



Dear Masters, Instructors, Parents, and Athletes,

On behalf of Whitecourt Taekwondo, I would like to invite you to attend our 34th annual Taekwondo Championship on **Saturday, December 13, 2025**. As always, we will be hosting this event in memory of a very important member of our Taekwondo family, Master Jim Rennie Sr, who we lost in 2015.

We understand that weather can play a big part in planning for travelling in Alberta in December! We are pleased to guarantee that in case of extreme conditions that prevent travel to our tournament, 100% of paid registration fees may be applied to our next event, either in March or November of 2026.

Building on the success of last year's innovative tournament structure, we are pleased to announce the return of our recreational competition - this time with a festive twist! This year's event features the **"Christmas Cup"** theme, promising Santa-inspired surprises, holiday spirit, and joyful camaraderie.

We invite all ages and belt levels to experience:

- ★ Family Friendly Tournament Value – reduced rates for 3 or more family members
- ★ Loot Bags for Youth Competitors - thanks to our local sponsors
- ★ Streamlined Schedule – less waiting time
- ★ Grassroots Development for Athletes, Coaches, and Referees
- ★ 3 Sparring Match Guarantee – sparfest style / scored best of 3 matches
- ★ Special Consideration for First Time Sparring Competitors
- ★ Tag Team Sparring – teams formed on the day of competition
- ★ Blaze Pods Challenges - no registration required
- ★ Little Ninjas Competitions – Dragon Tails, Warrior Path, Candy Cane Smash
- ★ Double Elimination Recreational Poomsae
- ★ Team Patterns - any combination of team members and belt levels
- ★ Black Belt Sport Poomsae – individual and pairs/teams divisions

As always, participants can expect qualified referees to ensure safe and fair competition according to current World Taekwondo rules. Our tournament will be the first in Alberta to utilize the brand new WT approved *Waychamp* sparring scoring system. We hope you will join us on December 13, 2025 for our unique and fun-filled event!

Sincerely,

Master Jim Rennie
780-778-0202
jim.rennie@whitecourttaekwondo.com





General Information

Venue

- Allan and Jean Millar Centre
- Spectator Admission \$5 (ages 5 and up)
- Free Parking
- 50/50 Raffle - tickets available at event



Onsite Food & Beverage Vendor



Onsite Merchandise Vendor

Local Accommodations

- Whitecourt has several hotels with competitive rates
- Please use your favourite hotel booking method to find the most suitable accommodation

Extreme Weather

- In case of extreme weather that prevents travel to our tournament on December 12 or 13, 100% of paid registration fees may be applied to a future event - either March or November 2026.
- Extreme weather is defined as colder than -35°C and/or 'travel not recommended' road conditions based on the [511 Alberta](#) road report app or website

Tournament Information

Age Divisions

- Little Ninjas - Approximately 3-6 years old and quite new to Taekwondo competition**
- Youth - Approximately 5-12 years old**
- Cadet & Older - At least 12 years old by the end of 2025

**Parents may use discretion to determine most suitable age division for their children

Schedule*

- 7:00 AM Doors open / Athlete and Coach check-in
- 8:00 AM Referee photo on the foyer stairwell followed by meeting in the board room
- 8:30 AM Coaches join referees in the board room for coach briefing
- 8:45 AM Opening ceremony
- 9:00 AM **Youth** recreational and sport poomsae begin, followed by youth sparring
- 10:00 AM **Little Ninjas** competition begins
- 10:00 AM **All Ages** Blaze Pods Challenges in the squash court
- 12:00 PM **Youth** tag team sparring / Lunch break begins
- 12:30 PM **Team** poomsae competition / Lunch break continues
- 1:00 PM **Cadet and Older** recreational and sport poomsae begin, followed by sparring
- 4:00 PM **Cadet and Older** tag team sparring
- 4:30 PM Take down and clean up begin

*Afternoon schedule subject to change



Regular Event Information

Regular Events

- Individual Recreational Poomsae
- Team Recreational Poomsae (formerly Family Patterns)
- Individual Black Belt Sport Poomsae
- Pair/Team Black Belt Sport Poomsae
- Individual Sparring
- Tag Team Sparring

Individual Recreational Poomsae

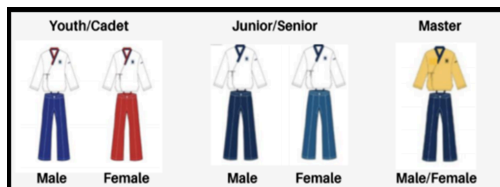
- All belt levels, all ages
- Divisions of 4-8 people lined up at event
- Double elimination format
 - Competitor performs one poomsae according to their belt level - the one they learned for the belt they are wearing or the pattern they are learning for their next belt level
 - White belt competitors may perform the 10 move pattern or their 'basic' pattern
 - Player must lose 2 times to be eliminated
- Uniform is any style **white** Taekwondo dobok, appropriate belt, bare feet

Team Poomsae (formerly 'Family' patterns)

- Teams may consist of any combination of belt level and ages
- Perform the highest poomsae common to all members of the team
- Divisions will be based on levels, ages, and pattern performed
- CREATIVE DIVISION will be formed for non-recognized poomsae
- Team members **MUST** indicate on their registration form that they will be performing team patterns

Black Belt Sport Poomsae

- World Taekwondo poomsae rules (September 30, 2024)
- NOTE: Youth divisions are not official but will follow the same rules as official Cadet divisions
- Uniform – Sport Poomsae uniform recommended but NOT MANDATORY



- Master categories are U60 and older
- Individual competitors will perform poomsae side by side - poomsae draws will be conducted before each match
- Pairs and teams will use the cut-off system of competition; poomsae draws will be conducted at the beginning of pairs and teams divisions



Individual Recreational Sparring

- All ages and belt levels
- Head contact rules
 - NO head contact in colour belt divisions
 - NO head contact in youth divisions
 - Head contact optional in black belt cadet and older divisions
- Equipment: Head and chest protector, groin guard (male and female), mouth guard, shin and arm pads
 - NOTE: All braces MUST be covered by a mouth guard
- Uniform: Any style white Taekwondo dobok and appropriate belt
- Format
 - Sparring will consist of a combination of sparfest-style matches and scored matches
 - Scored matches will feature the brand new WT approved Waychamp scoring equipment
 - Competitors will begin their sparring by completing at least 2 sparfest-style matches - timed, one-round, no score fights
 - Center referee will control the sparfest-style match
 - Center referee will guide the students and let them know when they're breaking rules but not impose gam-jeoms
 - Coaches are welcome to coach before and after the match and from the sidelines during the match
 - Once competitors have completed 2 sparfest-style matches they may proceed to a best-of-three, scored match, where they will fight for silver or gold
 - If they choose not to continue to a best-of-three, scored match, they may claim a bronze medal for their sparfest-style matches
- Competitors will be organized into pools based on registrations and matched with opponents on the day of the event
- **ATTENTION FIRST TIME SPARRING COMPETITORS - ANY BELT LEVEL**
 - First time competitors may indicate in their registration that this is their first tournament sparring experience
 - Organizers will try their best to ensure that less experienced competitors are matched with one another

Tag Team Sparring

- Participants will be organized into teams of 3 or more members and divisions based on registrations
- Teams may be mixed gender, all male, or all female and can include any belt levels
- Competitors may either specify their team preference or be assigned to a team by organizers
- Matches will be safely and fairly controlled by the center referee
- Matches will be scored by 3 corner judges during three 3-minute rounds of play
- Gam-Jeoms will be imposed according to current WT sparring rules
- Absolutely NO head contact is allowed in team sparring
- Further details and rules will be announced on competition day



Other Event Information

- Little Ninjas Competitions - reduced registration fee
- Blaze Pods Challenges for all ages - no registration required

Little Ninjas Competition

- Suitable for very young competitors with little or no competition experience
- Parents should use their discretion to determine if Little Ninjas competition is suitable for their child
- Participants are approximately 3-6 years of age
- Dragon Tails
 - Alternative to regular sparring
 - Encourages evasion techniques without kicking or punching
 - Equipment will be provided
- Warrior Path
 - Obstacle course races
 - Fun and challenging agility and speed competition
- Candy Cane Smash
 - Board breaking
 - Hammer fist technique

Blaze Pods Challenges

- All competitors are welcome to participate in Blaze Pods challenges
- Located in the squash court from 10:00 AM - 3:00 PM





Payment Information

Deadlines and Fees

- Registration fees are per person
- EARLY registration deadline - **November 30, 2025**
- FINAL registration deadline - December 10, 2025
- Registrations are confirmed upon receipt of payment

Early Registration Deadline - November 30	
One Regular Event	\$70
Two or More Regular Events	\$80
Families - after 2 regular event registrations (not Little Ninjas) each additional registration is \$50	

Final Registration Deadline - December 10	
One Regular Event	\$90
Two or More Regular Events	\$100
Families - after 2 regular event registrations (not Little Ninjas) each additional registration is \$60	

Early Registration Deadline - November 30	
Little Ninjas	\$40

Final Registration Deadline - December 10	
Little Ninjas	\$50

Methods of Payment

- E-transfer - Fees may be sent via e-transfer to **registration@whitecourttaekwondo.com**
- Credit Card - We are pleased to announce that we will accept online payments (3.5% service fee) for registration fees
 - Click this link: **Whitecourt Taekwondo Square Payment**
 - OR**
 - Scan the QR code to submit an online credit card payment



Registration Links

Competitor Registration

- All competitors including Little Ninjas register here: **Competitor Registration**

Referee Registration

- Whitecourt Taekwondo encourages new referee development - we welcome all levels of referees
- New referee training will be provided as well as referee refresher training
- Referees may register here: **Referee Registration**
- Contact Master Cindy Richardson (780-706-5148) for more information about officiating

Coach Registration

- Whitecourt Taekwondo encourages grassroots coach development – no specific credentials required
- Coaches are expected to conduct themselves according to **True Sport / Respect in Sport** guidelines
- Coach registration link: **Coach Registration**

All registration links also available at: whitecourttaekwondo.com under the 'Tournament' menu

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We are deeply grateful for the generous support of our local sponsors. Their commitment and contributions are the cornerstone of our event's success. Please join us in celebrating these incredible community champions!