

BC TAEKWONDO

CHAMPIONSHIPS

SATURDAY JUNE 24, 2023



B.C.I.T. CAMPUS

3700 WILLINGDON AVE, BURNABY B.C.

JUNIOR/SENIOR BLACK BELT
LOWER MAINLAND WEIGH-IN: JUNE 23, 2023
TIME: 5:00PM - 7:00PM, TIFFANY B ROOM
HILTON METROTOWN HOTEL
ISLAND / INTERIOR WEIGH-IN
SATURDAY AT THE VENUE

DOORS OPEN: 8:30AM
POOMSAE: 9:30AM
OPENING CEREMONY: 11:30AM
SPARRING: 1:00PM

ONLINE REGISTRATION: <https://taekwondobc.smoothcomp.com/>
BLACK BELTS 12 YEARS (BIRTH YEAR) AND OLDER REQUIRE KP&P SOCKS
HEAD CONTACT IN EFFECT
ORDER YOUR SOCKS AT: www.captainsports.ca

FOR MORE INFORMATION:
tournaments@taekwondobc.com



ADMISSION

SINGLE: \$5.00
FAMILY: \$10.00
UNDER 6: FREE



2023 BC Taekwondo Championships

On behalf of the BC Taekwondo Federation, I would like to give all of you a congratulatory welcome to our 2023 BC Taekwondo Championships. BC Taekwondo's annual Championships have a long standing tradition of competitors competing in the spirit of good sportsmanship and respect, showcasing their hard earned skills and competitive spirit.



This year's BC Taekwondo Championships will be a celebration of our Province's best from the grassroots level all the way up to high performance and athletes for life. We would like to congratulate our Canadian athletes and 2 BC athletes, Sophie Nicholson and Shane Britton for their performance and participation at the recent World Taekwondo Championships earlier this month in Baku, Azerbaijan.

All competitors for this Provincial Championships should be reminded by their achievement that hard work and dedication provide great opportunities that will open many doors in the sport of Taekwondo. We are looking forward to many more years of success for the benefit of all our athletes and Taekwondo members in B.C. this year in 2023 and onwards.

I have been honored with the appointment of Chair of the Technical Committee for World Taekwondo. I wish to continue supporting all of our athletes and Taekwondo BC members as best as I can. I would like to thank all the Masters, officials, referees, and volunteers for their dedication and commitment in preparing this year's B.C. Championships. All family members and supporters cheers and encouragement for our athletes are greatly appreciated. I am looking forward to seeing you all at this year's BC Taekwondo Championships.

Sincerely,
Senior Master Song Chul Kim
President, World Taekwondo Federation of British Columbia

GENERAL INFORMATION

Location :	Building SE16, B.C.I.T. Campus - 3700 Willingdon Ave, Burnaby B.C.
Parking:	Please use parking lot Lot D or F
Date :	Saturday, June 24, 2023
Entry Fee :	One event (Poomsae or Sparring) : \$75.00 Two events (Poomsae and Sparring) : \$90.00 Three events (Poomsae, Free Syle Poomsae, Sparring) : \$100.00 Four events (Poomsae, Free Syle Poomsae, Pairs Poomsae, Sparring) : \$115.00
Competitor & Coaches ID Pick Up :	8:30 am - 9:30 am (ID pickup must be by official school representative only)
Championship Begins :	9:30 am. All color belt and Black Belt Poomsae. Sparring at 1:00 pm
Opening Ceremony & Demonstration :	11:30 am
Registration :	Please Note: The 2023 BC Championships will be online registration only. There will be no refund. No handwritten applications will be accepted. To register, please go to: https://taekwondobc.smoothcomp.com/ and follow the online instructions.
Registration Deadline :	Tuesday, June 20, 2023, 10pm Pacific Time. ABSOLUTELY NO REGISTRATION AT THE DOOR.
Black Belt Weigh-in :	Hilton Metrotown Hotel (Tiffany B Room) – 6083 McKay Avenue Burnaby for Junior and Senior black belt only June 23rd from 5:00pm to 7:00pm. Island / interior: At the venue before the competition – Procedure: present Kukkiwon card and state weight category (ie “welter weight”)(1 kilo allowance permitted – ABSOLUTELY NO EXCEPTIONS, NO CATEGORY JUMPING) Contact info: tournaments@taekwondobc.com
Spectator Fee :	Single: \$5.00 Family: \$10.00 Children under 6: FREE
Equipment :	Chest protector, Head gear, Groin cup, Mouth guard (clear or white only), Arm/Shin guards, and TKD uniform are mandatory. (Headgear may be white or black or must match the colour of the chest gear being worn.) All Cadet (12-14), Junior (15-17) and Senior Black Belts (17+) will require KP&P E-Socks. KP&P socks purchased directly at www.captainsports.ca Please note: All braces (top and bottom) must be covered with a mouthguard.
Sparring Rounds :	Official Black Belts - 2 rounds / 2 minutes Color Belts - 2 rounds / 1 minute
Rules :	All COLOR BELTS - NO FACE KICK ALLOWED UNDER 12 BLACK BELT - NO FACE KICK ALLOWED 12 & UP BLACK BELTS - FACE KICK RULES ENFORCED CURRENT WT RULES WILL APPLY TO OFFICIAL CADET, JUNIOR, AND SENIOR BLACK BELTS.
Official Poomsae:	Official Black Belt Poomsae Divisions - Individual male and female: Cadet (12-14), Junior (15-17), Under 30 (18-30) and Under 40 (31-40), Mixed pairs (all ages), Over 40+, Freestyle Poomsae: Open individual (all ages).
Awards :	1ST / 2ND / 3RD MEDALS
Qualifications :	As according to the WT Taekwondo Federation of B.C. bylaws.
Accommodations:	Hilton Metrotown Hotel - 6083 McKay Avenue Burnaby for out-of-town coaches and athletes.

Please Note: All of the above information is subject to change. Please check the Taekwondo BC website for the most up to date information at <https://taekwondobc.com>