

JOON NO'S TAEKWONDO LAJUST OPEN CHAMPIONSHIPS

30 OCTOBER 2011
SUNDAY
9.00 AM TO 7.00 PM

EVENTS

POOMSAE
SPARRING

3-MAN TAG TEAM MATCH

5-MAN INTERCLUB TAG TEAM MATCH

DAREBIN COMMUNITY SPORTS
STADIUM YMCA

857 PLENTY ROAD
RESERVOIR VIC 3073

Dear Instructors and Athletes

It is our pleasure to invite all Taekwondo competitors to participate in our next Joon No's Taekwondo LaJUST Open Championships.

We have had 10 successful championships with participation from various clubs since 2008 when LaJUST was introduced to Oceania. This championship will feature Poomsae, Sparring, 3-Man Tag Team Match and the new 5-Man Tag Team Match.

In an effort to promote a new breed of taekwondo, the WTF introduced the 5-Man Tag Team match. At the recent 1st Russian Open held in Chelyabinsk, the 5-Man Tag Team Match was a resounding success with lots of action and excitement. We warmly invite all clubs to send in a team for the 5-Man Tag Team match.

Once again, we look forward to having you join us.

A handwritten signature in black ink, appearing to read 'Joon No', with a stylized, flowing script.

Grandmaster Joon No
Head Instructor
Joon No's Taekwondo

JOON NO'S TAEKWONDO LAJUST OPEN CHAMPIONSHIPS

Date & Venue:	30 October Sunday 9.00 am to 7.00 pm Darebin Community Sports Stadium YMCA 857 Plenty Road, Reservoir Vic 3073 (directly opposite Target and on Reservoir Secondary College grounds)
Competition:	1) Poomsae 2) Sparring Competition 3) 3 Members Tag Team Competition 4) 5 Members Tag Team Interclub Competition
Awards:	Medals will be awarded to 1st, 2nd and 3rd placings
Safety Equipment:	Participants will use <ul style="list-style-type: none"> ▪ LaJUST Electronic Protectors and *LaJUST Sensor Socks ▪ WTF approved groin, shin, arm, head and mouth guards, and gloves
* LaJUST Sensor Socks:	all competitors must purchase their own sensor socks (\$60 per pair), available on competition day
Head Kicks:	Head Kicks will apply in all categories. However they are optional for Colour Belts and Black Belts 13 years old and under. Competitors and/or instructors can advise to disallow head kicks on day of competition Head Kicks compulsory for Black Belts 14 years and above
Rules:	WTF rules
Poomsae	1ST & 2ND COMPULSORY Yellow Il Jang (1) E Jang (2) Blue Sam Jang (3) Sa Jang (4) Red Yuk Jang (6) Chil Jang (7) Black Koryo, Geumgang or Taebaek as decided by referee

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Sparring:	<p>By Elimination</p> <p>Colour Belts 13 and Under : 2 rounds x 1 ½ minute 14 – 17 & Seniors : 2 rounds x 2 minutes</p> <p>Black Belts 13 and Under : 3 rounds x 1 ½ minute 14 – 17 & Seniors : 3 rounds x 2 minutes</p> <p>30 seconds between rounds</p>
Tag Team	<p>3-Man Tag Team Match Form your own team or we will organize your team for you Each team consists of three athletes and one round of 5 minutes, athletes can be replaced by another athlete at any time</p> <p>5-Man Tag Team Match Each team consists of five athletes and two rounds totaled 10 minutes. The first round lasted five minutes in which each athlete compete for a minute. In the second round of 5 minutes, an athlete can be replaced with another athlete at any time</p>
Privacy:	Details collected are solely for the purpose of the competition involved
Insurance:	All club coaches and instructors must ensure that all participants have current and valid insurance coverage from recognized Taekwondo bodies / association
Liability:	All participants in the competition take part at their own risk. While all care is taken, the organizers and their representatives can take no responsibility, under any circumstances, for any damages, injuries or loss to individuals or equipment
Uncontested Players:	As the purpose of this competition is to experience the use of the Electronic Protectors, uncontested players may be moved up to the next weight category, next colour belt, next age group or mixed gender
Competition Fees:	1 event : \$60, 2 events : \$80, 3 events : \$100, 4 events : \$120, 5 events : \$140

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Spectators Fees:	\$10 Adult, \$5 Child (5-12 years old), \$20 Family (2 Adults, 2 Children) Pay at venue
Application & Payment:	Application forms and payment to be sent to Joon No 170 High Street Doncaster Victoria 3108 Cash or Cheque make payable to Joon No
Closing Date:	24 October 2011 All forms and payments must be received by the closing date If delays are expected, please email competitors details to joonostkd@hotmail.com by closing date, with forms and payments to follow
Draw List:	Below are tentative dates that participants and draw lists will be made available 26 Oct 2011 : Draw List will be advised via email 28 Oct 2011 : Instructors to advise changes or omissions by this date 29 Oct 2011 : Final draw list will be advised via email, and a copy will be available at competition venue

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Schedule: Below is tentative schedule. Times may change depending on number of competitors

Poomsae

9.00 am to 9.30 am : Registration

9.30 am to 10.30 am : Poomsae Competition

Sparring

10.00 am to 10.30 am : Weigh in & Registration

11.00 am to 1.00 pm : Sparring Competition

1.00 pm to 2.00 pm : Lunch Break

2.00 pm to 4.30 pm : Sparring Competition

Tag Team

4.30 pm to 6.00 pm : Tag Team Competition

6.00 pm to 7.00 pm : Medals Presentation

Location Map: Reservoir East VIC 3073 (Darebin Community Sports Stadium YMCA)

