

Pro Martial Arts Best of the Best Colour Belt Challenge and Ontario ITF Black Belt Championship

Saturday April 29, 2023 - Colour Belts

Sunday April 30, 2023 - Black Belts

**Sheridan College
Davis Campus, Athletic Centre "C" Wing
7899 McLaughlin Rd, Brampton ON L6Y 5H9**

Hosted By

**PRO MARTIAL ARTS
promartialarts@rogers.com**

www.promartialartsfitness.com





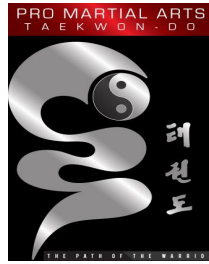
**Pro Martial Arts
Best of the Best Colour Belt Challenge and Ontario ITF Black Belt Championship**

Saturday April 29, 2023 - Colour Belts

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Pro Martial Arts Best of the Best Challenge and Ontario ITF Black Belt Championship
April 29 & 30, 2023

1. Invitation Letter

Dear Grand Masters, Masters, Instructors, Parents, and Students,

Mr. Sal Da Costa and Mr. Jason Da Costa would be honoured to have your presence at the Pro Martial Arts Best of the Best Challenge and Ontario ITF Black Belt Championship taking place on Saturday April 29th and Sunday April 30th, 2023 at Sheridan College Davis Campus, Athletic Centre “C” Wing, 7899 McLaughlin Rd, Brampton ON L6Y 5H9.

This is an open tournament to all ages and belt levels of all groups, associations, and affiliations that teach and follow General Choi’s teaching of Taekwon-Do. All belts up to 6th Dan (degree) are welcome to compete.

Colour belts will begin competition on Saturday April 29, 2023 at 10:00am with two events consisting of patterns and sparring. Black belts will begin competition on Sunday April 30, 2023 at 10:00am with four events consisting of patterns, sparring, power breaking, and special techniques. All sparring divisions will for colour belts will be decided by the center ring referees. Weight categories for colour belt sparring will consist of light and heavy weight. Black belt sparring divisions will be categorized according to gender, age, and weight. Black belt categories will consist of light, middle, and heavy weights, which will be predetermined by the tournament host Mr. Sal Da Costa of Pro Martial Arts.

The registration fee for colour belts is \$90.00 per competitor for 1 or 2 events. The registration fee for black belts is \$120.00 per competitor for 1 to 4 events. Spectator fee is \$10.00 (ages 6 & up) and is to be paid at the door.

Registration and payment deadline is April 22, 2023. We will not accept registration at the door on the day of the tournament and there are no refunds. Payment can be made in the form of cash or E-Transfer to giselnunes@rogers.com. If sending an E-Transfer, please indicate the participants first and last name and school name in the body of the E-Transfer so we may associate the payment with the registration form. Please email registration forms to promartialarts@rogers.com.

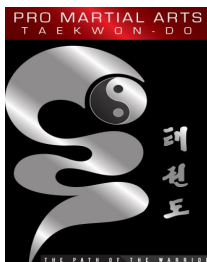
Parking is free at Sheridan College. Beverages are allowed in the gym. Food is prohibited in the gym. The food court at the college is closed on weekends so please let your parents and students know they may bring a lunch as we have reserved a lunch room for everyone to use.

A complete tournament package is available on the Pro Martial Arts web site at www.promartialartsfitness.com under the events tab. For more information regarding this event, please email us at promartialarts@rogers.com or call (905) 276-3945.

We hope to count on your support and co-operation for a successful and enjoyable tournament.

Yours in Taekwon-Do,

Mr. Sal Da Costa, 5th Dan & Mr. Jason Da Costa, 5th Dan



Pro Martial Arts Best of the Best Challenge and Ontario ITF Black Belt Championship
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2. Schedule of Events – Competition

Saturday April 29th and Sunday April 30th, 2023

**Sheridan College
Davis Campus, Athletic Centre “C” Wing
7899 McLaughlin Road
Brampton, ON
L6Y 5H9**

SATURDAY APRIL 29, 2023 - COLOUR BELT CHALLENGE

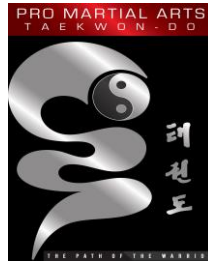
SCHEDULE OF EVENTS

Competitors Arrival:	8:00am — 9:45am
Umpire Meeting	9:30am
Opening Ceremonies:	10:00am
Competition Starts:	10:30am
Competition Ends:	6:00pm

SUNDAY APRIL 30, 2023 - BLACK BELT CHAMPIONSHIP

SCHEDULE OF EVENTS

Competitors Arrival:	8:00am — 9:45am
Umpire Meeting	9:30am
Opening Ceremonies:	10:00am
Competition Starts:	10:30am
Competition Ends:	6:00pm



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3. Map – Sheridan College

Sheridan College
Davis Campus, Athletic Centre “C” Wing
7899 McLaughlin Road , Brampton, ON L6Y 5H9

Driving Directions

Traveling East on Hwy 401

- Exit Hwy 401 at Mavis Road
- Turn left (North) onto Mavis Road
- Turn right (East) onto Derry Road
- Turn left (North) onto McLaughlin Road
- Turn right on Sheridan College Drive

Traveling West on Hwy 401

- Exit Hwy 401 at Mavis Road
- Turn right (North) onto Hurontario Road
- Turn left (West) onto Derry Road
- Turn right (North) onto McLaughlin Road
- Pass Hwy 407
- Turn right on Sheridan College Drive

Traveling East on the QEW

- QEW to Hwy 403 East
- Merge onto Hwy 407 East
- Exit Mavis Road North
- Turn right onto Ray Lawson Blvd.
- Turn left onto Kingknoll Drive
- Continue straight onto Sheridan College Drive

Traveling West on the QEW

- QEW to Hwy 427 North
- Merge onto Hwy 401 West
- Exit Hurontario Road North
- Turn left onto Courtneypark Drive West
- Turn right onto onto McLaughlin Road
- Turn right on Sheridan College Drive





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4. Nearby Hotels

Comfort Inn,
31 Topflight Drive
Mississauga, ON L5S 1Y1
1-800-760-7718

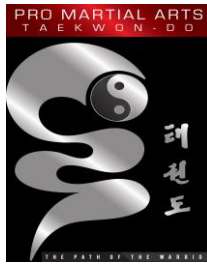
Check-in time is after 3:00 PM (early arrivals will be accommodated as per availability).
Check-out time is at 11:00 AM.

Monte Carlo Inn - Airport Suites
7035 Edwards Blvd,
Mississauga, ON L5T 2H8
1-800-363-6400

Radisson Toronto Airport West,
175 Derry Rd E.
Mississauga, ON L5T 2Z7
(289) 804-4885

GLō Best Western
Mississauga Corporate Centre
40 Admiral Blvd
Mississauga, ON L5T 2W1
1(800) 780-7234
(905) 795-1011

Executive Residency By Best Western Toronto-Mississauga
6791 Hurontario St,
Mississauga, ON L5T 2Z6
1 (855) 229-5934



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5. Rules For Competition - Colour Belts

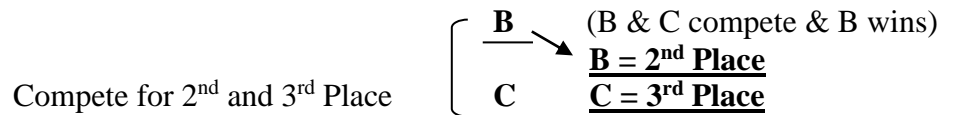
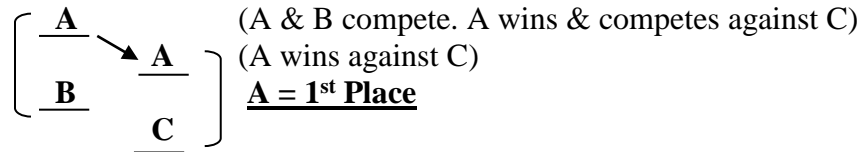
Coaches

Only Registered coaches will be allowed on the competition floor. There will be no exception to the rule. Coaches can be a Master, Instructor, assistant instructor, or a registered Black belt.

Patterns

- Can perform the pattern of their belt or the one below
- Four competitors will place 1st 2nd 3rd 4th
- If a division has 3 competitors, they will compete in a round robin event

Example:



You cannot face the same competitor twice

Sparring Gear

All competitors must have the following **mandatory gear** to compete in the Sparring division:

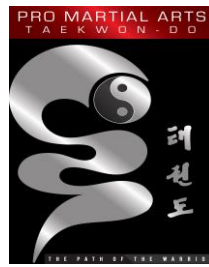
- FOOT
- HAND
- HEAD GEAR
- MOUTH PIECE
- GROIN CUP (BOYS)



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Sparring

- Rounds are 1 minute & 30 seconds long
- In case of a tie, there will be a 30 second overtime
- In case of a tie after the overtime, it goes to golden point
- 3 warnings = 1 minus point
- 3 different minus points for different infractions = disqualification
- 2 minus points for the same infraction = disqualification
- If a competitor is injured, they have 2 minutes to return to competition, after this a decision is made to continue or not by First Aid, coach, parent, center referee
- 3 competitors will compete in a round robin event (cannot face the same competitor twice)
- Awards go to 1st, 2nd, 3rd, and 4th place



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6. Rules For Competition - Black Belts

Coaches

Only Registered coaches will be allowed on the competition floor. There will be no exception to the rule. Coaches can be a Master, Instructor, assistant instructor, or a registered Black belt.

Patterns

- One pattern only until final match

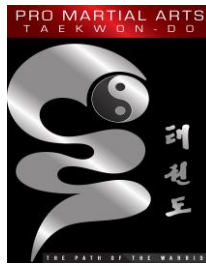
1 st Dan	Choong Moo to Gae Bek
2 nd Dan	Gae Bek to Juche
3 rd Dan	Juche to Choi Yong
4 th Dan	Choi Yong to Moon Moo
5 th Dan	Moon Moo to So San
6 th Dan	So San to Tong IL

- Final match consists of your pattern plus a second coloured belt pattern decided by the center referee
- Awards go to 1st, 2nd, 3rd, and 4th
- 3 competitors will compete in a round robin (competitors cannot face the same competitor twice)

Sparring Gear

All competitors must have the following **mandatory gear** to compete in the Sparring division:

- FOOT
- HAND
- HEAD GEAR
- MOUTH PIECE
- GROIN CUP (BOYS)



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Sparring

- Two rounds, two minutes each round
- In case of a tie, there will be a 30 second overtime
 - In case of a tie after the overtime, it goes to golden point
 - 3 warnings = 1 minus point
 - 3 different minus points for different infractions = disqualification
 - 2 minus points for the same infraction = disqualification
 - If a competitor is injured, they have 2 minutes to return to competition, after this a decision is made to continue or not by First Aid, coach, parent, center referee
 - 3 competitors will compete in a round robin event (cannot face the same competitor twice)
 - Awards go to 1st, 2nd, and 3rd place



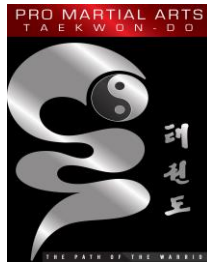
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April 29 & 30, 2023

7. Power Breaking

- There will be two divisions, light and heavy division which is to be decided by the umpire
- Pre-junior Girls and Boys Division:
 - Ages 10 to 11 Side Kick
 - Ages 12 to 13 Side Kick
- Junior Girls and Boys Division:
 - Ages 14 to 17 Side Kick
 - In case of a tie Knife Hand
- Adult Women and Men's Division:
 - Ages 18 & Up Turning Kick
 - In case of a tie Knife Hand

Rules

- First place receives a trophy
- Second place receives a medal
- In case of a tie, another event will be created by the umpire to break the tie
- One touch is allowed, then must break
- Must begin in fighting stance and end in fighting stance
- Foot must remain on the ground upon the break



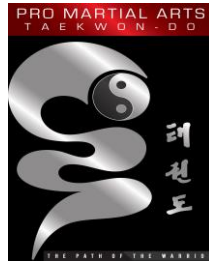
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8. Special Techniques

- There will be two divisions, short and tall division which is to be decided by the umpire
- Pre-junior Girls and Boys Division:
 - Ages 10 to 11 Jumping High Kick
 - Ages 12 to 13 Jumping High Kick
- Junior Girls and Boys Division:
 - Ages 14 to 17 Jumping High Kick
- Adult Women and Men's Division:
 - Ages 18 & Up Jumping High Kick

Rules

- Trophy will be awarded to the highest kick
- Second place receives a medal
- In case of a tie, another event will be created by the umpire to break the tie
- One trial run is permitted without touching the board
- Breaking the board wins over touching the board
- Must begin in fighting stance and end in fighting stance
- If competitor falls down, they are disqualified



Pro Martial Arts Best of the Best Challenge

COLOUR BELT REGISTRATION FORM (White Belt to Black Stripe)

SATURDAY APRIL 29, 2023 – 10:00 AM START TIME

**Tournament Location: Sheridan College Davis Campus - 7899 McLaughlin Rd, Brampton ON L6Y 5H9
Athletic Centre "C" Wing**

**REGISTRATION \$90 FOR 1 OR 2 EVENTS
SPECTATORS AGES 6 & UP \$10 AT THE DOOR**

**ALL APPLICATIONS AND FEES MUST BE SUBMITTED BY APRIL 22, 2023
NO REGISTRATION AT THE DOOR ON THE DAY OF THE COMPETITION**

**PAYMENT CAN BE MADE IN CASH OR BY E-TRANSFER TO: giselnunes@rogers.com
In the body of the E-Transfer, please write the participants first and last name & school**

**REGISTRATION FORMS CAN BE EMAILED TO promartialarts@rogers.com OR MAILED TO
PRO MARTIAL ARTS, 3663 MAVIS RD., UNIT 15, MISSISSAUGA, ON, L5C 2Z2**

NO CHEQUES WILL BE ACCEPTED

NAME: _____
(PLEASE PRINT CLEARLY)

SCHOOL NAME / DOJANG: _____ **INSTRUCTOR:** _____

AGE: _____ **MALE** **FEMALE**

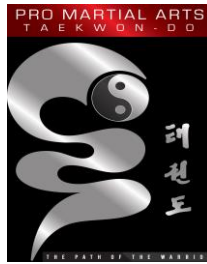
Please Circle One:

BELT:	WHITE	YELLOW STRIPE	YELLOW	GREEN STRIPE	GREEN
	BLUE STRIPE	BLUE	RED STRIPE	RED	BLACK STRIPE

REGISTERING FOR THE FOLLOWING: **PATTERN** **SPARRING**

I, _____ hereby submit my or my child's application for registration at the Pro Martial Arts Best of the Best Challenge. By signing this form, I agree to waive all claims against any person(s) connected with this tournament, for any injury I or my child may sustain during the tournament, and likewise assume full responsibility for my or my child's actions in connection with said competition. I further understand and agree that any pictures or videos taken of me or my child in connection with the said competition may be used by the tournament directors for publicity or promotion without compensation at this time or any future date. **There will be no refunds for registration cancellation.**

Applicant's Signature (18 years of age & up) Parent/Guardian Name (If applicant is under 18 years of age) Parent/Guardian Signature Date



Pro Martial Arts Ontario ITF Black Belt Championships

BLACK BELT REGISTRATION FORM

SUNDAY APRIL 30, 2023 – 10:00 AM START TIME

**Tournament Location: Sheridan College Davis Campus - 7899 McLaughlin Rd, Brampton ON L6Y 5H9
Athletic Centre "C" Wing**

**REGISTRATION \$120 FOR 1 TO 4 EVENTS
SPECTATORS AGES 6 & UP \$10 AT THE DOOR**

**ALL APPLICATIONS AND FEES MUST BE SUBMITTED BY APRIL 22, 2023
NO REGISTRATION AT THE DOOR ON THE DAY OF THE COMPETITION**

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NO CHEQUES WILL BE ACCEPTED

NAME: _____
(PLEASE PRINT CLEARLY)

SCHOOL NAME / DOJANG: _____ **INSTRUCTOR:** _____

AGE: _____ **MALE** **FEMALE** **WEIGHT:** Kg

DEGREE: Please Circle One

I	II	III	IV	V	VI
---	----	-----	----	---	----

REGISTERING FOR:

Patterns	<input type="checkbox"/>	Sparring	<input type="checkbox"/>
Power Breaking	<input type="checkbox"/>	Special Techniques	<input type="checkbox"/>

I, _____ hereby submit my or my child's application for registration at the Pro Martial Arts Ontario ITF Black Belt Championships. By signing this form, I agree to waive all claims against any person(s) connected with this tournament, for any injury I or my child may sustain during the tournament, and likewise assume full responsibility for my or my child's actions in connection with said competition. I further understand and agree that any pictures or videos taken of me or my child in connection with the said competition may be used by the tournament directors for publicity or promotion without compensation at this time or any future date. **There will be no refunds for registration cancellation.**

Applicant's Signature (18 years of age & up) Parent/Guardian Name (If applicant is under 18 years of age) Parent/Guardian Signature Date



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COACHES REGISTRATION FORM

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PRO MARTIAL ARTS, 3663 MAVIS RD., UNIT 15, MISSISSAUGA, ON, L5C 2Z2**

DOJANG NAME: _____

ADDRESS: _____

CITY: _____ **POSTAL CODE:** _____

PROVINCE: _____ **COUNTRY:** _____

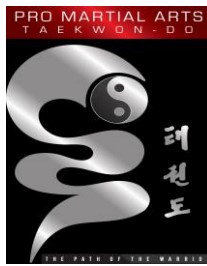
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COACHES LIST

NAMES		AGE	DAN	DATE OF COACHING April 29 or 30
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

**ONLY REGISTERED COACHES WILL BE ALLOWED ON THE COMPETITION FLOOR
INSTRUCTORS AND OTHER BLACK BELTS (IF NOT COMPETING) WILL HAVE TO TAKE PLACE IN THE STANDS**

DRESS CODE FOR COACHES WILL BE TRACK SUIT, ITF BLUE SUIT, OR DOBOK



Pro Martial Arts Best of the Best Challenge & Ontario ITF Black Belt Championships

JUDGES REGISTRATION FORM

SATURDAY APRIL 29th and SUNDAY APRIL 30, 2023 – 10:00 AM START TIME
Tournament Location: Sheridan College Davis Campus - 7899 McLaughlin Rd, Brampton ON L6Y 5H9
Athletic Centre "C" Wing

ALL REGISTRATION FORMS MUST BE SUBMITTED BY APRIL 22, 2023
REGISTRATION FORMS CAN BE EMAILED TO promartialarts@rogers.com OR MAILED TO
PRO MARTIAL ARTS, 3663 MAVIS RD., UNIT 15, MISSISSAUGA, ON, L5C 2Z2

INSTRUCTOR NAME: _____ RANK: _____
(PLEASE PRINT CLEARLY)

DOJANG NAME: _____

ADDRESS: _____

CITY: _____ POSTAL CODE: _____

PROVINCE: _____ COUNTRY: _____

PHONE: _____ E-MAIL: _____

JUDGES LIST

NAMES		AGE	DAN	DATE JUDGING April 29 or 30
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

ALL JUDGES MUST BE 16 YEARS OF AGE AND OVER & MUST WEAR PROPER JUDGING ATTIRE WHICH IS BLUE SUIT, WHITE SHIRT WITH BLUE TIE, BLACK SHOES OR WHITE RUNNING SHOES. EACH SCHOOL SHOULD PROVIDE **A MINIMUM OF TWO JUDGES TO ELIMINATE UNFAIRNESS & TO HELP RUN THE TOURNAMENT SMOOTHLY**