

BC TAEKWONDO

CHAMPIONSHIPS

SATURDAY MARCH 29, 2025



POOMSAE AND SPARRING DIVISIONS!

JUNIOR/CADET/SENIOR/ULTRA BLACK BELT
WEIGH-INS INCLUDING (OUT-OF-TOWNERS)
SURE STAY HOTEL - 7188 WESTMINSTER HWY,
RICHMOND BC, MARCH 28TH , TIME; TBD
NO WEIGH-INS ON SATURDAY



ID PICKUP: 8:30AM - 9:00 AM
COACHES MEETING: 8:45 AM
POOMSAE: 9:00 AM
KYORUGI: AFTER RECREATIONAL POOMSAE
OPENING CEREMONY: AFTER ALL POOMSAE

ADMISSION

SINGLE: \$10.00
FAMILY: \$20.00
UNDER 5: FREE

GENERAL INQUIRIES

BCTKDTOURNAMENTS@GMAIL.COM

VENUE

RICHMOND OLYMPIC OVAL
6111 RIVER ROAD,
RICHMOND, B.C. V7C 0A2

ONLINE REGISTRATION

ALL COACHES AND COMPETITORS: <https://fitofan.com/2025-bc-taekwondo-champs>

viaSPORT
ACCREDITED 2024/25



THE 2025 B.C. TAEKWONDO CHAMPIONSHIPS

On behalf of the BC Taekwondo Federation, I would like to personally welcome our honored guests from all over BC and all athletes and guests from out of town to the 2025 BC Taekwondo Championships.



Like all tournaments here in B.C., competitors will be able to showcase their hard-earned skills and spirit as true Taekwondo martial artists in a safe and professional environment. Good luck to all competitors and be reminded that all achievements, hard work, and dedication provide great opportunities that open many doors in the sport of Taekwondo and other endeavors.

I would also like to thank all the masters, officials, volunteers, committee members, and all supporters for your dedication and commitment to preparing for this year's B.C. Taekwondo Championships.

We look forward to seeing everyone in March!

Sincerely,

Senior Master Song Chul Kim - President of Taekwondo BC

GENERAL INFORMATION

Location :	Richmond Olympic Oval 6111 River Road, Richmond B.C.
Date :	Saturday, March 29, 2025
Entry Fees :	One Event: \$80.00, Two Events: \$160.00, Additional Events: \$40.00 each after the initial \$160.00 <i>*Please note: prices do not include online registration fees.</i>
ID Pick Up :	8:30 am - 9:00 am
Coaches Meeting :	8:45 am Please Note: coaches will have a strict dress code. Athletic or business casual attire. Jeans and doboks not permitted. Any type of cap/hat is not permitted. Closed footwear only, no heels, sandals or slippers, crocs. No chewing gum or use of electronic devices (cell phone or video cameras) while coaching.
Opening Ceremony :	To begin after poomsae competition.
Championship Begins :	Poomsae will start at 9:00am, All sparring will begin after recreational poomsae.
General Enquiries & Registration :	Online registration only: https://fitofan.com/2025-bc-taekwondo-champs Any questions can email: bctkdtournaments@gmail.com
Black Belt Weigh-in :	HIGH PERFORMANCE BLACK BELT WEIGH-INS: March 28th, 4:30pm - 5:30pm at Surestay Best Western Hotel, 7188 Westminster Hwy, Richmond B.C. There will be no Saturday weigh-ins at the venue. (Applicable to High Performance Junior, Cadet, Senior, and Ultra Black Belt Kyorugi athletes) Remember to bring photo ID (Kukkiwon ID / GAL / Government Issued ID)
Registration Deadline :	Friday, February 28th at 11:59pm, Pacific Time. Note: The 2025 BC Taekwondo Championship is online registration only. There will be no refunds. No handwritten applications will be accepted. To register please go to: https://fitofan.com/2025-bc-taekwondo-champs
Spectator Fee :	Spectator Admission: \$10.00 per person, Family \$20.00, under 5 free (CASH ONLY).
Equipment & Uniform Requirements:	Colour Belt and Recreational: White colour taekwondo uniform HP & Freestyle: Official World Taekwondo approved Poomsae Dobok Chest protector, Head gear, Groin cup, Mouth guard (Clear or white only) braces top and bottom must be covered, Arm/Shin guards, and TKD uniform are mandatory. Headgear colour must match the chestgear (white & black acceptable). All Official Black Belts will require Gloves and KP&P E-Socks.
Sparring Rounds :	Colour Belts: 1 minute rounds, 30 second rest Recreational, Youth, Cadet, Jr Black Belts: 1.5 minute rounds, 45 second rest HP & Ultra Black Belts: 2 minute rounds, 1 minute rest The tournament committee reserves the right to change the number of rounds and/or duration as needed.
Rules :	Current WT Rules Apply to the Official Black Belts All COLOR BELTS - NO FACE KICK ALLOWED UNDER 12 BLACK BELT - NO FACE KICK ALLOWED 12 and up (cadet +) blackbelt - face kick allowed.
Official Poomsae :	Recognized: Individual, Pair, Team Freestyle: Individual, Pair The tournament committee reserves the right to change categories as needed. Poomsae draws will be announced on taekwondobc.com and on the Taekwondobc Facebook page.
Awards :	1ST / 2ND / 3RD Medals for both Poomsae and Sparring
Qualifications :	As according to the WT Taekwondo Federation of B.C. Constitutional bylaws.
Hotel Accomodation :	Host hotel is the SureStay Best Western: athletes/coaches can call 604-207-9000 and book their room under "Taekwondo BC" Further information on rates etc. to be announced shortly.