

2nd Annual QUISPAMISIS OPEN

Hosted by Allie Vaughan

Rothesay High School

Contact: Allie Vaughan

School: 696-2598

Cell: 640-0904

Dear Masters, Instructors and Students,

This year, on March 13th 2010, I am pleased to invite you to the second annual Qusipamsis Open Challenge Tournament, on Saturday, March 13th 2010. With all Olympic mats, electronic scoring and fantastic Medals!!!

The location for this event will be at **Rothesay High School** off of Old Hampton Road. (see directions at back).

Registration will be from 8:00 to 9:30am. Sorting will begin at 9:40 followed by color belt competition. The cost will be **\$45.00 for 1 or 2 events, Sparring and Poomse. Tag team sparring with be \$10 for a team of 2.**

We are offering an Elite Division (35 to 45 years of age) and an Ultra Division (45 + yrs) for light and heavy black belt and color belt competitors. Tag team sparring will also be an event for those wishing to compete as a team.

Note: personal cheques will not be accepted.

HOTEL INFO

***Amsterdam Inn (506)849-8050

Please note you must register individually as there are no team registrations.

I look forward to seeing everyone there.

Sincerely,

Allie Vaughan

2010 QUISPAMSI OPEN

- 8:00 AM TO 9:30 AM... COMPETITOR REGISTRATION
- 9:40 AM... SORTING COMPETITORS
- 10:00 AM ... COMPETITION BEGINS

***Upon completion of all color belt competitions, there will be a 20-minute break to allow black belt competitors to warm up.**

EQUIPMENT REQUIREMENTS

All competitors must show up for sorting with:

- Chest protector
- Headgear
- Forearm pads
- Hand pads
- Shin and instep pads (color belts only)
- Groin protector
- Mouthguard

***All pads except chest protector must be worn underneath uniform. Only white uniforms will be permitted to compete in. Mouth guards are mandatory. Students without proper equipment may be disqualified.**

NEW WTF RULES WILL BE IN EFFECT!!!

Head contact for only: red belts and above, age of 13.

***COLOR Belts Two/ 1 min/ rounds/ with (30 sec rest).**

***BLACK Belts Two / 2 min / rounds, with (one minute rest).**

***Junior Black Belt divisions will follow the National rules.**

QUISPAMISIS OPEN
WTF TAEKWONDO TOURNAMENT

REGISTRATION FORM

Cost: \$45.00

All appropriate sections of this form **must be completed in full.**

Name: _____

TKD School _____ Phone: _____

Instructor: _____ School location: _____

I _____ recognize that WTF Taekwondo is a contact sport, and that such participation in WTF Taekwondo can result in physical injury. As such, I hereby assume all responsibility for any injuries that I may incur as a result of participating in the Quispamsis, NB Open WTF Taekwondo Tournament. Furthermore, I hereby release the instructors, owners assistants and authorized guests of Quispamsis Taekwondo Inc. from all responsibilities and all claims for injuries which I may receive from participating in the Quispamsis Open WTF Taekwondo Tournament.

Signature (Under 18 parent or guardian signature)

Date

Please check appropriate box

SPARRING

PATTERN

TAG TEAM

Direction to Venue

Travelling from the Moncton :

- 1) Follow highway 1 towards Saint John
- 2) Take Exit 137B-A (St. Martins/Rothesay)
- 3) Off Exit turn right onto Route 111.
- 4) At the end of Route 111, turn right onto Campbell Dr.
- 5) Follow Campbell Drive to the first set of lights and turn left onto Marr Road.
- 6) Follow Marr Road to the next set of light. At the intersection turn left onto the Old Hampton road.
- 7) Follow the Old Hampton Road about 0.5km and the high school is on the Right hand side. (Large brick building infront of a hockey rink)

Travelling from Fredericton:

- 1) Follow highway 1 towards Sussex
- 2) Take Exit 137 B (Quispamsis/Rothesay)
- 3) Come around the round about to merge onto Route 111.
- 4) At the end of Route 111, turn right onto Campbell Dr.
- 5) Follow Campbell Drive to the first set of lights and turn left onto Marr Road.
- 6) Follow Marr Road to the next set of light. At the intersection turn left onto the Old Hampton road.
- 7) Follow the Old Hampton Road about 0.5km and the high school is on the Right hand side. (Large brick building infront of a hockey rink)