

ISLAND TAEKWONDO HANMADANG

SYDNEY, NOVA SCOTIA

— SATURDAY —

JUNE
13

WHITNEY PIER
MEMORIAL JUNIOR HIGH SCHOOL



BOARD BREAKING



POOMSAE



OBSTACLE COURSE



Whitney Pier
Memorial Junior
High School
Jameson Street,
Sydney, NS B1N 2P7

★ ALL AGES 5 TO 60+ ★

FUN • FITNESS • FOCUS • CONFIDENCE

COME SHOW YOUR SKILLS!

HOSTED BY



ISLAND MARTIAL ARTS CENTER



RESPECT

DISCIPLINE

PERSEVERANCE

SPIRIT

COMMUNITY

FOR MORE INFORMATION, CONTACT ISLAND MARTIAL ARTS CENTER



ISLAND TAEKWONDO
HANMADANG

2026 Island Taekwondo Hanmadang

Host: Island Martial Arts Center
1464 George Street
Sydney, Nova Scotia
B1P 1P3

Tel: (902) 562-1494

Email: imacsydney1@outlook.com



To: Masters, Instructors and School Owners,

RE: 2026 Island Hanmadang Skills Competition
SYDNEY, NOVA SCOTIA: June 13, 2026

This letter and Welcome package is being forwarded as an invitation to you and your students to the 1st Annual Island Hanmadang Skills Competition, hosted by Island Martial Arts Center in Sydney, Nova Scotia on beautiful Cape Breton Island.

The tournament will take place on Saturday June 13, 2026 at the **Whitney Pier Memorial School**, 199 Jameson Street, Sydney. The tournament will be comprised of Poomsae, Board Breaking and Obstacle Course competitions for both children and adults.

Division assignments will be done prior to the competition day; therefore, new registrations will not be accepted at the door.

Doors open at 9:00am. There will be a coaches/officials meeting held at 9:15am. The Welcome will be at 9:45am, followed by the start of competitions at 10:00am.

Only people identified by a pass (Coach, Competitor, or Volunteer) will be allowed access to the competition floor. Absolutely NO parents on the floor.

Admission for non-competitors will be as follows:

- \$5.00 for general admission
- FREE for children 12 and under.

If you require further information you can contact the Island Martial Arts Center at 902-562-1494 or email imacsydney1@outlook.com.

Our host hotel, the **Holiday Inn Sydney - Waterfront**, 300 Esplanade, have made available a block of 10 rooms at \$189/night under the name "Hanmadang".

We look forward to welcoming you to our beautiful Cape Breton Island for a great day of skills competition!

Sincerely,
Island Martial Arts Center
Hosting Organizer



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1. Competitor Information

Competitor Name:

Address:	Phone Number:
	Email Address:

Weight	Height	Age	Date of Birth	Gender
_____	_____	_____	_____ - _____ - _____	Female: _____ Male: _____
(Pounds)	(Feet) (Inches)	(Years)	(Year) (Month) (Day)	Other: _____

School:

Belt Rank:	Dan (Black Belt Only):

2. Competition Categories

There are 3 competition categories to choose from. Choose the event(s) in each category that you would like to participate in.

A. Obstacle Course

The Obstacle Course Event is \$20

\$ _____

Subtotal from Page 1: \$ _____

B. Poomsae \$ _____

The Poomsae Category is \$40 and includes 1 event.
Additional events are \$10 each. Enter \$0 for the cost of the included event.

Individual, Traditional: \$10 \$ _____

Team, Traditional: \$10 \$ _____

Team Name: _____

Individual, Creative: \$10 \$ _____

Subtotal: \$ _____ -> + \$ _____

C. Board Breaks \$ _____

The Board Break Category is \$40 and includes 1 event and 1 board. Additional events are \$10 each, plus \$5 per board / cinder block. Enter \$0 for the cost of the included event / board.

Knife Hand: \$5 x ___ Boards + \$10 \$ _____

Punch: \$5 x ___ Boards + \$10 \$ _____

Back Kick: \$5 x ___ Boards + \$10 \$ _____

High Jump Kick: \$10 \$ _____

Side Kick: \$5 x ___ Boards / Blocks + \$10 \$ _____

Individual Creative Board Breaks (Max 5 Boards):
\$5 x ___ Boards + \$10 \$ _____

Subtotal: \$ _____ -> + \$ _____

Total Cost: \$ _____

For pre-registration, completed Registration Form, signed Liability Waiver and Payment Information must be received by Monday, June 1, 2026 by the Island Martial Arts Center.



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Liability Waiver

I, the undersigned, submit this application and the monetary entry fee as consideration for my right to participate in the 2026 Island Hanmadang Skills Competition being held on **Saturday, June 13, 2026**.

I understand and accept that physical injury and related damages are an inherent and necessary risk of the participation in the sport of Taekwondo. I expressly assume all such risks. I accept full responsibility for the cost of medical and or other treatment for any injury or damages which I may sustain. I release, hold harmless, and waive all claims against the promoters operators and sponsors, individually or collectively, or any and all injury of damage I may sustain while attending or participating in these Games, including any claim for negligent supervision, instruction and/or maintenance of the facilities.

I further agree that if any pictures or video taken of or by me in connection with said tournament can be used by the Tournament Director for publicity or promotion without compensation at this or any other time.

If under 18 years of age, this release and consent form must be signed by a parent or guardian.

Competitor Name: (Please Print)	Date:
	____ - ____ - ____ (Year) (Month) (Day)

Signature: (Signature of Parent/Guardian if Competitor is under 18 years of age)	
	_____ Parent / Guardian's Printed Name (if applicable)

Please direct questions to:

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Payment Information

Please save the original registration forms and bring them with you the day of the competitions.

Include completed Registration Form and signed Liability Waiver and send by mail to the address below or email to imacsydney1@outlook.com no later than Monday, June 1, 2026.

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Payment Methods Accepted if registering on your own and not through your school

1. Postal Money Order in Canadian Dollars, payable to: Island Martial Arts Center (enclosed with registration forms and Waiver)
2. Certified check in Canadian Dollars, payable to: Island Martial Arts Center (enclosed with registration forms and Waiver)
3. Credit Card: **THIS OPTION ONLY AVAILABLE IF SCANNED AND EMAILED IN ADVANCE**

Master Card

VISA

Card Number:	Expiry Date:

Signature:

Please direct questions to:

Island Martial Arts Center ■ 902-562-1494 ■ imacsydney1@outlook.com



2026 ISLAND TAEKWONDO HANMADANG



Information Sheet

The focus is on technical proficiency, accuracy, and etiquette across Poomsae (forms) and breaking, typically using a single-elimination, bracketed format divided by age and belt rank.

Key rules include strict, authorized board/material usage, time limits for set up and breaking, and specific performance, synchronization, and difficulty criteria, with 20-minute check-in requirements.

General Regulations & Etiquette

- **Uniforms:** Proper Dobok (uniform) with belt representing rank is required. Creative and Team may wear specialty customized uniforms.
- **Procedures:** Competitors must be ready 20 minutes before their scheduled time; failure to appear after 3 announcements results in disqualification.
- **Behaviour:** Courtesy is expected; bowing to judges before and after performances is mandatory.
- **Divisions:** Separated by age and belt rank (e.g., Kids, Juniors, Adult, Seniors, Executive).
- **Lanyard Accreditation:** All competitors, coaches, officials, and volunteers must have approved lanyard accreditation card to access the competition floor.
- **Records Check:** All athletes, coaches, judges, volunteers 18 years and older will require a criminal records check verification.

Poomsae (Forms) General Information

- **Format:** Competitors perform individually, simultaneously for tie.
- **Attempts:** Colored belts may restart once; Black belts cannot restart.
- **Judging:** Scored based on Power/Snap, Rhythm/Tempo/Speed, Presentation, and Execution.
- **Creative Individual and Team:** Competitors may wear customized Dobok (uniforms) and may use music. ***Must be provided upon registration.***

Breaking (Kyukpa) General Information

- **Attempts:** Max.of three (3) attempts on each break. (exception Power Concrete Breaks-1)
- **Boards:** Must be purchased with registration or at the tournament; authorized materials only.
 - No spacers will be permitted on stacked boards.
 - Board Thickness: Kids/Junior: 1/2", Adult: 3/4" Concrete: 1 1/2"
- **Ceremonial:** Competitor must:
 - Enter ring,
 - Come to attention,
 - Bow to Judges,
 - Announce name and affiliate school then
 - Proceeds to set up break or breaks.
- **Set-up Time:** Competitor has 1 minute to set up board / boards, Competitor returns to centre comes to **Chun-bi "Ready"** position, announces, **"Board Break Sir/Mam" (Identify break or breaks)** Bow and return to break position.
- **Break Time:** When **"Si-Jack" "Start"** command is given by judges. Competitor must complete break within 30 sec. Upon completion competitor will come to **attention, bow to judges and exit the ring area.**
- **Safety:** Protective gloves for hands permitted kids / junior athletes Only.
- **Technique:** No stepping allowed during hand breaking.

Scoring:

- Each broken board (into two (2) separate pieces) is given 2 Points.
- Deductions:
 - 0.5 points for each unbroken board (each attempt)
 - 0.5 points for exceeding time restraints (each attempt)
 - 0.5 points for adjusting boards after **"Si-jack"**
 - 0.5 points for touching floor with body above knee after break.
 - 0.5 points for failing to bow out after break.
- Proper ring etiquette, readiness for break is **score 1-5**

Event Specifics:

- **High Jump Break:** Involves an assisted run and jump.
- **Individual Break:** Competitor determines number of boards/ cinder block. To be confirmed on registration form. (competitor may add boards day of competition prior to start)
- **Individual Creative Breaks:** Consists of (max. 8 boards).
- **Team Poomsae:** Consists of max. three (3) members for Poomsae