

## POOMSE

POM-1	(9 & Under)	(m/f) White - Yellow Belt
POM-2	(9 & Under)	(m/f) Green-Blue Belt
POM-3	(9 & Under)	(m/f) Red - Black Belt
POM-4	(10-12)	(m/f) White - Yellow Belt
POM-5	(10-12)	(m/f) Green - Blue Belt
POM-6	(10-12)	(m/f) Red - Black Belt
POM-7	(13-14)	(m/f) White -Yellow Belt
POM-8	(13-14)	(m/f) Green - Blue Belt
POM-9	(13-14)	(m/f) Red -Black Belt
POM-10	(15-17)	(m/f) White - Yellow Belt
POM-11	(15-17)	(m/f) Green - Blue belt
POM-12	(15-17)	(m/f) Red - Black Belt
POM-13	(18-39)	(m/f) White -Yellow Belt
POM-14	(18-39)	(m/f) Green - Blue Belt
POM-15	(18-39)	(m/f) Red - Black Belt
POM-16	(40+)	(m/f ) White-Green
POM-17	(40+)	(m/f) Blue-Black

## COLOURED BELT SPARRING

SPAR-1	(9 & under)	(m/f) White-Green Belt
SPAR-2	(9 & under)	(m/f) Blue - Red Belt
SPAR-3	(10-12)	(m/f) White-Green Belt
SPAR-4	(10-12)	(m/f) Blue - Red Belt
SPAR-5	(13-14)	(m/f) White - Green Belt
SPAR-6	(13-14)	(m/f) Blue - Red Belt
SPAR-7	(15-17)	(m) White - Green Belt
SPAR-8	(15-17)	(m) Blue - Red Belt
SPAR-9	(15-17)	(f) White - Green Belt
SPAR-10	(15-17)	(f) Blue - Red Belt
SPAR-11	(18+)	(m) White - Green Belt (151- lb)
SPAR-12	( 18+)	( m) White - Green Belt (152 -199 l b)
SPAR-13	( 18+)	( m) White - Green Belt (200+ lb)
SPAR-14	( 18+)	( m) Blue - Red Belt (151 - lb)
SPAR-15	( 18+)	( m) Blue - Red Belt (152 -199 - lb)
SPAR-16	(18+)	(m) Blue - Red Belt (200+ lb.)
SPAR-17	(18+)	(f) White - Green Belt (129 - lbs.)
SPAR-18	(18+)	(f) White - Green Belt (130 + lbs.)
SPAR-19	(18+)	(f) Blue - Red (129 - lbs.)
SPAR-20	(18+)	(f) Blue - Red (130 + lbs.)

## BLACK BELT SPARRING

BBSPAR-1	(9 & under)	(m/f) (Grouped by Size)
BBSPAR-2	(10-12)	(m/f) (Grouped by Size)
BBSPAR-3	(13-14)	(m/f) (Grouped by Size)
BBSPAR-4	(15-17)	(f) (Grouped by Size)
BBSPAR-5	(15-17)	(m) - Light
BBSPAR-6	(15-17)	(m) - Heavy
BBSPAR-7	(18+)	(m) - Light (151- lb.)
BBSPAR-8	(18+)	(m) - Middle (152-173-lb.)
BBSPAR-9	(18+)	(m) - Heavy (174-200-lb.)
BBSPAR-10	(18+)	(m) - Super Hvy. (201 + lb.)
BBSPAR-11	(18+)	(f) - Super Light (125 - lb.)
BBSPAR-12	(18+)	(f) - Light (125+ lb.)

(Categories may be added or deleted as necessary)



Langley Sportsplex, 20165 91a Ave, by Collossus

Referee & Judging Refresher

*To be posted at website.*

\*New Olympic Rules & Electronic Scoring\*

Fee \$20, Please. Make Cheques payable to  
B.C. Taekwondo Association

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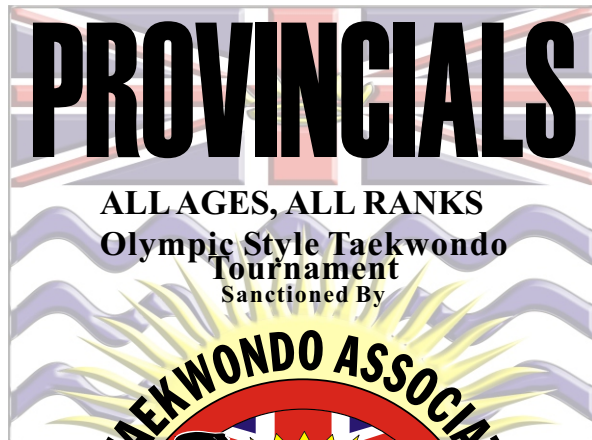
Pacific Coast Taekwondo

Serving Langley Since 1988

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# 2005



Saturday April 30 2005

Sportsplex Arena  
Langley, B.C.

Doors open 9am, Poomse 10am  
Sparring to follow

For Registration go to  
[www.bctaekwondo.org](http://www.bctaekwondo.org)

Ph: 604-644-7758 or 604-530-8922 Fax: 604-530-4752

Competitor fee:\$35 Pre-Reg only paid by Apr 15  
Spectators \$5, Children 12- \$2

Competitor #

**WAIVER & REGISTRATION FORM**

**OFFICE USE ONLY**

Name (First)		(Last)		Male / Female	Sex	Date of Birth	Height	Weight
Address			City	Country	Home Phone		Work Phone	
Club Name				Belt Colour & Rank (Gup/Poom/Dan)				
Instructors Name						Category (Sparring)	(Poomse)	

I, the undersigned, hereby submit my application in this tournament. I voluntarily assume all risks in any way connected with my participation in the said tournament, and hereby wave all claims howsoever caused, including negligence against any and all persons, and any and all organizations and directors connected with this event, for any injuries that I may sustain during my participation in this competition. I also assume full responsibility for my actions and conduct during and in connection with this tournament. I consent to be photographed, filmed or telecast at this event, waiving all claims to compensation, for use by anyone without limitation. I will respect and abide by the rules of this tournament. I am fully informed of the nature of this event and the governing rules, risks and conditions. Having read both sides of this page, I understand and accept: this agreement; that absolutely no refunds will be made; that incomplete or unreadable forms will be rejected; that I will be registered in my category based on my submitted information and category density; categories may be adjusted added or subtracted; and that ideal matching of competitors cannot be guaranteed. ~ Thank you for your support.

\_\_\_\_\_  
Signed Name

\_\_\_\_\_  
Parent/Guardian  
Signature