

2022 South Coast Open Taekwondo Championships Saturday 5th & Sunday 6th March 2022

Summary Info Pack for Chung Do Taekwondo Competitors

For full competition details, see the Full Info Pack here

<https://www.dropbox.com/s/z09gniuram8uno1/South%20Coast%20Open%20-%20Entry%20Package%20with%20accomidation%202022.pdf?dl=0>

Events

POOMSAE INDIVIDUAL - Including WT Divisions for Black Belts

POOMSAE TEAM & PAIRS, INDIVIDUAL & TEAM FREESTYLE POOMSAE

SPARRING

Entry Fees

First Sparring Event \$60

First Poomsae Event \$60

Any additional sparring or poomsae event \$25 each (e.g. sparring plus individual poomsae plus team poomsae = \$60 + \$60 + \$25)

Spectator Entry Fee

1 or 2 Day – Single \$10 – Children under 5yrs free

1 or 2 Day – Family \$30 (2+2)

Competition Entries close Thursday 20th February 2022

Venue Shoalhaven Indoor Sports Centre, 90 Cambewarra Rd Bomaderry – Next to Artie Smith Oval

We will be hiring a bus to travel down. Tell David or Master Zi if you want to come on the bus (cost per person to be determined after confirming final numbers) or whether you are making your own way.

Event Dates

Saturday 5th March 2022 – BLACK BELT SPARRING & BLACK BELT WT POOMSAE

Sunday 6th March 2022 - POOMSAE & SPARRING EVENTS

Weigh In Times

We will be doing weigh in at Zido Hub Chatswood on Wednesday 2nd March

Other dates and locations listed below

Friday 4th March 2022 – Time TBA Eclipse Taekwondo at 4 Browns Rd, South Nowra

Saturday 5th March 2022 -1pm–3pm Shoalhaven Indoor Sports Centre at 90 Cambewarra Rd Bomaderry NSW

Sunday 6th March 2022 - 7am–8am Competition Venue Shoalhaven Indoor Sports Stadium

Checklist

- ✓ Tell David or Master Zi that you're competing and whether you are making your own way or are coming in the bus.
- ✓ Register with AT through the QR code below



- ✓ Register for the competition through the online entry system at <https://rapidsignup.net>. Make sure you input the Australian Taekwondo player number from the QR code above otherwise you'll be charged \$20 more.
- ✓ Double check that you have all the required gear for your event (listed below)

Equipment checklist

Poomsae and sparring:

- Declaration form printed and signed by competitor/parent/guardian, co-signed by Head Instructor and submitted to officials at registration/weigh-in
- Full dobok and belt

Sparring:

- Shin and armguards
- Gloves (we have some)
- Mouthguards (COMPULSORY even for no head kick fighters, must be white or clear)
- Gen 2 Electronic socks (Chung Do will bring, unless you want to buy your own \$100)
- Groin protector - (optional for females)
- Head guards (Chung Do will bring, unless you want to buy your own)

Electronic socks, gloves and head guards can be provided by Chung Do but competitors are free to bring their own. Let us know ahead of time which equipment you need.

Accommodation if you want to stay before/after

The full info pack has some example accommodation options

<https://www.dropbox.com/s/z09gniuram8uno1/South%20Coast%20Open%20-%20Entry%20Package%20with%20accomidation%202022.pdf?dl=0>

Other options:

Shoalhaven Holidays - <https://www.shoalhaven.com/guide>

Shoalhaven Visitors Information Centre – 02 4421 0778, or 1300 662 808 (Toll Free)

The closest accommodation to the venue is the Balan Village Motel Bomaderry - Call 02 4423 1111