



Dear Masters, Instructors, Parents, and Athletes,

On behalf of Whitecourt Taekwondo, I would like to invite you to attend our 35th annual Taekwondo Championship on **Saturday, November 21, 2026**. As always, we will be hosting this event in memory of a very important member of our Taekwondo family, Master Jim Rennie Sr, who we lost in 2015.

We are pleased to guarantee that in case of extreme conditions that prevent travel to our tournament, 100% of paid registration fees may be applied to our next event in November of 2027.

We are pleased to announce the return of our recreational competition tournament - with a festive twist! This year's event again features the **"Christmas Cup"** theme, promising Santa-inspired surprises, holiday spirit, and joyful camaraderie.

We invite all ages and belt levels to experience:

- ★ Family Friendly Tournament Value – reduced rates for 3 or more family members
- ★ Streamlined Schedule – less waiting time
- ★ Grassroots Development for Athletes, Coaches, and Referees
- ★ Special Consideration for First Time Sparring Competitors
- ★ Tag Team Sparring – teams formed on the day of competition
- ★ Little Ninjas Competitions – Dragon Tails, Warrior Path, Candy Cane Smash and Loop De Loop Tug of War
- ★ Double Elimination Recreational Poomsae
- ★ Double Elimination Recreational Sparring Divisions
- ★ Team Patterns - any combination of team members and belt levels

A Pre-Tournament Teams meeting will occur several days before the tournament for all competitors and coaches to ensure that everyone understands how the tournament will be organized and a discussion of the schedule and rules.

As always, participants can expect quality refereeing to ensure safe and fair competition according to current World Taekwondo rules. Whitecourt Taekwondo has secured 4 Daedo scoring systems, which will be used for the sparring portions of the tournament. We hope you will join us on November 21, 2026 for our unique and fun-filled event!

Sincerely,

Master Jim Rennie
780-778-0202
jim.rennie@whitecourttaekwondo.com





General Information

Venue

- Allan and Jean Millar Centre
- Spectator Admission \$5 (ages 5 and up)
- Free Parking
- 50/50 Raffle - tickets available at event



Onsite Food & Beverage Vendor

Local Accommodations

- Whitecourt has several hotels with competitive rates. Preferred hotels with rates will be emailed out to all competitors.

Extreme Weather

- In case of extreme weather that prevents travel to our tournament on November 20 or 21, 100% of paid registration fees may be applied to our future event in November 2027.

Tournament Information

Age Divisions

- Little Ninjas - Approximately 3-6 years old and quite new to Taekwondo competition
 - Youth - Approximately 5-12 years old
 - Cadet & Older - At least 12 years old by the end of 2026
- *Parents can choose have to have their children compete in the older divisions if they choose, but not move down to a younger division.

Schedule*

- 7:15 AM Doors open / Athlete and Coach check-in
- 8:00 AM Referee photo on the foyer stairwell followed by meeting in the board room
- 8:20 AM All Youth competitors (Color AND Black Belt), Patterns AND Sparring required to be on the floor for division making
- 8:45 AM Opening Ceremony
- 9:00 AM **Youth Division** (Color AND Black Belt) recreational patterns, followed by sparring
- 10:30 AM – 11:30 AM **Little Ninjas Division** competition
- 1:00 PM **Cadet & Older Divisions** (Color AND Black Belt) Patterns AND Sparring required to be on the floor for division making.
- 1:30 PM **Cadet and Older Divisions** (Color AND Black Belt) recreational poomsae begins, followed by sparring
- 3:00 PM **Team Poomsae (All Ages)** teams must be on the floor for division making. Begins immediately after.
- 3:30 PM **Tag Team Sparring (All Ages)** participants must be on the floor for team creation and division making.
- 4:30 PM Take down and clean up begin

*Afternoon schedule subject to change



Regular Event Information

Regular Events

- Individual Recreational Poomsae
- Team Poomsae (formerly Family Patterns)
- Individual Black Belt Patterns
- Pair/Team Black Belt Patterns
- Individual Recreational Sparring
- Tag Team Sparring

Individual Recreational Poomsae (DOUBLE ELIMINATION)

- All belt levels, all ages
- Divisions of 4 people (where possible) lined up at event
- Double elimination format, Player must lose 2 times to be eliminated
 - Competitor performs one poomsae according to their belt level
 - White belt competitors may perform the 10 move pattern or their 'basic' pattern, if they do not know all of Taegeuk I.
- Uniform is any style **white** Taekwondo dobok, appropriate belt, bare feet

Team Poomsae (formerly 'Family' patterns)

- Teams may consist of any combination of belt level and ages
- Perform the highest poomsae common to all members of the team
- Divisions will be based on levels, ages, and pattern performed
- CREATIVE DIVISION will be formed for non-recognized poomsae
- Team members **MUST** indicate on their registration form that they will be performing team patterns

Individual Recreational Sparring (DOUBLE ELIMINATION)

- All ages and belt levels
- Divisions of 4 people (where possible) lined up at event
- Head contact rules
 - NO head contact in colour belt divisions
 - NO head contact in youth divisions
 - Head contact optional in black belt cadet and older divisions
- Equipment: Head and chest protector, groin guard (male and female), mouth guard, shin and arm pads must be supplied by the competitor.
 - NOTE: All braces **MUST** be covered by a mouth guard, top and bottom of mouth.
- Uniform: Any style white Taekwondo dobok and appropriate belt
- Double elimination format
 - Sparring will be DOUBLE ELIMINATION. Competitors will have to lose two matches to be eliminated.
 - Scored matches will be done on the Daedo Scoring systems. Color Belts will compete with corner judge point scoring, Black Belts will compete with Daedo Chest Gear and Headgear electronic scoring. Daedo Socks and equipment will be made available for sign-out for all Black Belt Competitors.
- Competitors will be organized into sparring divisions based on size and age and matched with opponents on the day of the event by the event organizers.



- **ATTENTION FIRST TIME SPARRING COMPETITORS - ANY BELT LEVEL**

- First time competitors may indicate in their registration that this is their first tournament sparring experience
- Organizers will try their best to ensure that less experienced competitors are matched with one another
- Competitors are responsible for providing all of their own sparring equipment.

Tag Team Sparring

- Participants will be organized into teams of 3 or more members and divisions based on registrations
- Teams may be mixed gender, all male, or all female and can include any belt levels
- Competitors may either specify their team preference or be assigned to a team by organizers
- Matches will be safely and fairly controlled by the center referee
- Matches will be scored by 3 corner judges for three 3-minute rounds of play
- Gam-Jeoms will be imposed according to current WT sparring rules
- Absolutely NO head contact is allowed in team sparring
- Further details and rules will be announced on competition day

Other Event Information

- Little Ninjas Competitions - reduced registration fee

Little Ninjas Competition

- Suitable for very young competitors with little or no competition experience
- Parents should use their discretion to determine if Little Ninjas competition is suitable for their child
- Participants are approximately 3-6 years of age
- Dragon Tails
 - Alternative to regular sparring
 - Encourages evasion techniques without kicking or punching
 - Equipment will be provided
- Warrior Path
 - Obstacle course races
 - Fun and challenging agility and speed competition
- Candy Cane Smash
 - Board breaking
 - Hammerfist technique
- Loop de Loop Tug of War
 - A new team strategy game that builds teamwork



Payment Information

Deadlines and Fees

- Registration fees are per person
- EARLY registration deadline – NOON on **November 6, 2026**
- FINAL registration deadline – NOON on November 16, 2026
- Registrations are confirmed upon receipt of payment

Early Registration Deadline - November 6	
One Regular Event	\$70
Two or More Regular Events	\$80
Families - after 2 regular event registrations (not Little Ninjas) each additional registration is \$50	

Final Registration Deadline - November 16	
One Regular Event	\$90
Two or More Regular Events	\$100
Families - after 2 regular event registrations (not Little Ninjas) each additional registration is \$60	

Early Registration Deadline - November 6	
Little Ninjas	\$40

Final Registration Deadline - November 16	
Little Ninjas	\$50

Methods of Payment

- E-transfer - Fees may be sent via e-transfer to registration@whitecourttaekwondo.com. **Confirmation of e-transfer must be included on registration. Include competitors' FULL names in the etransfer message section for our tracking.**
- Credit Card - We are pleased to announce that we will accept online payments (3.5% service fee) for registration fees
 - Click this link: [Whitecourt Taekwondo Square Payment](#)
 - OR
 - Scan the QR code to submit an online credit card payment

QR Payment Link



Registration Links

Competitor Registration

- **COLOR BELT** Sparring and/or Poomsae including Little Ninjas register: [Competitor Registration](#)
- **BLACK BELT** Sparring and/or Poomsae: [Competitor Registration](#)

Referee Registration

- Whitecourt Taekwondo encourages new referee development - we welcome all levels of referees
- Referees may register here: [Referee Registration](#)
- Contact Master Jeremy Wilhelm (780-779-6594) for more information about officiating

Coach Registration

- Whitecourt Taekwondo encourages grassroots coach development – no specific credentials required
- Coaches are expected to conduct themselves according to [True Sport / Respect in Sport](#) guidelines
- Coach registration link: [Coach Registration](#)

All registration links also available at: <https://wmac.ca/tournaments>