



**2009 WA State & Selections
Taekwondo Championship
Saturday 8th August & Sunday 9th August
Kwinana Recreation & Leisure Centre
Corner Gilmore Avenue & Chisham Avenue,
Kwinana WA**



Date: Saturday 8th August & Sunday 9th August 2009

**Venue: Kwinana Recreation & Leisure Centre,
Corner Gilmore & Chisham Avenue, Kwinana WA.**

**Weigh- Saturday 8th August :-
in: At the ATI gym, Unit 7, 1924 Beach Road, Malaga, 9:30 am to 11:30 am
At the Kwinana Recreation & Leisure Centre; 2 pm to 4 pm**

Sunday 9th August:-

Kwinana Recreation & Leisure Centre; 8:15 am – 9 am
All Competitors must present identification at the weigh-ins

Poomsae Saturday 8th August 2009

start form 1:30 pm to 5:00 pm approx finish

Poomsae competition for individuals, pairs, teams and family poomsae and creative with music; and pairs hosinsul defence

Sparring: Sunday 9th August 2009

***Demonstration from the Cameo Rascale – family acrobatic show
(2009 Australia's Got Talent grand finalists) – 9 am***

Juniors: u8, u10, u12, u14: start 9:05 am – 12:35 pm approx finish

Seniors: u18, veteran & open divisions: approx 1.15 pm – approx 4:30 pm finish

Protectors Players are to provide their own protectors:

**&
Guards:**

Compulsory protectors: Trunk protectors (full coloured, no circles), head guards; arm guards, shin guards, groin guards and white coloured or clear mouth guards. Hand protector gloves (white coloured, 1st finger joints fingers exposed) for u18, open and veteran black belts

Optional protectors: White coloured in-step protectors (toes exposed); White coloured hand protectors (1st finger joints exposed) for u8, u10, u12, u14 all belts and u18, open and veteran coloured belts.

All players must have their nails cropped and no jewellery or attachments are allowed during competition.

**Lunch Sunday:
break: 12:30 pm or as soon as the junior section is completed; to 1:15 pm**

**Spectator Saturday: \$4 adult; \$2 child (up to u18); \$10 family (2 adults + 2 children)
entry fees: Sunday: \$10 adult; \$5 child (up to u18); \$25 family (2 adults + 2 children)**