

10TH ANNUAL NORTHERN SPIRIT



INVITATIONAL TAE KWON DO CHAMPIONSHIPS

**SLAVE LAKE, ALBERTA
APRIL 26th, 2008**



10TH ANNUAL NORTHERN SPIRIT INVITATIONAL TAE KWON DO CHAMPIONSHIPS

- DATE:** **April 26th, 2008**
- PLACE:** Northern Lakes College Gymnasium Slave Lake, AB
- ELIGIBILITY:** Competition is open to all *invited* members in good standing with an established WTF Tae Kwon Do School.
- RULES:** Rules and Regulations in accordance with the World Tae Kwon Do Federation. **NO HEAD CONTACT FOR CHILDREN 15 AND UNDER.** Junior Black Belt (Age 13 – 15) Head contact Optional
- EQUIPMENT:** **ALL SPARRING EQUIPMENT (headgear, chest protectors, shin/arm and groin protectors) IS MANDATORY. We will have a good supply of equipment, but it is a good idea to bring extra if you have it.**
***Mouth guards are mandatory for ALL COMPETITORS!!!
- ENTRY FEE:** **EARLY REGISTRATION:** \$40.00 for one or \$45.00 for both divisions (Gyroogi or Poomse)
Team Poomse Only: \$30.00 per team (Instructions enclosed)
LATE REGISTRATION: (Saturday Morning): \$ 45.00 for one or \$50.00 for both Divisions (Gyroogi or Poomse)
***Please make cheque payable to “Slave Lake Tae Kwon Do”
Spectator Entrance Fee: \$5.00 at the door. This will enter you into a door prize. Competitors, Officials, Children 7 & under - free.
- ACCOMMODATION:** (PLEASE SEE ACCOMMODATION SHEET)
- REGISTRATION:** **6:00 – 10:00PM, Friday April 25th @ The Sawridge Hotel or pre-registration please Fax to: (780) 849-6095 or email: wpsbr@slavelakecomm.com Subject – “Registrations”**
***Please try to have all registrations/or name lists faxed or emailed in by **Wednesday April 23rd**. There will not be a late registration fee for registering Friday. *If you cannot make payment by Friday night there will be an area to pay at the gymnasium Saturday morning.*
- EVENT TIMES/DIVISIONS:** Children competitors must arrive at the gym by 8:30 am
Referee and Officials Meeting 8:30am sharp in Referee room at College
Line up for Poomse 9:00am
Opening Bow In 9:30am and Competition to begin right after.
Children’s Poomse 15 & younger (includes Jr. Black Belts)
Children’s Gyroogi 15 & younger (includes Jr. Black Belts)
Team Poomse - Officials break
Adult line up: Poomse 16 & older
Adult Gyroogi: (16 – 31yrs) (32 – 35yrs) (41+)
Adult Black Belt Poomse & Gyroogi to follow
Heritage Classic – See details enclosed

