JIM'S TAEKWON-DO PRESENTS

THEIR 10TH ANNUAL

VALLEY OPEN ARTS TOURNAMENT

NEWPORT, NS | **OCTOBER 24, 2026**



WHERE? WEST HANTS MIDDLE SCHOOL

8009 HIGHWAY 14, NEWPORT, NOVA SCOTIA

6 ' BLACK BELT GRAND CHAMPION TROPHY!

2' COLOUR BELT GRAND CHAMPION TROPHY!

DOORS OPEN AT 8:00AM
SPECTATOR ADMISSION $5.00

FOR MORE DETAILS, PLEASE CONTACT
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JAMESHILTZ@EASTLINK.CA
HTTPS://WWW.FACEBOOK.COM/JIMSTKD

JIM'S TAEKWON-DO PRESENTS THEIR 10TH ANNUAL VALLEY OPEN ARTS TOURNAMENT

NEWPORT, NS | OCTOBER 24, 2026

Dear Masters and Instructors,

Jim's Taekwon-Do is pleased to invite you and your students to our **10th Annual Valley Open Tournament**, taking place on **Saturday, October 24, 2026**, at **West Hants Middle School**, 8009 Highway 14, Newport, Nova Scotia.

We are excited to welcome schools from across Nova Scotia and New Brunswick for another great day of competition, sportsmanship, and fellowship.

Registration

Advance registration is available by completing the online registration form:

https://forms.gle/4DF76kBCaQHwQ8sf9

Registration fees are:

- **2 events:** $55.00
- **3 events:** $60.00

Advance registrations and e-transfer payments must be received **no later than October 21, 2026**.

Please send payment by e-transfer to:

mrjimhiltz@gmail.com

*When submitting payment, please include the competitor's name in the message/comments section.

Registration at the Door

Registration will also be available on the day of the tournament from **8:00 AM to 9:30 AM**.

- Cash payments only.
- An additional **$10.00** will be added to the registration fee.
- Competitors who have not registered by **9:30 AM** will not be eligible to compete.

Spectators

Admission for spectators is **$5.00** per person.

Lunch

Lunch will be available from **12:00 PM to 12:30 PM**.

Pizza, pop, or water will be available for **$5.00 (cash only).**

Weigh-ins

Competitors' weights will be checked randomly throughout the day. If a competitor exceeds the weight listed on their registration form, they will be disqualified from competition.

Medals & Grand Champion Awards

For all competitors **under 16 years of age** (excluding Black Belt divisions), medals will be awarded as follows:

- Gold
- Silver
- Bronze
- Bronze

Competitors aged **16 and under** who compete in both events will receive two medals.

Competition divisions will be finalized on the morning of the tournament.

Divisions for competitors **18 years of age and older** will be grouped according to:

- Belt rank
- Age
- Size

Grand Champion Awards

We will once again award:

- **6-foot Grand Champion Trophy**
- **2-foot Colour Belt Grand Champion Trophy**

Points are awarded as follows:

- Gold Medal – 3 points
- Silver Medal – 2 points
- Bronze Medal – 1 point

The competitor with the highest point total will be declared Grand Champion. In the event of a tie, the winner will be determined by a coin toss.

Patterns

Patterns will be performed using **ITF rules**, with two competitors performing simultaneously.

Children who do not yet know their assigned pattern may compete in **Line Tag**.

Sparring

Contact rules for sparring are outlined on the attached document “ITFU Light Contact Rules”.

Scoring:

- Hand techniques – **1 point**
- Body kicks – **2 points**
- Head kicks – **3 points**

White Belt sparring divisions will compete in **Capture the Flag**. Please ensure your students are familiar with this event prior to the tournament. If you have any questions regarding the rules or format, please don't hesitate to contact us.

Black Belt Judges Meeting

A **Black Belt Judges Meeting** will be held at **9:00 AM**.

To ensure adequate ring staffing, all competing Black Belts will be required to complete their assigned judging rotation (morning or afternoon) in order to participate in competition.

Black Belts who are attending but are not competing are encouraged to volunteer as judges.

We sincerely appreciate your continued support and look forward to seeing you and your students at this year's Valley Open Tournament.

Sincerely,

Mr. Jim Hiltz, 3rd Dan
Jim's Taekwon-Do
902-489-4929

LIGHT CONTACT SPARRING RULES

Age Group	Belt Rank	Contact Rules	Infraction
17 and under	White to Black Stripe	No touch to face. Can touch helmet (front and sides).	- Touch to face without retraction & head displacement = Foul - Heavy contact & head displacement Disqualification (decision by Center Ref/Jury President)
18 and over Adults	White to Blue Stripe	No touch to face. Can touch helmet (front and sides).	- Touch to face without retraction & head displacement = Foul - Heavy contact & head displacement Disqualification (decision by Center Ref/Jury President)
18 and over Adults	Blue to Black Stripe	Can touch the face	No Warnings Heavy Contact = Foul Excessive contact = Disqualification
All Ages	Black Belts	Can touch the face	No Warnings Heavy Contact = Foul Excessive contact = Disqualification
Special Note	Combining Divisions (Green & Blue)	Blue belt competitors fall under no face contact rule.	Green Belt rules apply No face contact, even for the Blue belts.