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Continental Selections (Laval, Jan. 18-19th 2020):

Kyorugi Results:

Congratulations to the following athletes for qualifying to the Pan Am Qualification Tournament for Tokyo 2020 Olympic & Paralympic Games:

- **Josipa Kafadar: F-49kg**
- **Andrew Park: M-68kg**
- **Marc-André Bergeron: M+80kg**
- **Anthony Capello: k43 -61kg**

These athletes will try to earn one of the last Tokyo Olympic spots available at the Pan Am Qualification Tournament next March (10th to 12th) in Costa Rica. They will also be funded to participate to the US Open in Orlando (late February) in preparation to the Pan Am Qualification Tournament for Tokyo 2020.

TC also selected the following alternates:

- **Ceili Peterson: F-49kg**
- **Bernard Lorde: M-68kg**
- **Cedric Ndzouli: M+80kg**

Alternates will be invited to participate to the Costa Rica Open and provide, at the same time, a training partner opportunity to the athletes participating to the Pan Am Qual. Tournament. TC will cover the following costs for alternate athletes:

- Flight to Costa Rica (up to \$1000)
- \$500 for hotel (per person)
- \$300 for meals (per person)
- Registration fee to compete the Costa Rica Open

Athletes have to submit their travel plan no later than Feb. 15th 2020.

Complete Kyorugi results can be found [here](#)

Poomsae Results:

TC got very positive feedbacks on the new selection format that was used for Junior Individual & U30 at the National Poomsae Championships in Laval. Congratulations to all the winners that got selected to compete at the 2020 World Taekwondo Poomsae Championships in Herning, Denmark.

Complete Poomsae results from Laval can be found [here](#)

WT just provided details on the 2020 World Taekwondo Poomsae Championships, which can be found [here](#)

Details on support from Taekwondo Canada for World Poomsae will be communicated in a subsequent bulletin (once 2020-21 HP Budgets have been approved by the BOD).

AAP Carding: Update

On January 10th, Sport Canada approved the following athletes to receive AAP for 2020:

Athlete	Card Type	Qualifying Result	Benefits
Skylar Park	SR1	Bronze medal (Top 8) in an Olympic Division (-57kg) at Worlds in Manchester	\$1765/month
Yvette Yong	SR	5 th (Top 8) in a Non-Olympic Division (-46kg) at Worlds in Manchester	\$1765/month
Ashley Kraayeveld	SR	5 th (Top 8) in a Non-Olympic Division (-62kg) at Worlds in Manchester	\$1765/month
Melissa Pagnotta	SR	9 th (Top 16) in an Olympic Division (-67kg) at Worlds in Manchester	\$1765/month
Marc-André Bergeron	SR	9 th (Top 16) in an Olympic Division (+87kg) at Worlds in Manchester	\$1765/month
Anthony Capello	SR	2 nd (Top 8) in an Olympic Division (k43 -61kg) at Worlds in Turkey	\$1765/month

***Note that an appeal is in progress and some names might change depending of the outcome of the appeal.

The criteria to qualify for AAP in 2021 have also been approved by Sport Canada. The summary to earn AAP for 2021 goes as the chart below:

Card Type	Criteria	Benefits
Senior International (SR1 / SR2)	Top 8 & Top half of field at 2020 Olympic Games in Tokyo	\$1765/month (School Tuition)
Senior National (SR)	Competing to the 2020 Olympic Games in Tokyo OR Top 10 at 2020 Grand Prix Final OR Top 16 on the WT Olympic Ranking (published in January 2021)	\$1765/month (School Tuition)
1st Year Senior (C1)	Athletes who meet the national criteria for Senior Cards for the first time are awarded C1	\$1060/month School Tuition
Development (D)	Podium result at 2020 World Junior Championships (Sofia) OR Athlete finishing Top 32 in WT Olympic Ranking (as per January 2021)	\$1060/month School Tuition
Senior Injury (SRinj)	Qualified for a Senior International card in 2020 but couldn't compete at 2020 Olympics due to illness/injury (Medical documentation required)	\$1765/month School Tuition

Card Allocation and Number of Cards:

* TC's allocation for 2021 is a maximum of **5 cards**.

* A maximum of two athletes from the same WT Olympic weight division may be nominated for a Card

Priority will be given to:

- 1- Athletes meeting the criteria of the Senior International card (SR1 or SR2), **THEN TO**
- 2- **ONE (1) Development card** will be given if Development Card criteria are met, **THEN TO**
- 3- Athletes eligible under Health-Related conditions, **THEN TO**
- 4- Athletes eligible for SR / C1 cards, **THEN TO**
- 5- Other athletes eligible for Development cards

The complete 2021 AAP Criteria document approved by Sport Canada can be found [here](#)

2020 FISU Games:

U Sports is asking for interested athletes that would like to take part to the 2020 FISU Games, scheduled to be in Merida, Mexico, May 31st – June 10th 2020. The Taekwondo events are from June 2nd to 4th. Athletes interested in participating should contact Yanbin@taekwondo-canada.com by Feb. 15th at the latest.

Athlete Eligibility:

Only the following may participate as a competitor in the Universiade:

- a) Students who are currently officially registered as proceeding towards a degree or diploma at the university or similar institute whose status is recognized by the appropriate national academic authority of their country;
- b) Former student of the institution mentioned in a) who have obtained their academic degree or diploma in the year preceding the event.

All competitors must satisfy the following conditions:

- i) Be a national of the country they represent
- ii) Be at least 18 and no older than 25 years of age on January 1st in the year of the event

2020 FISU America Games Estimated Costs (CND)

*The price below is the estimate by U SPORTS as of December, 2019

- Flight: (inclusive of travel / medical insurance) – \$500 – 800
- Accommodations: (\$60 USD / night *based on 7 nights) – \$600
- Participation Fee: (Medical and mission staff support, Team Canada Kit, FISU Entry / Registration Fees, Operations / admin, onsite logistics and team activities) – \$1100

Note 1: costs are approximate and will vary depending on the sport, departure city, date of travel, exchange rate, visas, etc.

Note 2: It is a **self-funded** event

Note 3: It is **NOT** a WT sanctioned tournament.

Note 4: A \$200 (+transaction fee) deposit is required at the time of submitting this expression due to early quantitative deadline and individual deposit deadline from U SPORTS. Athletes who did not selected to the event will be refunded, while athletes who selected to the event will **NOT** be refunded.

Note 5: Poomsae will follow current FISU rules and will require athletes to prepare **both Recognized and Freestyle Poomsae**.

2024 Continental Selections: Eligibility

Now that the 2020 Continental Selections (Laval) are over and in order to improve how athletes will be eligible (& seeded) for the 2024 Selection event, the following eligibility & competition format is proposed:

- **Use Senior National Rankings from January 1st 2024 to select eligible athletes:**
 - Olympic Division rankings would be based on points earned at previous identified competitions (in 2023)
 - **Top 8** in the January 2024 Senior national Rankings from each of the selected Olympic divisions would be eligible to compete at the Selections.
 - If a Top 8 athlete can't compete (ex. because of injury), the next ranked athlete would be invited to participate to the Selections
- **Seeding for the Selections:**
 - Based on Senior National Rankings from January 1st 2024
- **Competition format:**
 - Double elimination format
 - Winner qualifies to compete in the Pan Am Qualification Tournament for Paris 2024
 - 2nd place will be named Alternate

Note: This proposal will be presented in more details once the HPC is in place. Modification can still be done to insure we have the best system in place in 2024.

Testing Protocol Update:

The proposed 2020-21 HP budget includes 2 evaluation camps:

1. **Senior Pan Am Championship Team** (targeted in early May, location TBD)
2. **Junior World Championship Team** (targeted in mid-August, location TBD)

The proposed tests for the camps are:

- Aerobic Power (indirect Vo2 max test)
- Dynamique Balance (Y-balance Test)
- Anthropometric Evaluation (including body comp)
- Estimated Strength tests (upper & lower body)
- Wingate test
- Bloodwork (to be done pre-camp)

Participation to the camps is required & will determine the level of funding athletes will receive to participate to the Senior Pan Am Championships or the World Junior Championships. Funding to camps will depend on approved HP budgets for 2020-21 fiscal year.

Also, some test results will be used to earn a funding bonus if:

1. Estimated Vo2: is over 48 mL/kg/min for ladies or over 52 mL/kg/min for men
- OR**
2. Estimated Strength: relative strength (lower body) is over 1,2 (x body weight) for ladies or 1,5 (x body weight) for men

The testing protocol is still in the development stage. More tests are being developed and might be integrated to this protocol at a later date. At the same time, some of the proposed tests (at the camps) might evolve or be replaced by more specific tests (adapted to Taekwondo). Main goal for this year is to start monitoring our top athletes and fine tune testing that will have a good correlation for performance in Taekwondo.

HPC Update:

So far, we received interest from 9 candidates to be part of the HPC. TC will review the candidates and start the selection process in the coming weeks. More details will be announced as soon as possible.

2021 Senior National Rankings:

The last bulletin identified events that will be used to earn points for the 2021 Senior National Rankings. The proposed events were:

1. *TC Senior Nationals (Edmonton: April 18-19th 2020)*
2. *G1 event: Pick one from the following: Canada Open, US Open or Pan Am Open*
3. *G2 event: Pick one from the following: President's Cup, Costa Rica Open or Belgium Open*

Since then, some changes were announced:

- There won't be a Canada Open in 2020 (next one scheduled to be in Feb. or March 2021)
- 2020 US Open is now a G2 event.

So, in order to be able to have a Senior National Ranking that can be tested in 2021, points that can be earned in 2020 will come from the following competitions:

1. **TC Senior Nationals (Edmonton: April 18-19th 2020)**
2. **One G1 event: Pick one from the following: Mexico Open, Puerto Rico Open or Pan Am Open**
3. **One G2 event: Pick one from the following: Costa Rica Open, President Cup or Belgium Open**

Note: The Senior National Ranking won't be attached to anything yet. It's still in a trial phase and will most likely be edited / improved in 2021 so get a more accurate ranking. Goal is to have a good system in place by 2022 so it can be used for Selections or Eligibility purposes.

Coming Up:

➤ US Open: Orlando, FL Feb 25th – March 1st 2020

- Athletes that qualified for the Pan Am Qualification Tournament for Tokyo 2020 are funded by TC to participate (as a preparation meet for Costa Rica)
- Alternates named (in Laval) are also funded to participate
- Early bird registration deadline: **February 5th 2020**
- Regular registration deadline: **February 14th 2020**
- See detailed information [here](#)

HP Bulletin – February 2020

- **Pan Am Qualification Tournament for Tokyo 2020: San Jose, Costa Rica, March 10-12th 2020**
 - TC will take care of registrations as soon as all participating athletes & staff will send their information
 - For more information, click [here](#)

- **Costa Rica Open: March 13-14th 2020**
 - Information package & registration are now online
 - Early bird deadline: **Feb. 14th 2020**
 - For more details, click [Here](#)

The content of this Bulletin is informative. Please send your questions or comments to gthibault@taekwondo-canada.com.