

# Taekwondo Camp

- Olympic Taekwondo Seminar
- Train with featured National Champions
- Training \ Poomse \ Sparring events



Fundraising Event for  
**2005 Summer Universiade**





Dear Taekwondo Members,

Hello all Taekwondo enthusiasts, I am currently organizing a fundraiser for Master Eve-Marie Pilon and Master Radomir Samardzic for the 2005 Universiade Games in August in Izmir, Turkey.

The word "Universiade" comes from "University" and "Olympiad", and means "Olympic Games for students". The Universiade is an international sporting and cultural festival that is staged every two years in a different city and which is second in importance only to the Olympic Games.

These athletes are role models mentoring the next generation of Canadian Taekwondo Athletes. They represent the importance of Academics and Athletics for character, moral and ethical development. Let them share their strengths and knowledge with you and your students. Let this opportunity be one of their many contributions to society.

Please help us reach our financial goals and let these student-athletes showcase their talents and prove they are among the best in the World by participating in our **Fundraising Taekwondo Sparring Seminar**. This event consists of 3 parts

### 1) 1.5 hour Taekwondo seminar

- National team members will conduct these seminars.
- Several provincial and national level athletes will be available to assist us
- Topics covered:
  - Exercise methodology
  - Warm up, paddles, chest protector drills
  - Stepping and distance
  - Sparring strategy
  - Ring management

### 2) Poomse competition

- Poomse competition will be direct competition format

### 3) Sparring

- 13 years old and above sparring matches will be 3 rounds of 2 minutes
- 12 years old and below sparring matches will be 3 rounds 1.5 minutes
- Each person will be guaranteed two fights
- Extra demonstration fights will be allowed until allotted time is exceeded

Sincerely,

Master George Koh  
Phoenix Taekwondo Academy  
613-295-1427

**Master Eve-Marie Pilon**

Canadian National Taekwondo Champion  
6X Canadian National Team member  
Canadian National University Team member  
3X Canadian National Military Champion  
4X Provincial Champion  
2002 Pan American Championship (Top 8)  
2002 World Taekwondo Cup (top 16)  
2003 Canadian Open (Silver)  
2003 Korea Open (top 8 - National Team captain)  
Provincial level Taekwondo referee  
National Coaching Certification Program  
CPR and First Aid Certification

<http://www.geocities.com/evemariepilon>



**Master Radomir Samardzic**

Canadian National Taekwondo Champion  
3X Serbian National Taekwondo Champion  
Canadian National University Team member  
2X Provincial Champion  
2004 Serbian Open (Gold)  
2004 Croatian Open (Gold)  
2003 Canadian Open (Silver)  
Provincial level Taekwondo referee  
National Coaching Certification Program

<http://www.geocities.com/radomirtkd>



## INFORMATION SHEET

**HOST:**

Phoenix Taekwondo Academy

**PLACE:**

Cyrville Community Center  
4355 Halmont Court  
(Near Silver City)

**DATE:**

Saturday, July 23rd, 2005

**TIME:**

Registration: 11:00 am  
Seminar: 12:00 pm  
Competition: 13:45 m

**COMPETITOR FEE:**

Registration: \$ 30.00

**MANDATORY EQUIPMENT:**

Head Protector, Mouth Guard, Chest Protector,  
Groin Protector, Forearm Guards, Shin Guards

**GENERAL INQUIRIES:**

Phoenix Taekwondo Academy  
613-295-1427

**COMPETITION RULES:**

All poomse will be held in a direct competitive competition format

All sparring divisions will be held in a double elimination format

**\*\*LOTS of prizes given out \*\***

Sparring will be 3 rounds

**To confirm participation contact ASAP:**

**George Koh**

**Tel : 613-295-1427**

**Email: phoenixtaekwondo@rogers.com**

**Visit :**

**[www.universiadeizmir.org](http://www.universiadeizmir.org)**

**[www.universitysport.ca](http://www.universitysport.ca)**

**[www.fisu.net](http://www.fisu.net)**

# COMPETITOR REGISTRATION FORM

(PLEASE PRINT CLEARLY)

Name: \_\_\_\_\_ Age: \_\_\_\_\_  
Last / First / Middle

Sex: Male Female

Weight: \_\_\_\_\_ lbs

Belt Rank: \_\_\_\_\_

Address: \_\_\_\_\_  
Street / City / Province / Postal Code

Phone #: \_\_\_\_\_

Taekwondo School Name: \_\_\_\_\_

Master / Instructor: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

## Please read carefully

I \_\_\_\_\_ hereby submit my application for registration in the Capital City Taekwondo Training and Tournament hosted by Phoenix Taekwondo Academy.

I release, hold harmless and indemnify Phoenix Taekwondo Academy from and against all claims, actions, costs and expenses and demand in respect death, injury, loss or damage to my person or property, wheresoever and howsoever caused, arising out of or in connection with my taking part in the event and notwithstanding that the same may have been contributed to or occasioned by any act or failure to act including, without limitation, of Phoenix Taekwondo Academy or any of it staff.

\_\_\_\_\_  
Signature of Competitor Signature of Parent / Guarding Date  
If under 18 years of age

<b>TRAINING</b>	<b>SPARRING</b>	<b>POOMSE</b>
NAME: _____ SCHOOL: _____	NAME: _____ SCHOOL: _____	NAME: _____ SCHOOL: _____
AGE: _____ SEX: _____	AGE: _____ SEX: _____	AGE: _____ SEX: _____
WEIGHT: _____	WEIGHT: _____	WEIGHT: _____
Hold this slip for competition. DO NOT LOSE THIS!	Hold this slip for competition. DO NOT LOSE THIS!	Hold this slip for competition. DO NOT LOSE THIS!