



**2010 WA State & Selections
Taekwondo Championship
Saturday 7th August & Sunday 8th August
Kwinana Recreation & Leisure Centre
Corner Gilmore Avenue & Chisham Avenue,
Kwinana WA**



Date: Saturday 7th August & Sunday 8th August 2010

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

Weigh- Saturday 7th August:–

in: At the ATI gym, Unit 7, 1924 Beach Road, Malaga, 9:00 am to 11:00 am
At the Kwinana Recreation & Leisure Centre; 2 pm to 4 pm

Sunday 8th August:–

Kwinana Recreation & Leisure Centre; 8:15 am – 9 am

All Competitors must present identification at the weigh-ins

Poomsae Saturday 7th August 2010

start from 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 8th August 2010

Opening ceremony – 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 4:45 pm finish

**Protectors
&
Guards:**

Players are to provide their own protectors:

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 exposed) for u18, open and veteran black belts

Optional protectors: White coloured in-step foot 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
break:**

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

Lunchtime special entertainment and demo

**Spectator
entry fees:**

Saturday: \$4 adult; \$2 child (school aged); \$10 family (2 adults + 2 children)

Sunday: \$10 adult; \$5 child (school aged); \$25 family (2 adults + 2 children)