BC OPEN
TAEKWONDO
CHAMPIONSHIPS

ID PICKUP: 8:00 AM - 9:00 AM
COMPETITION: 9:00 AM
OPENING CEREMONIES: 11:00 AM
SPARRING: 12:00 NOON

POOMSE DIVISION!
BOARD BREAKING DIVISION!
SPARRING DIVISION!

MAY 7, 2016

ADMISSION

ADULT: $5
FAMILY: $10
UNDER 6: FREE

GENERAL INQUIRIES

604-299-4590

METROTKD@SHAW.CA,
MILAD.BAHRAMI@PORTMOODYTAEKWONDO.COM

VENUE

RICHMOND CURLING CLUB:
5540 HOLLYBRIDGE WAY,
RICHMOND, B.C. V7C 4N3

FOR MORE INFO:WWW.TAEKWONDOBC.COM

ONLINE REGISTRATION: WWW.TKDREGISTER.COM/2016BCOPEN

BRITISH COLUMBIA

SPORTBC

SHIELD

2016 B.C. OPEN TAEKWONDO CHAMPIONSHIPS

On behalf of the BC Taekwondo Federation, I would like to welcome everyone to our second Annual 2016 BC Open Taekwondo Championships. I would like to personally welcome all of our honored guests from all over BC and all athletes and guests from out of town particularly the U.S. and Alberta.

Like all tournaments here in B.C., competitors will be able to showcase their hard earned skills and spirit as true Taekwondo martial artists. I hope everyone enjoys the new event we introduced last year in the form of Breaking Competition. Board breaking is a spectacular and exciting component of Taekwondo and we hope our students enjoy this new event.

I would also like to take this opportunity to wish all of our BC competitors good luck at the 2016 Canadian National Taekwondo Championships in Calgary in mid May immediately following this year's 2016 BC Open. I am confident that our athletes will proudly represent our province and bring back medals for their hard work. All competitors should be reminded by their achievement that had work and dedication do provide great opportunities that open many doors in the sport of Taekwondo and other endeavors.

I would like to thank all the Masters, Officials, volunteers, our committee members, and all supporters for your dedication and commitment in preparing this year's BC Open Taekwondo Championships.

Sincerely,
Senior Master Song Chul Kim
President, World Taekwondo Federation of B.C.

GENERAL INFORMATION

Location : **Richmond Curling Club**
5540 Hollybridge Way, Richmond B.C.

Date : **Saturday, May 7, 2016**

Entry Fee : One event (Pattern or Sparring or Breaking) : $50.00
Two events (Any Combination) : $65.00
Three events (Pattern, Sparring, and Breaking) : $80.00
Please note: prices do not include online registration fees.

Board Breaking : *Breaking Division* - Participants will be given 3 boards (provided) and will be required to perform 3 techniques of their choice in succession. Points will be awarded based on technical difficulty, presentation, and creativity.

ID Pick Up : 8:00 am - 9:00 am

Opening Ceremony : 11:00am

Championship Begins : Poomse will start at 9:00am, Sparring will commence immediately after Poomse, approx. 12:00 noon.
No Lunch Break

General Enquiries & Registration : Online registration only: www.tkdregister.com/2016bcopen
Any questions can call either 604-299-4590 or 604-936-9929 or email: metrotkd@shaw.ca

Black Belt Weigh-in : No weigh-in required for this tournament.

Registration Deadline : Monday, May 2nd, 2016, 12:00 midnight, Pacific Time. Note: The 2016 B.C. Open Championships is online registration only. There will be no refunds. No handwritten applications will be accepted.
To register, please go to: www.tkdregister.com/2016bcopen

Spectator Fee : Family: $10.00   Adult: $5.00   Children under 6: FREE

Equipment : Chest protector, Head gear, Groin cup, Mouth guard, Arm/Shin guards, and TKD uniform are manditory.
Headgear colour must match the chestgear (white & black acceptable).

Sparring Rounds : Black Belts - 2 rounds / 2 minutes
Color Belts - 2 rounds / 1 minute, Senior Black Belts - 3 rounds / 2 minutes

Rules : **Current WTF 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. Cadet protective rules will apply.

Awards : **1ST / 2ND / 3RD MEDALS**

Qualifications : As according to the WTF Taekwondo Federation of B.C. Constitutional bylaws.

Accommodations: Executive Airport Plaza Hotel & Conference Centre
7311 Westminster Highway (Registered under 2016 BC Taekwondo Open)
Richmond, BC V6X 1A3
Tel (604) 207-7171 | Web: www.executivehotels.net