



4th Can-Am Taekwon-do Tournament

University of Québec at Trois-Rivières

Saturday April 19, 2008

Dear Masters and Instructors,

We are pleased to invite you and your students to participate in the 4th Can-Am Taekwon-do Tournament, which will take place in University of Quebec in Trois-Rivières, 3351 des Forges blvd, on April 19, 2008. The April 20 will be the official selection for the National teams sparring members.

All information about the competition is enclosed hereafter in order to make your stay in our area as pleasant as possible.

If you need further information, please contact us at (819) 370-6864.

Best regards.

Me. Pierre Laquerre

Tournament director

(819) 370-6864

www.atpl-itf.com

General information

1. Registration

- The competition will begin precisely at 9:00 am. All registrations and payments must be received before April 5, 2008. Checks must be labeled to Taekwon-do Mauricie and sent to the following address:

Regional Association of Taekwon-do Mauricie
1112 Lepage street
Trois-Rivieres Quebec Canada
G8V 1L7

- Registration fees are \$50 for the pattern and/or the sparring.
- For the official National teams sparring: 70\$ including the Can-Am Championship

2. Accommodation

We suggest you stay at the Delta Hotel Trois-Rivières (819-376-1991). Please make reservation before the March 19, 2008 and don't forget to ask for the group Taekwon-Do competition rate are \$102.00 single room or four by room.

The room of the 7th dan and more will be paid by the organization.

3. Rules and divisions

- The ITF competition rules for individual patterns and sparring are applied in this championship.
- This championship is sanctioned by the Canadian International Taekwon-Do Federation.
- Official meeting will begin at 8:30 a.m. the competition ompetition will begin at 9:00 a.m. with color belt patterns followed by color belt sparring. The official ceremony will take place at 1:15 p.m. and black belt competition will begin at 1:30 p.m.
- The trainers will receive all categories and the quantity of athletes by catogery, one week before the Championship.
- There will be checking for weights the morning of the competititon between 8:00 a.m. to 9:00 a.m. and the Friday evening at the hotel between 5:00 p.m. to 7:00 p.m.
- In this competition, each competitor must wear the ITF dobok. For sparring, protecting equipment (safety punch, safety kick, mouth piece, groin cup and safety helmet is mandatory for juniors and recommanded for adults) must be provided by competitors.

- Four medals will be delivered in each division: gold, silver and two bronzes.
- Division merging may occur if the number of competitor in a division is less than 4.
- The ITF referee suits are needed: blue pants (no jeans), white shirt, blue tie and white shoes. It's mandatory for all black belts 16 years old and up to be available for judging with the official clothes.

PS: Notice that this document is a translation of the original French document, in case of disagreement the original version prevails.

PATTERNS

Black belt patterns

Division	Age	Degree
Mixt pee-wee	13 and under	
Junior boy	14 to 17	1 st
Junior boy	14 to 17	2 nd
Junior boy	14 to 17	3 rd
Junior girl	14 to 17	1 st
Junior girl	14 to 17	2 nd
Junior girl	14 to 17	3 rd
Men	18 to 34	1 st
Men	18 to 34	2 nd
Men	18 to 34	3 rd
Men	18 to 34	4 th
Women	18 to 34	1 st
Women	18 to 34	2 nd
Women	18 to 34	3 rd
Women	18 to 34	4 th
Senior men	35 and above	
Senior women	35 and above	

Color belt patterns

Division	Age	Level
Mixt mini pee-wee	6 to 8	White to yellow II
Mixt mini pee-wee	6 to 8	Green to green II
Mixt mini pee-wee	6 to 8	Blue to blue II
Mixt mini pee-wee	6 to 8	Red to red II
Mixt pee-wee	9 to 11	White to yellow II
Mixt pee-wee	9 to 11	Green to green II
Mixt pee-wee	9 to 11	Blue to blue II
Mixt pee-wee	9 to 11	Red to red II
Pre-junior girl	12 to 14	White to yellow I
Pre-junior girl	12 to 14	Green to green I
Pre-junior girl	12 to 14	Blue to blue I
Pre-junior girl	12 to 14	Red to red I
Pre-junior boy	12 to 14	White to yellow I
Pre-junior boy	12 to 14	Green to green I
Pre-junior boy	12 to 14	Blue to blue I
Pre-junior boy	12 to 14	Red to red I
Junior girl	15 to 17	White to yellow I
Junior girl	15 to 17	Green to green I
Junior girl	15 to 17	Blue to blue I
Junior girl	15 to 17	Red to red I
Junior boy	15 to 17	White to yellow I
Junior boy	15 to 17	Green to green I
Junior boy	15 to 17	Blue to blue I
Junior boy	15 to 17	Red to red I
Women	18 to 34	White to yellow I
Women	18 to 34	Green to green I
Women	18 to 34	Blue to blue I
Women	18 to 34	Red to red I
Men	18 to 34	White to yellow I
Men	18 to 34	Green to green I
Men	18 to 34	Blue to blue I
Men	18 to 34	Red to red I
Senior Women	35 and above	White to green I
Senior Women	35 and above	Blue to red I
Senior men	35 and above	White to green I
Senior men	35 and above	Blue to red I

SPARRING

Black belt sparring

Division	Age	Weight	
Mixt pee-wee	13 and under	Light	
Mixt pee-wee	13 and under	Heavy	
Junior boy	14 to 17	Micro	52Kg and under
Junior boy	14 to 17	Light	52.1Kg to 58Kg
Junior boy	14 to 17	Middle	58.1Kg to 63Kg
Junior boy	14 to 17	Heavy	63.1Kg to 70Kg
Junior boy	14 to 17	Hyper	70.1Kg and above
Junior girl	14 to 17	Micro	45Kg and under
Junior girl	14 to 17	Light	45.1Kg to 50Kg
Junior girl	14 to 17	Middle	50.1Kg to 55Kg
Junior girl	14 to 17	Heavy	55.1Kg to 60Kg
Junior girl	14 to 17	Hyper	60.1Kg and above
Men	18 to 34	Micro	54Kg and under
Men	18 to 34	Light	54.1Kg to 63Kg
Men	18 to 34	Middle	63.1Kg to 71Kg
Men	18 to 34	Heavy	71.1Kg to 80Kg
Men	18 to 34	Hyper	80.1Kg and above
Women	18 to 34	Micro	52Kg and under
Women	18 to 34	Light	52.1Kg to 58Kg
Women	18 to 34	Middle	58.1Kg to 63Kg
Women	18 to 34	Heavy	63.1Kg to 70Kg
Women	18 to 34	Hyper	70.1Kg and above
Senior men	35 and above	Light	
Senior men	35 and above	Heavy	
Senior women	35 and above	Light	
Senior women	35 and above	Heavy	

Color belt sparring

Division	Age	Level	Weight
Mixt mini pee-wee	6 to 8	White I to green I	Light
Mixt mini pee-wee	6 to 8	White I to green I	Middle
Mixt mini pee-wee	6 to 8	White I to green I	Heavy
Mixt mini pee-wee	6 to 8	Blue to red I	Light
Mixt mini pee-wee	6 to 8	Blue to red I	Middle
Mixt mini pee-wee	6 to 8	Blue to red I	Heavy
Mixt pee-wee	9 to 11	White I to green I	Light
Mixt pee-wee	9 to 11	White I to green I	Middle
Mixt pee-wee	9 to 11	White I to green I	Heavy
Mixt pee-wee	9 to 11	Blue to red I	Light
Mixt pee-wee	9 to 11	Blue to red I	Middle
Mixt pee-wee	9 to 11	Blue to red I	Heavy

Color belt sparring

Division	Age	Level	Weight
Pre-junior boy	12 to 14	White I to green I	Light
Pre-junior boy	12 to 14	White I to green I	Middle
Pre-junior boy	12 to 14	White I to green I	Heavy
Pre-junior boy	12 to 14	Blue to red I	Light
Pre-junior boy	12 to 14	Blue to red I	Middle
Pre-junior boy	12 to 14	Blue to red I	Heavy
Pre-junior girl	12 to 14	White I to green I	Light
Pre-junior girl	12 to 14	White I to green I	Middle
Pre-junior girl	12 to 14	White I to green I	Heavy
Pre-junior girl	12 to 14	Blue to red I	Light
Pre-junior girl	12 to 14	Blue to red I	Middle
Pre-junior girl	12 to 14	Blue to red I	Heavy
Junior boy	15 to 17	White I to green I	Light
Junior boy	15 to 17	White I to green I	Middle
Junior boy	15 to 17	White I to green I	Heavy
Junior boy	15 to 17	Blue to red I	Light
Junior boy	15 to 17	Blue to red I	Middle
Junior boy	15 to 17	Blue to red I	Heavy
Junior girl	15 to 17	White I to green I	Light
Junior girl	15 to 17	White I to green I	Middle
Junior girl	15 to 17	White I to green I	Heavy
Junior girl	15 to 17	Blue to red I	Light
Junior girl	15 to 17	Blue to red I	Middle
Junior girl	15 to 17	Blue to red I	Heavy
Women	18 to 34	White I to green I	Light
Women	18 to 34	White I to green I	Middle
Women	18 to 34	White I to green I	Heavy
Women	18 to 34	Blue to red I	Light
Women	18 to 34	Blue to red I	Middle
Women	18 to 34	Blue to red I	Heavy
Men	18 to 34	White I to green I	Light
Men	18 to 34	White I to green I	Middle
Men	18 to 34	White I to green I	Heavy
Men	18 to 34	Blue to red I	Light
Men	18 to 34	Blue to red I	Middle
Men	18 to 34	Blue to red I	Heavy
Senior women	35 and above	White I to green I	Light
Senior women	35 and above	White I to green I	Heavy
Senior women	35 and above	Blue to red I	Light
Senior women	35 and above	Blue to red I	Heavy
Senior men	35 and above	White I to green I	Light
Senior men	35 and above	White I to green I	Heavy
Senior men	35 and above	Blue to red I	Light
Senior men	35 and above	Blue to red I	Heavy