



**2008 CANADIAN TAEKWONDO HANMADANG AND TEAM TRIALS
MAY 30th – 31st – RICHMOND, BC**

REGISTRATION FORM

Personal Information

Last Name:	First Name:
Address:	
City:	Province: Postal Code:
Telephone:()	Email:
Date of Birth (mm/dd/year):	Gender:
Kukkiwon #:	Weight:

Provincial Territorial Approval

Province:	President Name:
President Signature:	Date:

Checklist (YOUR REGISTRATION IS NOT COMPLETE UNTILL ALL THE INFORMATION AND DOCUMENTS BELOW ARE SENT TO TAEKWONDO CANADA BEFORE THE DEADLINE**)**

<input type="checkbox"/> Registration Form (this form)
<input type="checkbox"/> Two ID sized pictures
<input type="checkbox"/> Proof of Canadian Citizenship (a copy of Canadian Passport, Birth Certificate or Citizenship Card)
<input type="checkbox"/> I am listed in TKD Canada's Kukkiwon database OR <input type="checkbox"/> Kukkiwon in Progress through TKD Canada
<input type="checkbox"/> Certified Cheque or Money Order, payable to "Taekwondo Canada"
<input type="checkbox"/> Completed Payment Summary (below)

Payment Summary (includes GST, GST no.889449930)

Application Processing Fee (non-refundable)	\$21.20
One Event: \$53.00	
Two Events: \$84.80	
Three Events: \$106.00	
Four or more events \$127.20	
Team Event \$106.00 for each team member	
TOTAL	

Liability Waiver

<p>I, the undersigned, in consideration of my participation in the 2008 Canadian Taekwondo Hanmadang and Team Trials, agree to indemnify and hold the committee, the WTF Taekwondo Association of Canada, the hosting province, all members of the championship, or their respective officers, agents, representatives, successors, and/or assignees, and competitor, harmless and release them from any and all liability for any injury or illness which may be suffered by the undersigned registered in the 2008 Canadian Taekwondo Hanmadang and Team Trials, arising out of, or in any way connected with participation in the 2008 Canadian Taekwondo Hanmadang and Team Trials, or which may arise out of traveling to participation in and return from this athletic event. I have read the above application and agreement and I fully understand that I assume all risks for any injuries received I also understand that WTF Taekwondo is a body contact sport and I further understand all the contents of the rules and general information published and I agree with them in their entirety. I further agree that any pictures taken of me in connection with the said championship may be used by the championship director for publicity or promotion without compensation at this time or any other time.</p>	
Competitor's Signature:	Date:
Guardian Signature (if under 18 yrs):	Date:

POOMSE

Recognized Poomse (1st and 2nd Compulsory Poomse)
Men, women, and mixed divisions shall be divided according to age.

Please check the appropriate boxes for the events you wish to enter:

Division	1 st Compulsory Poomse	2 nd Compulsory Poomse
<input type="checkbox"/> Jr. Division (14-17 Years Old) <input type="checkbox"/> Male <input type="checkbox"/> Female	Taegeuk 5 Jang 6 Jang 7 Jang 8 Jang	Koryo Keumkang Taeback
<input type="checkbox"/> 1st Sr. Division (18-30 Years Old) <input type="checkbox"/> Male <input type="checkbox"/> Female	Taegeuk 6 Jang 7 Jang 8 Jang	Keumkang Taeback Pyongwon Shipjin
<input type="checkbox"/> 2nd Sr. Division (31-40 Years Old) <input type="checkbox"/> Male <input type="checkbox"/> Female	Taegeuk 6 Jang 7 Jang 8 Jang	Keumkang Taeback Pyongwon Shipjin
<input type="checkbox"/> Master Division (Over age of 41) <input type="checkbox"/> Male <input type="checkbox"/> Female	Taegeuk 8 Jang	Pyongwon Shipjin Jitae Hansoo

BREAKING (HAND)

EVENT Men's division	AGE (up to 17)	AGE (up to 17)	AGE (18- 20)	AGE (18- 20)	AGE (21-30)	AGE (21- 30)	AGE (31- 40)	AGE (31- 40)	AGE (40 and over)	AGE (40 and over)
Punch Break	Light Under 130 lb. <input type="checkbox"/>	Heavy 130 lb. + <input type="checkbox"/>	Light Under 140 lb. <input type="checkbox"/>	Heavy 140 lb. + <input type="checkbox"/>	Light Under 160 lb. <input type="checkbox"/>	Heavy 160 lb. + <input type="checkbox"/>	Light Under 160 lb. <input type="checkbox"/>	Heavy 160 lb. + <input type="checkbox"/>	Light Under 160 lb. <input type="checkbox"/>	Heavy 160 lb. + <input type="checkbox"/>
Knife Break	Light Under 130 lb. <input type="checkbox"/>	Heavy 130 lb. + <input type="checkbox"/>	Light Under 140 lb. <input type="checkbox"/>	Heavy 140 lb. + <input type="checkbox"/>	Light Under 160 lb. <input type="checkbox"/>	Heavy 160 lb. + <input type="checkbox"/>	Light Under 160 lb. <input type="checkbox"/>	Heavy 160 lb. + <input type="checkbox"/>	Light Under 160 lb. <input type="checkbox"/>	Heavy 160 lb. + <input type="checkbox"/>

Punch breaks: All breaks in this category are on wooden boards.

Hand knife breaks: Up to 17 years old are wooden breaks.
 18 years and over are concrete blocks.

Please note: Women's divisions will be made based on the attendance of this hand-breaking event.
 Men's divisions are subject to change based on the attendance for this hand-breaking event.

BREAKING (FOOT)

EVENT	AGE (up to 10)	AGE (11 & 12)	AGE (13 & 14)	AGE (15 & 16)	AGE (17 & 18)	AGE (18 and over)
High Jumping Front Kick	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Long Jumping Side Kick	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Back Kick	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Multiple Kicks with a Jump (1 jump)				Up to 15 <input type="checkbox"/>	16-20 <input type="checkbox"/>	20 and over <input type="checkbox"/>
Directional Multiple kicks				Up to 15 <input type="checkbox"/>	16-20 <input type="checkbox"/>	20 and over <input type="checkbox"/>

High Jumping front kick: a single jumping front kick. This will be rated by how high you can kick breaking a single board. If there is a tie (two or more competitors with the same height), the judges will choose the winner with the superior technique.

Long Jumping side kick: a single running jumping side kick. The break must be while kicking in the air, on a single board. This will be rated based on the length of the airborne kick (from take off to the board break). If there is a tie (two or more competitors with the same length of kick), the judges will choose the winner with the superior technique.

Back Kick: a power breaking event. This break will be rated by the number of boards a single competitor can break. If there is a tie (two or more competitors with the same number of successful board breaks), the judges will choose the winner with the superior technique.

Multiple kicks with a jump (1 jump): a multiple number of board breaks in a single jump. This will be rated by the number of successful board breaks within a single jump. All competitors may choose to do one board break with the hand in combination with the foot board breaks. If there is a tie (two or more competitors with the same number of successful board breaks), the judges will choose the winner with the superior technique.

INDIVIDUAL CREATIVE POOMSE

*Create your own musical poomse

*MAXIMUM TIME: 2 minutes

*MINIMUM TIME: 1½ minutes

*You must supply your own music on a **CD** (tapes will not be accepted)

TEAM EVENT

*5 persons per team

*You must supply your own music on a **CD** (tapes will not be accepted)

*TIME: 9 minutes. Points will be deducted from your team if you are under or over 9 minutes. For every 15 seconds under or over there will be a 2 point deduction from the overall score.

*Within the time of 9 minutes you will be required to perform the following:

a) Poomse requirements:

Basic movements – between 20 to 25 movements

Official poomsae – choose between Koryo, Kumgang, or Taebaek

Creative poomsae – you will choreograph your own poomsae

b) Breaking requirements:

Power breaking – choice between fist, hand knife, back fist, reverse hand knife

Direction breaking – minimum of 10 different techniques in 4 directions

Multiple kicks with a single jump – minimum of 4 kicks

Spinning kicks – with one attempt, a competitor will be required to perform a combination of 3 kicks that involve a spinning action

c) Self-defense requirements:

Bare body (empty hand) self-defense

Weapons self-defence

*You must have a minimum of 5 or more overall techniques (bare body and weapons combined)