 3 \$ 40</b>	
<b>2</b>	Notebook/writing pad required.	<b>Level 2 \$ 50</b>	
<b>1</b>	National manual required.	<b>Level 1 \$ 60</b>	

Registrations are due **Wednesday, November 18<sup>th</sup>, 9:00am**. Please email this form to [saskelite@gmail.com](mailto:saskelite@gmail.com).

Payment can be made at Check-In.