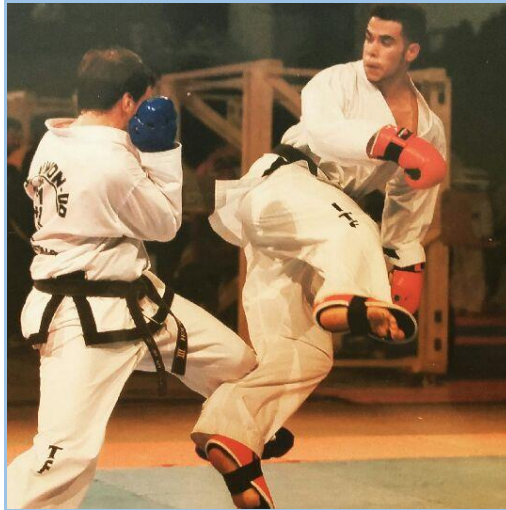


# PRO MARTIAL ARTS BEST OF THE BEST CHALLENGE



**SATURDAY MARCH 24, 2018**

**UNIVERSITY OF TORONTO AT MISSISSAUGA  
3359 MISSISSAUGA ROAD NORTH, MISSISSAUGA, ON  
PHYSICAL EDUCATION, ATHLETICS AND RECREATION BUILDING**

**COLOUR BELT COMPETITIONS START at 10:00 AM  
BLACK BELT COMPETITIONS START AT 1:00 PM**

**HOSTED BY**



**PRO MARTIAL ARTS & FITNESS CENTRE  
promartialarts@rogers.com**

**[www.promartialartsfitness.com](http://www.promartialartsfitness.com)  
[www.canadiantaekwondoalliance.com](http://www.canadiantaekwondoalliance.com)**

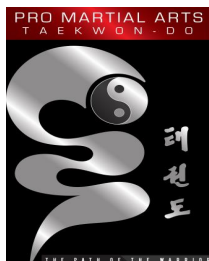


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2018 Pro Martial Arts Best of the Best Challenge  
March 24, 2018

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## 1. Invitation Letter

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

Mr. Al Rea and Mr. Sal Da Costa would be honoured to have your presence at the 2018 Pro Martial Arts Best of the Best Challenge. This Championship will take place on **Saturday March 24<sup>th</sup>, 2018** at **University of Toronto Mississauga, 3359 Mississauga Road North, Physical Education, Athletics and Recreation Building, Mississauga, ON.**

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 in patterns and sparring.

Colour belts will begin competition at 10:00am and black belts will begin competition at 1:00pm. There will be no black belt weigh-ins for this competition. All sparring divisions 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, height, and weight. Black belts will consist of light, middle, and heavy weights, which will be decided by the center ring referees and approved by the tournament host Mr. Da Costa of Pro Martial Arts.

The registration competition fee is \$65.00 per competitor for 1 or 2 events. Spectator fee is \$5.00 (ages 6 & up).

**Registration deadline is March 16, 2018.** We will not be accepting any new registrations at the door.

Please make all cheques payable to **Pro Martial Arts & Fitness Centre Inc.** and mail it along with your completed forms to 3663 Mavis Road, Unit 15, Mississauga, Ontario, L5C 2Z2

**ALL CHEQUES MUST BE DATED PRIOR TO COMPETITION DATE**

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

A complete tournament package is available on the Pro Martial Arts web site at [www.promartialartsfitness.com](http://www.promartialartsfitness.com) and the Canadian Taekwon-Do Alliance website at [www.canadian-taekwondo-alliance.com](http://www.canadian-taekwondo-alliance.com). For more information regarding this event, please contact Mrs. Gisel Nunes at [promartialarts@rogers.com](mailto:promartialarts@rogers.com) or call (905) 276-3945.

Yours in Taekwon-Do,  
Gisel Nunes & Sal Da Costa, 4<sup>th</sup> Dan & Tournament Directors



2018 Pro Martial Arts Best of the Best Challenge  
March 24, 2018

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## 2. Schedule of Events – Competition

**Saturday March 24, 2018**

**University of Toronto Mississauga**  
3359 Mississauga Road North  
Physical Education, Athletics and Recreation Building  
Mississauga, Ontario

8:30 – 9:45 AM	Competitors arrival
9:30 – 9:45 AM	Judges meeting
10:00 AM	Opening ceremonies & start of competition for all colour belts
1:00 PM	Start of competition for all black belts



2018 Pro Martial Arts Best of the Best Challenge  
March 24, 2018

### 3. Map – University of Toronto at Mississauga

**University of Toronto at Mississauga**  
**3359 Mississauga Road North, Physical Education, Athletics and Recreation Building,**  
**Mississauga, ON**

#### Driving Directions

Traveling East on Hwy 401 (from Windsor/London)

- Exit Hwy 401 at Erin Mills Parkway
- Turn right (South) onto Erin Mills Parkway
- Turn left (East) onto Burnhamthorpe Road
- Turn right (South) onto Mississauga Road
- UTM is on your left-hand side

Traveling East on the QEW (from Niagara/Hamilton)

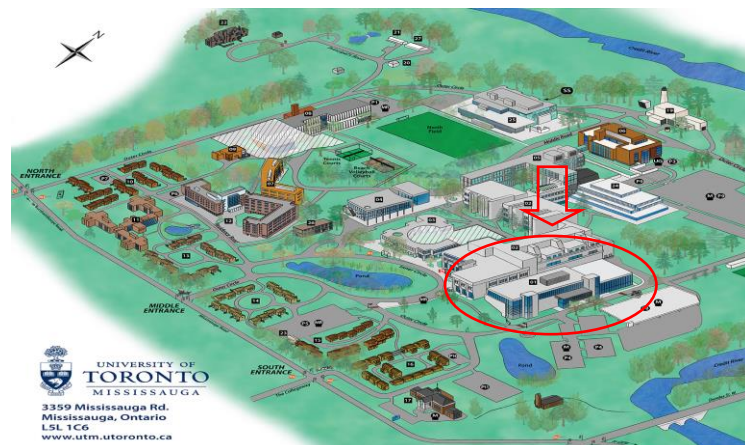
- Exit QEW at Mississauga Road
- Turn left onto Service Road to Mississauga Road
- Make left (North) onto Mississauga Road
- Cross Dundas Street West
- UTM is on your right-hand side

Traveling West on the QEW (from Toronto)

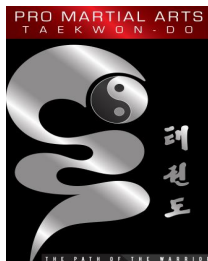
- Exit QEW at Mississauga Road
- Turn left (North) onto Mississauga Road
- Cross Dundas Street West
- UTM is on your right-hand side

Traveling West on Hwy 401

- Exit Hwy 401 onto Hwy 403 West
- Exit Hwy 403 at Erin Mills Parkway
- Turn left (South) onto Erin Mills Parkway to Burnhamthorpe Road
- Turn left (East) onto Burnhamthorpe Road
- Turn right (South) onto Mississauga Road
- UTM is on your left-hand side







2018 Pro Martial Arts Best of the Best Challenge  
March 24, 2018

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#### 4. Hotel Reservation

##### **Hampton Inn Toronto-Mississauga West**

2085 North Sheridan Way

Mississauga, ON L5K 2T2

Tel: (905) 823-8600

Reservations Toll Free: 1 (888) 370 0981

[www.hilton.com](http://www.hilton.com)

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

Includes hot buffet breakfast, local phone calls, parking, wireless high speed internet, use of Business Centre, heated indoor swimming pool, and round the clock coffee service.

#### Directions

##### **From Hampton Inn to University of Toronto Mississauga**

1. Go North on North Sheridan Way towards Erin Mills Pkwy 0.2 km
2. Turn Left onto Erin Mills Parkway 1.8 km
3. Turn right onto Dundas Street West 0.9 km
4. Turn left onto Mississauga Road 0.7 km

Your destination is 0.3 Km past The Collegeway on the right. If you reach Inner Circle Road, you've gone a little too far

University of Toronto Mississauga  
3359 Mississauga Road



2018 Pro Martial Arts Best of the Best Challenge  
March 24, 2017

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## 5. Rules For Competition

### Patterns

- 2 Competitor elimination system will be used for all **Coloured belt** divisions
- 2 Competitor system will be used for all **Black belt** divisions
- For the Gold medal round, **Black belt** competitors will perform 2 patterns
- For **Black belt & Colour belt** competitors, if there is only one competitor within the division, the competitor will compete with a lower or higher group which will be decided by the center referee

### Sparring

- 1 ½ minutes continuous sparring will be in effect for all **Coloured belt** divisions
- No overtime for **Coloured belt** divisions. Center judge must decide in case of a tie
- 2 minutes continuous sparring will be in effect for all **Black belt** divisions
- There will be 2 rounds of 2 minutes for the Gold medal match
- For **Black Belt** divisions, overtime is 1 minute only once, then center referee must decide

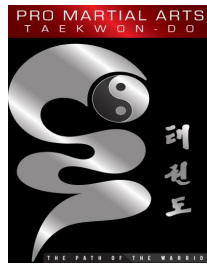
### Sparring Gear

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

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

### 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 from the age of 16 years old and up.



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## 6. COLOUR BELTS DIVISIONS

### 6.1 Patterns & Sparring Colour Belts – All

Starting Time: 10:00 AM

AGES	BOYS & GIRLS	RING #
5 - 6	WHITE BELT TO GREEN STRIPE	
5 - 6	GREEN BELT TO BLUE BELT	
5 - 6	RED STRIPE TO BLACK STRIPE	

AGES	BOYS & GIRLS	RING #
7 - 8	WHITE BELT TO GREEN STRIPE	
7 - 8	GREEN BELT TO BLUE BELT	
7 - 8	RED STRIPE TO BLACK STRIPE	

AGES	BOYS & GIRLS	RING #
9 - 10 - 11	WHITE BELT TO GREEN STRIPE	
9 - 10 - 11	GREEN BELT TO BLUE BELT	
9 - 10 - 11	RED STRIPE TO BLACK STRIPE	

AGES	BOYS & GIRLS	RING #
12 - 13	WHITE BELT TO GREEN STRIPE	
12 - 13	GREEN BELT TO BLUE BELT	
12 - 13	RED STRIPE TO BLACK STRIPE	

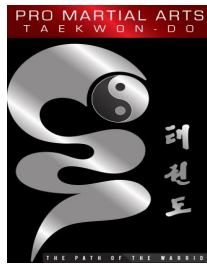
AGES	BOYS & GIRLS	RING #
14 - 15	WHITE BELT TO GREEN STRIPE	
14 - 15	GREEN BELT TO BLUE BELT	
14 - 15	RED STRIPE TO BLACK STRIPE	

AGES	BOYS & GIRLS	RING #
16 - 17	WHITE BELT TO GREEN STRIPE	
16 - 17	GREEN BELT TO BLUE BELT	
16 - 17	RED STRIPE TO BLACK STRIPE	

AGES	ADULT MEN & WOMEN	RING #
18 - 35	WHITE BELT TO GREEN STRIPE	
18 - 35	GREEN BELT TO BLUE BELT	
18 - 35	RED STRIPE TO BLACK STRIPE	

AGES	SENIOR MEN & WOMEN	RING #
36 & UP	WHITE BELT TO GREEN STRIPE	
36 & UP	GREEN BELT TO BLUE BELT	
36 & UP	RED STRIPE TO BLACK STRIPE	





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## 7. BLACK BELT DIVISIONS

### 7.1 Patterns & Sparring Black Belts – All

Starting Time: 1:00 PM

	AGES	GIRLS & BOYS	RING #
	9 - 10 – 11	ALL DEGREES	
	AGES	GIRLS & BOYS	RING #
	12 -13	ALL DEGREES	
	AGES	GIRLS & BOYS	RING #
	14 - 15	ALL DEGREES	
	AGES	GIRLS & BOYS	RING #
	16 - 17	ALL DEGREES	
	AGES	ADULT MEN	RING #
	18 - 35	ALL DEGREES	
	AGES	ADULT WOMEN	RING #
	18 - 35	ALL DEGREES	
	AGES	SENIOR MEN	RING #
	35 +	ALL DEGREES	
	AGES	SENIOR WOMEN	RING #
	35 +	ALL DEGREES	





**2018 Pro Martial Arts Best of the Best Challenge**

**BLACK BELT REGISTRATION FORM**

**SATURDAY MARCH 24, 2018 – 1:00 PM START TIME**

**Tournament Location: University of Toronto at Mississauga – 3359 Mississauga Rd. N., Mississauga, ON  
Physical Education, Athletics and Recreation Building**

**REGISTRATION \$65 FOR 1 OR 2 EVENTS - SPECTATORS \$5 (6+)**

**ALL APPLICATIONS AND FEES MUST BE SUBMITTED BEFORE MARCH 16, 2018  
NO REGISTRATION AT THE DOOR ON THE DAY OF THE COMPETITION**

**NAME:** \_\_\_\_\_  
(PLEASE PRINT CLEARLY)

**SCHOOL NAME/DOJANG:** \_\_\_\_\_ **INSTRUCTOR:** \_\_\_\_\_

**AGE:** \_\_\_\_\_ **MALE**  **FEMALE**

**DEGREE:** **Please Circle One**

I	II	III	IV	V	VI
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**REGISTERING FOR:** **PATTERN**  **SPARRING**

I, \_\_\_\_\_ hereby submit my application for registration at the 2018 Pro Martial Arts Best of the Best Challenge. I agree to waive all claims against any person(s) connected with this tournament, for any injury I may sustain during the tournament, and likewise assume full responsibility for my actions in connection with said competition. I further understand and agree that any pictures or videos taken of me 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 and older):** \_\_\_\_\_

**PARENT’S SIGNATURE (If applicant is under 18 years old):** \_\_\_\_\_

**PLEASE MAKE CHEQUE PAYABLE TO:**  
**MAIL APPLICATION AND PAYMENT TO:**

<b>PRO MARTIAL ARTS &amp; FITNESS CENTRE INC. 3663 MAVIS RD., UNIT 15, MISSISSAUGA, ON, L5C 2Z2</b>
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**PLEASE NOTE: ALL CHEQUES MUST BE DATED PRIOR TO COMPETITION DATE**



**2018 Pro Martial Arts Best of the Best Challenge**

**COACHES REGISTRATION FORM**

**SATURDAY MARCH 24, 2018 – 10:00 AM START TIME**

**Tournament Location: University of Toronto at Mississauga – 3359 Mississauga Rd. N., Mississauga, ON  
Physical Education, Athletics and Recreation Building**

**ALL APPLICATIONS MUST BE SUBMITTED BEFORE MARCH 16, 2018  
THERE WILL BE NO REGISTRATION AT THE DOOR ON THE DAY OF THE COMPETITION**

**DOJANG NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **POSTAL CODE:** \_\_\_\_\_

**PROVINCE:** \_\_\_\_\_ **COUNTRY:** \_\_\_\_\_

I, \_\_\_\_\_ hereby submit my application for registration at the 2018 Pro Martial Arts Best of the Best Challenge. I agree to waive all claims against any person(s) connected with this tournament, for any injury I may sustain during the tournament, and likewise assume full responsibility for my actions in connection with said competition. I further understand and agree that any pictures or videos taken of me 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.

**COACHES LIST**

	<b>NAMES</b>	<b>AGE</b>	<b>SEX M/F</b>	<b>DAN</b>
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**



**2018 Pro Martial Arts Best of the Best Challenge**

**JUDGES REGISTRATION FORM**

**SATURDAY MARCH 24, 2018 – 1:00 PM START TIME**

**Tournament Location: University of Toronto at Mississauga – 3359 Mississauga Rd. N., Mississauga, ON  
Physical Education, Athletics and Recreation Building**

**ALL APPLICATIONS MUST BE SUBMITTED BEFORE MARCH 16, 2018  
THERE WILL BE NO REGISTRATION AT THE DOOR ON THE DAY OF THE COMPETITION**

**INSTRUCTOR NAME:** \_\_\_\_\_ **RANK:** \_\_\_\_\_  
(PLEASE PRINT CLEARLY)

**DOJANG NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **POSTAL CODE:** \_\_\_\_\_

**PROVINCE:** \_\_\_\_\_ **COUNTRY:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **E-MAIL:** \_\_\_\_\_

**JUDGES LIST**

	<b>NAME</b>	<b>AGE</b>	<b>SEX M/F</b>	<b>DAN</b>
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 MUST PROVIDE **A MINIMUM OF TWO JUDGES** TO ELIMINATE UNFAIRNESS & TO HELP RUN THE TOURNAMENT SMOOTHLY**

# 2018 Pro Martial Arts Best of the Best Challenge

**Saturday March 24, 2018**

University of Toronto at Mississauga  
3359 Mississauga Road North, Mississauga, ON  
Physical Education, Athletics and Recreation Building



## Registration Details

1-2 Events: \$65.00  
Registration Deadline: March 16, 2018  
No Registration at the Door  
Spectator Fee: \$5.00 (Ages 6 & up)

## Schedule of Events

Competitors Arrival: 8:30—9:45 AM  
Opening Ceremonies: 10:00 AM  
All Colour Belts Competition: 10:00 AM  
All Black Belts Competition: 1:00 PM



**Hosted By Pro Martial Arts**

Contact: Gisel Nunes at (905) 276-3945  
Email: [promartialarts@rogers.com](mailto:promartialarts@rogers.com)