



# Inner Strength

## TAEKWONDO ACADEMY

### 14<sup>th</sup> 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 14<sup>th</sup> Annual Atlantic Canada Tae Kwon Do Games, **Saturday March 21, 2020**. 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), \$40 (poomsae only) and \$70 for both event (kyorugi and poomsae). To pre-register, please submit forms with a certified cheque/money order or cash (**NO PERSONAL CHEQUES**) to the address below by Thursday, March 12 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.

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***  
***[www.innerstrengthtaekwondo.com](http://www.innerstrengthtaekwondo.com)***  
***[innerstrengthkd@eastlink.ca](mailto:innerstrengthkd@eastlink.ca)***

Sincerely,

Master Helbert Porter  
Tournament Host  
4688 Highway 2  
Wellington, Nova Scotia  
B2T 1B7 Canada  
(902)209-0836  
Email: [innerstrengthkd@eastlink.ca](mailto:innerstrengthkd@eastlink.ca)  
Web: [www.innerstrengthtaekwondo.com](http://www.innerstrengthtaekwondo.com)



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## TAEKWONDO ACADEMY

Welcome Grand Masters, Masters, Instructors, and Friends  
To Our  
14<sup>th</sup> 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 Poomsae (Forms) Competition commence.

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

### PROUD SPONSORS



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## TAEKWONDO ACADEMY

### 14<sup>th</sup> Annual Atlantic Canada TaeKwonDo Games Information Sheet

<b>Host:</b>	<b>Master Helbert Porter</b>	
<b>Place:</b>	Canada Games Centre 26 Thomas Raddall Drive Halifax, Nova Scotia, Canada B3S 0E2	
<b>Date:</b>	March 21, 2020	
<b>Schedule:</b>	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 <b>SHARP</b>	Games Begin
<b>Competitor Fee:</b>	<b>Registration</b> (Received by March 12, 2020 – 12:00 pm) \$60.00 (kyorugi only), \$40 (poomsae only) and \$70 for both events <b>(Please note there will be NO REGISTRATION AT THE DOOR)</b>	
<b>Spectator Fee:</b>	Adults - \$5.00 Children 6 and under - FREE	
<b>Mandatory Equipment:</b>	<b>Daedo Electronic Footwear (Black Belts Senior, Junior and Cadet Only)</b>	
<b>Coloured belt</b>	<b>Electronic Foot Protection will be provided (we suggest to have your Owns socks to keep the event flowing)</b> Uniform, belt, head protector, mouth guard, groin protector, forearm guards, shin guards, and gloves (WT certified)	
<b>Age Divisions</b>	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)	
<b>Belt Divisions</b>	<b>Novice:</b> 10 <sup>th</sup> Gup through 8th Gup (White, Yellow Stripe, Yellow). <b>Intermediate:</b> 7th Gup through 5thGup (Orange, Green Stripe, Green). <b>Advanced:</b> 4th Gup through 1st Gup (Blue, Red Stripe, Red, Black Stripe). <b>Black:</b> All Black Belts	
<b>Weight Divisions</b>	All Color Belt Divisions must have a maximum 10 pound range. All Junior Black Belt Divisions must follow WTF Divisions. All Senior Black Belts can follow either WT or Olympic Divisions.	
<b>Head Shots</b>	Head Shot Rules will follow Taekwondo Canada's National Event Rules. Poomsae Divisions are to be arranged as to Age & Belt Divisions listed above.	

**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:**  
Future Inns, Halifax  
30 Fairfax Drive  
Halifax, Nova Scotia  
B3S 1P1, Canada  
Tel: (902)443-4333  
Toll Free: 1-800-565-0700

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



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## TAEKWONDO ACADEMY

### 14<sup>th</sup> Annual Atlantic Canada TaeKwonDo Games Registration Form

Saturday, March 21, 2020  
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  
www.innerstrengthtaekwondo.com  
[innerstrengthkd@eastlink.ca](mailto:innerstrengthkd@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)**  
 Sparring only (\$60)  Forms only (\$40)  Sparring and Forms (\$70)

**Registration Deadline:** March 12, 2020 – 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 2020 Atlantic Canada Tae Kwon Do Games to be held on March 21, 2020. 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.