

Pattern Divisions		Sparring Divisions		
Boys And Girls (4,5,6)				
W-Y	1-2-3-3	1-2-3-3	Medium	Heavy
G-B	1-2-3-3	1-2-3-3		1-2-3-3
R-BL	1-2-3-3	1-2-3-3		1-2-3-3
Boys And Girls (7,8,9)				
W-Y	1-2-3-3	1-2-3-3	Medium	Heavy
G-B	1-2-3-3	1-2-3-3		1-2-3-3
R-BL	1-2-3-3	1-2-3-3		1-2-3-3
Boys And Girls (9,10)				
W-Y	1-2-3-3	1-2-3-3	Medium	Heavy
G-B	1-2-3-3	1-2-3-3		1-2-3-3
R	1-2-3-3	1-2-3-3		1-2-3-3
BL	1-2-3-3	1-2-3-3		1-2-3-3
Boys (11&12)				
W-Y	1-2-3-3	1-2-3-3	Medium	Heavy
G-B	1-2-3-3	1-2-3-3		1-2-3-3
R	1-2-3-3	1-2-3-3		1-2-3-3
BL	1-2-3-3	1-2-3-3		1-2-3-3
Girls (11&12)				
W-Y	1-2-3-3	1-2-3-3	Medium	Heavy
G-B	1-2-3-3	1-2-3-3		1-2-3-3
R	1-2-3-3	1-2-3-3		1-2-3-3
BL	1-2-3-3	1-2-3-3		1-2-3-3
Boys (13&14)				
W-Y	1-2-3-3	1-2-3-3	Medium	Heavy
G-B	1-2-3-3	1-2-3-3		1-2-3-3
R	1-2-3-3	1-2-3-3		1-2-3-3
BL	1-2-3-3	1-2-3-3		1-2-3-3
Girls (13&14)				
W-Y	1-2-3-3	1-2-3-3	Medium	Heavy
G-B	1-2-3-3	1-2-3-3		1-2-3-3
R	1-2-3-3	1-2-3-3		1-2-3-3
BL	1-2-3-3	1-2-3-3		1-2-3-3
Boys (15&16)				
W-Y	1-2-3-3	1-2-3-3	Medium	Heavy
G-B	1-2-3-3	1-2-3-3		1-2-3-3
R	1-2-3-3	1-2-3-3		1-2-3-3
BL	1-2-3-3	1-2-3-3		1-2-3-3
Girls (15&16)				
W-Y	1-2-3-3	1-2-3-3	Medium	Heavy
G-B	1-2-3-3	1-2-3-3		1-2-3-3
R	1-2-3-3	1-2-3-3		1-2-3-3
BL	1-2-3-3	1-2-3-3		1-2-3-3
Women (17-34)				
W	1-2-3-3	1-2-3-3	Medium	Heavy
Y	1-2-3-3	1-2-3-3		1-2-3-3
G	1-2-3-3	1-2-3-3		1-2-3-3
B	1-2-3-3	1-2-3-3		1-2-3-3
R	1-2-3-3	1-2-3-3		1-2-3-3
BL	1-2-3-3	1-2-3-3		1-2-3-3
Men (17-34)				
W	1-2-3-3	1-2-3-3	Medium	Heavy
Y	1-2-3-3	1-2-3-3		1-2-3-3
G	1-2-3-3	1-2-3-3		1-2-3-3
B	1-2-3-3	1-2-3-3		1-2-3-3
R	1-2-3-3	1-2-3-3		1-2-3-3
BL	1-2-3-3	1-2-3-3		1-2-3-3
Senior Men(35-45) & Veterans(45-UP)				
W-Y	1-2-3-3	1-2-3-3	Medium	Heavy
G-B	1-2-3-3	1-2-3-3		1-2-3-3
R	1-2-3-3	1-2-3-3		1-2-3-3
BL	1-2-3-3	1-2-3-3		1-2-3-3
Senior Men(35-45) & Veterans(45-UP)				
W-Y	1-2-3-3	1-2-3-3	Medium	Heavy
G-B	1-2-3-3	1-2-3-3		1-2-3-3
R	1-2-3-3	1-2-3-3		1-2-3-3
BL	1-2-3-3	1-2-3-3		1-2-3-3

PATTERNS

SCORING: POINT SYSTEM (1-10 PTS)
 CRITERIA: ACCURACY, BALANCE,
 TIMING, SMOOTHNESS,
 RHYTHM, BREATH CONTROL,
 POWER

SPARRING

TIME: CONTINUOUS 1½
 MIN PER ROUND
 CHILDREN: NO CONTACT (12 & UNDER)
 SPARRING GEAR OPTIONAL
 ADULT
 & TEENS: SEMI CONTACT

TEAM PATTERN (3 OR MORE PER TEAM)

1. FAMILY & FRIENDS (ALL BELTS)
2. JUNIORS AGE 6-12 (COLOUR & BLACK BELTS)
3. TEENS 13 & UP (COLOUR & BLACK BELT)
4. WOMEN 13 & UP (BLACK BELT)
5. MEN 13 & UP (BLACK BELT)

TEAM \$60 (UP TO 3 COMPETITORS)
 (ADD \$20 PER ADDITIONAL COMPETITOR)

COMPETITOR MUST COMPETE IN PATTERNS AND/OR SPARRING TO BE
 ELIGIBLE FOR TEAM EVENTS

LITTLE DRAGON'S OBSTACLE RACE (BASED ON TIME)

AGES 4, 5, 6 (ALL BELTS)

\$25

\$20 (IF COMPETING IN PATTERNS AND/OR SPARRING)

**COMPETITION
 START TIME
 10:00 AM SHARP**



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 MARTIAL ARTS

PERSONAL TRAINING • TRAINING CENTER

BLACK BELT EXCELLENCE
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CAPITAL CUP TAE KWON DO INVITATIONAL TOURNAMENT

Open to all
 coloured & Black Belts
 (4 yrs & up)



**SUNDAY APRIL 15TH 2012
 10AM
 OTTAWA, CANADA**



LOCATION:



BROOKSTREET HOTEL
 525 LEGGET DRIVE
 KANATA, ONTARIO

613.599.KICK (5425)
 WWW.WINNINGCIRCLE.COM

TOURNAMENT LOCATION/ ACCOMODATIONS

BROOKSTREET HOTEL (5 STAR)
525 LEGGET DRIVE
KANATA, ONTARIO
(888) 826-2220
SPECIAL ROOM RATE FOR ALL GUEST
RESERVATION: CAPITAL CUP



COST:

PRE-REGISTRATION - \$55
DOOR REGISTRATION - \$65
(AT THE DOOR AT 8:30 TO 9:30AM)

PAYMENT:

CASH OR CHEQUE ONLY
CHEQUES PAYABLE TO:
CAPITAL CUP

SPECTATORS:

\$5 CHILDREN (UNDER 10)
\$7 STUDENTS
\$10 ADULTS

MEETING 9:30AM:

INSTRUCTORS
BLACK BELTS
JUDGES

FOOD CONCESSION AVAILABLE



INDIVIDUAL REGISTRATION FORM

NAME: _____

AGE: _____

SEX: M / F

ADDRESS: _____

SCHOOL: _____

INSTRUCTOR: _____

BELT LEVEL: _____

APPLICANT'S SIGNATURE (18 AND OVER)

PARENT'S SIGNATURE (IF APPLICANT LESS THAN 18)

WAIVER

I _____ HEREBY SUBMIT MY APPLICATION FOR REGISTRATION IN THIS TOURNAMENT EVENT WHICH IS AFFILIATED WITH THE INTERNATIONAL TAE KWON-DO FEDERATION AND ACKNOWLEDGE THAT ITF RULES WILL APPLY. I HEREBY FOREVER RELEASE AND DISCHARGE ANY PERSON(S) CONNECTED WITH THE TOURNAMENT FROM ANY AND ALL ACTIONS, COURSES OF ACTION, CLAIMS, AND DEMANDS FOR DAMAGES, LOSS OR INJURY WHILE IN ATTENDANCE AT SAID TOURNAMENT. ANY PICTURES TAKEN OF ME OF BY ME IN CONNECTION WITH THE TOURNAMENT MAY BE USED BY THE TOURNAMENT DIRECTOR FOR PROMOTION WITHOUT COMPENSATION AT THIS OR ANY FUTURE TIME.

PLEASE DETACH

PATTERNS (TUL)

NAME: _____ AGE: _____

SCHOOL: _____ SEX: M / F

INSTRUCTOR: _____

BELT: _____

..... CUT ON THIS LINE

SPARRING (MATSOKI)

NAME: _____ AGE: _____

SCHOOL: _____ SEX: M / F

INSTRUCTOR: _____

BELT: _____

..... CUT ON THIS LINE

TEAM PATTERN

TEAM NAME: _____ AGE: _____

SCHOOL: _____ SEX: M / F

INSTRUCTOR: _____

TEAM CATEGORY: _____

..... CUT ON THIS LINE

LITTLE DRAGON'S OBSTACLE RACE (AGES 4, 5, 6)

NAME: _____ AGE: _____

SCHOOL: _____ SEX: M / F

INSTRUCTOR: _____

BELT: _____