



Inner Strength

TAEKWONDO ACADEMY

14th Annual Atlantic Canada TaeKwonDo Games

Dear Grand Masters, Masters, Instructors, Fellow Athletes, Parents and Friends:

It is *Inner Strength Tae Kwon Do's* great honor to welcome you to participate in the 14th Annual Atlantic Canada Tae Kwon Do Games, **Saturday June 04, 2022**. We are again at The Canada Games Centre at 26 Thomas Raddall Drive, Halifax, Nova Scotia, B3S 0E2.

IMPORTANT NOTICE: Registration for competitors will be \$60 (kyorugi only), \$50 (poomsae only) and \$70 for both event (kyorugi and poomsae). To pre-register, please submit forms with a certified cheque/money order or, cash, or Etransfer (**NO PERSONAL CHEQUES**) to the address below by Friday, May 27th, 2022 at 12:00 pm, or by EMAIL. There will be **NO REGISTRATION AT THE DOOR**. We will be using Daedo System for all belts. Both Gen1 and Gen 2 socks are permitted.

Please have the Master of the dojang or a representative to have all registration forms and money for your group the day of the event.

To ensure another great experience for all competitors, we have made the decision to cap the event to 300 competitors. Pre-registration is available and is encouraged to eliminate long registration lines, therefore, starting the Games in a timely manner. Please take advantage of this opportunity.

Win or lose, we trust that this will be a great opportunity to not only progress forward in the individual development of Tae Kwon Do but also renew and create new friendships.

If you have any questions, please do not hesitate to contact us at:

Inner Strength Tae Kwon Do Academy
(902)209-0836
innerstrengthtkd@eastlink.ca

Sincerely,

Master Helbert Porter
Tournament Host
4688 Highway 2
Wellington, Nova Scotia
B2T 1B7 Canada
(902)209-0836
Email: innerstrengthtkd@eastlink.ca



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Welcome Grand Masters, Masters, Instructors, and Friends
To Our
14th Annual
Atlantic Canada TaekwonDo Games

Tournament Schedule

08:00 – 09:00 am	Pick up ID/Weigh In (All Belts)
09:00 – 09:30 am	Coaches, Referee and Head Referee Meeting
09:30 – 10:00 am	Sorting all Youth and Recreational Black Belts, Junior and Senior Color Belt Competitors, verify divisions
10:00 -----	Youth Black Belt, Junior and Senior Color Belts Poomsae (Forms) competition Kyorugi (Sparring), Junior and Senior Black Belt Poomse (Forms) Competition commence.

(Please note that this is only a tentative schedule throughout the day)

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14th Annual Atlantic Canada TaeKwonDo Games Information Sheet

Host:	Master Helbert Porter
Place:	Canada Games Centre 26 Thomas Raddall Drive Halifax, Nova Scotia, Canada B3S 0E2
Date:	June 04, 2022
Schedule:	8:00 – 9:00am Pick Up ID / Weigh In 9:00 – 9:30am Coaches, Referee, and Head Referee Meeting 9:30 – 10:00am Verify Division (Junior and Adult) 10:00 am SHARP Games Begin
Competitor Fee:	Registration (Received by May 27, 2022 – 12:00 pm) \$60.00 (kyorugi only), \$50 (poomsae only) and \$70 for both events (Please note there will be NO REGISTRATION AT THE DOOR)
Spectator Fee:	Adults - \$5.00 Children 5 and under – FREE
Mandatory Equipment:	Daedo Electronic Footwear (All Belts) Uniform, belt, head protector, mouth guard, groin protector, forearm guards, shin guards, and gloves (WT certified)
Age Divisions	5 and Under, 6-7, 8-9, 10-11, 12-14 Cadet, 15-17 Junior A, Senior 18+ (Participants 17+ with 'Dan in Progress' or 'Dan' Cert can join division)
Belt Divisions	Novice: 10 th Gup through 8th Gup (White, Yellow Stripe, Yellow). Intermediate: 7th Gup through 5thGup (Orange, Green Stripe, Green). Advanced: 4th Gup through 1st Gup (Blue, Red Stripe, Red, Black Stripe). Black: All Black Belts
Weight Divisions	All Color Belt Divisions must have a maximum 10 pound range. All Junior Black Belt Divisions must follow WT Divisions. All Senior Black Belts can follow either WT or Olympic Divisions.
Head Shots	Head Shot Rules will follow Taekwondo Canada's National Event Rules. Poomsae Divisions are to be arranged as to Age & Belt Divisions listed above.
Competition Rules	Current WT Rules Apply

NOTE: Given participants will vary from event to event, there can be a 1 category change in age, weight, or belt for participants with either no fight, or to better align the event while still considering the participant's safety. Any change for a participant will require the full disclosure of all participants in the proposed division to all coaches and / or parents prior to commencement for their full acceptance.

Host Hotel: **Holiday Inn Express & Suites Halifax-Bedford**
980 Parkland Drive, Halifax, Nova Scotia
B3M 4Y7., Canada
Tel: 1(902)444-6700
Group Rates \$159 + taxes
Complimentary Hot Breakfast and Parking

General Inquiries: **INNER STRENGTH TAE KWON DO ACADEMY**
Please send pre registrations to: Master Helbert Porter
4688 Highway #2
Wellington, NS B2T 1B7
Tel: (902) 209-0836
innerstrengthkd@eastlink.ca



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TAEKWONDO ACADEMY

14th Annual Atlantic Canada TaeKwonDo Games Registration Form

Saturday, June 04, 2022

Canada Games Centre

26 Thomas Raddall Drive, Halifax, Nova Scotia, B3S 0E2

Hosted by: Master Helbert Porter, Inner Strength Tae Kwon Do Academy

(902) 209-0836

innerstrengthtkd@eastlink.ca

Name: _____

Street City Province Postal Code

E-Mail: _____ DOB: _____ Sex: _____ Weight: _____ Belt Rank: _____

Dojang: _____ Phone: _____

Address: _____
Street City Province Postal Code

School Master Instructor: _____

Fee: **Registration (money order or certified check or etransfer)**
 Sparring only (\$60) Forms only (\$40) Sparring and Forms (\$70)

Registration Deadline: May 27, 2022 – Please mail to: Master Helbert Porter
4688 Highway #2, Wellington, NS, B2T 1B7

Liability Waiver: I, the undersigned, submit this application and the monetary entry fee as consideration for my right to participate in the 2022 Atlantic Canada Tae Kwon Do Games to be held on June 04, 2022. I understand and accept that physical injury and related damages are an inherent and necessary risk of the participation in the sport of Tae kwon do. I expressly assume all such risks. I accept full responsibility for the cost of medical and or other treatment for any injury or damages which I may sustain. I release, hold harmless, and waive all claims against the promoters operators and sponsors, individually or collectively, or any and all injury of damage I may sustain while attending or participating in these Games, including any claim for negligent supervision, instruction and/or maintenance of the facilities. I further agree that if any pictures or video taken of or by me in connection with said tournament can be used by the Tournament Director for publicity or promotion without compensation at this or any other time. **IF UNDER 18 YEARS OF AGE, THIS RELEASE AND CONSENT FORM MUST BE SIGNED BY A PARENT OR GUARDIAN.**

Signature: _____ Date: _____

Signature: _____ Date: _____

Signature of Parent/Guardian if under 18 years of age.