



Shaunavon SparFest 2019  
Hosted by: Master Pete Allen &  
The Shaunavon Taekwondo Club

Please join us for a day of fun practicing  
your taekwondo skills: Poomsae, Sparring  
and Board Breaking competitions

### Registration Package

Date: April 13<sup>th</sup> 2019  
Entry Fee: Before March 31 \$50  
After March 31 \$60

Venue: Crescent Point Wickenheiser Center,  
7 Ave. W, Shaunavon

### Itinerary:

Doors open at 9:00am  
Opening line up 10:00am  
Please arrive by 9:30

Door Admission - \$5.00 (5 and under FREE)



SparFest is a non-elimination sparring event where everyone will be offered as many bouts as time permits. The day is formatted to allow all students to showcase the skills they have learned this year. We hope everyone will participate in at least two matches, one to taste victory and one to challenge them to see where they can improve.

Belt colour is not part of the criteria. Competitors get to choose their opponents, but referees will overrule if mismatch compromises safety. Competitors will be divided into four groups, based on ability and size. While this narrows competitor's choices, it should be more fun and safer.

\*\* Shaunavon Taekwondo club is not training for head contact and the majority of competitors are beginner or intermediate level. SparFest is aimed at giving an introduction to sparring without the pressure of head contact\*\*

**Sparring:** We have National and International referees tasked with keeping competitors safe and enforcing the newest WTF rules. Upcoming athletes will have the opportunity to practice referee development while being supervised and mentored.

**Poomsae** is divided in three categories (beginner, intermediate, and advanced)

**Board Breaking** is done with real 1”x 12” spruce boards.

**Martial Arts for Justice** is an organization that raises funds to help stop the violence experienced by many people living in poverty around the world. We will be selling extra opportunities to break boards for a small donation to raise money for the cause. For more information see [www.ijm.ca](http://www.ijm.ca)

**Equipment** : All protective equipment is mandatory. This includes : Chest protector, arm & shin guards , groin protector and mouth guard.

**Concession:** There will be a concession on site run by the club with a variety healthy lunches and snacks.

**Accommodation:**

Bear’s Den Lodge@ 554 5<sup>th</sup>Ave W. Shaunavon  
306-297-2975

Mention Pete Allen or SparFest for these special rates.

Rates:   Single - 1 queen bed \$50  
          -with kitchenette \$60

          Double - 2 queen beds \$70  
          -with kitchenette \$80

## **Additional Opportunity - Friday Evening**

For any students planning to come to Shaunavon the day before SparFest, you will have an opportunity to participate in your choice of workshops on Friday evening. Workshops are simultaneous, so you have to pick one!

**WEAPONS** - Learn how to handle a kamas and a basic kamas form! We will be using Kamas for this seminar. Gary Voysey is the head instructor and school owner of Swift Current Christian Taekwondo. He holds a third degree black belt and is Kukkiwon certified to teach. He is a NCCP Level A and B Coach, has his Safe Places Certificate and CPR/AED Level C. He is also an active board member of [Martial Arts for Justice](#), a non-profit corporation designed to be an alliance of martial artists and school owners who choose to actively pursue justice, locally and globally. Cost \$40 Please register and pay directly to the Instructor at <https://www.mystudio.academy/e/?=3067414652/827/54710///1549997620>

**REFEREEING** - This workshop is suitable students, coaches, parents or anyone who wishes an introduction to the rules of taekwondo and refereeing the sport. Instructor will be Master Pete Allen, 5 Dan Black Belt and International Referee. Everyone attending should familiarize themselves with Article 14 of the World Taekwondo Federation Competition rules found here: <http://www.worldtaekwondo.org/wp-content/uploads/2017/01/WTF-Competition-Rules-Interpretation-Nov-15-2016-Burnaby-Canada.pdf>  
Cost \$10 will be collected on Friday evening.

**YOGA** - This workshop will be available to those wishing to improve their flexibility and balance through the practice of yoga. A fun seminar for all ages. This seminar is led by Pamela Bahnuick. More information to follow.