



MARCH 15 & 16,  
2024

# WESTERN PROVINCIAL OPEN

Tag Team  
Sparring

Divisions  
For All  
Ranks & Ages

**NEW LOCATION:  
NAIT COLLEGE  
11762-106 ST  
EDMONTON, AB**



Alberta WKC  
Provincial Qualifier

Cody Diesbourg / Elaine Diesbourg  
Albertawpo@gmail.com  
780-238-5425  
www.premierma.net



**March 15, 2024**  
**WPO Ring Assignment**  
**Friday Night Divisions**

**Ring 1**

-10yrs Boys Continuous Sparring  
(-25kg / -30kg / -35kg / -40kg / -45kg / +45kg)

11-12yrs Boys Continuous Sparring  
(-35kg / -40kg / -45kg / -50kg / -55kg / +55kg)

13-14 Boys Continuous Sparring  
(-45kg / -50kg / -55kg / -60kg / -65kg / +65kg)

15-17 Boys Continuous Sparring  
(-55kg / -60kg / -65kg / -70kg / -75kg / -80kg / +80kg)

**Ring 2**

-10yrs Girls Continuous Sparring  
(-25kg / -30kg / -35kg / -40kg / -45kg / +45kg)

11-12yrs Girls Continuous Sparring  
(-35kg / -40kg / -45kg / -50kg / -55kg / +55kg)

13-14 Girls Continuous Sparring  
(-45kg / -50kg / -55kg / -60kg / +60kg)

15-17 Girls Continuous Sparring  
(-50kg / -55kg / -60kg / -65kg / +65kg)

**Ring 3**

+18 Men Continuous Sparring  
(-60kg / -65kg / -70kg / -75kg / -80kg / -85kg / -90kg / +90kg)

+35 Men Continuous Sparring  
(-75kg / -85kg / +85kg)

+42 Men Continuous Sparring  
(-75kg / -85kg / +85kg)

+48 Men Continuous Sparring  
(-75kg / -85kg / +85kg)

**3:30 pm - Registration begins.**

**4:00-5:00 pm -Seminar with Cody Diesbourg**

**5:30 pm - Judges Meeting**

**6:00 pm -Start time for Continuous**

**7:00 pm - Start time for all Team Events -**

**Divisions will run in the order they are printed.**

**Ring 4**

+18 Women Continuous Sparring  
(-50kg / -55kg / -60kg / -65kg / -70kg / +70kg)

+35 Women Continuous Sparring  
(-65kg / +65kg)

+42 Women Continuous Sparring  
(-65kg / +65kg)

+48 Women Continuous Sparring  
(-65kg / +65kg)

**Ring 5**

Jr. Team Kata  
Adult Team Kata

-12yrs Tag Team Sparring  
13-14yrs Tag Team Sparring  
15-17yrs Tag Team Sparring  
+18yrs Tag Team Sparring

**March 16, 2024**  
**WPO Ring Assignment**  
**Underbelt Divisions**

**Ring 1**

-6yrs Weapons  
Little Dragon Forms  
-6yrs Forms  
Little Dragon Sparring  
-6yrs Sparring

**Ring 2**

7-8yrs Weapons  
7-8 Beginner Forms  
7-8 Intermediate Forms  
7-8 Advanced Forms  
7-8 Beginner Sparring Boys  
7-8 Beginner Sparring Girls  
7-8 Intermediate Sparring Boys  
7-8 Intermediate Sparring Girls  
7-8 Advanced Sparring Boys  
7-8 Advanced Sparring Girls

**Ring 3**

9-10 Weapons  
9-10 Beginner Forms  
9-10 Intermediate Forms  
9-10 Advanced Forms  
9-10 Beginner Sparring Boys  
9-10 Beginner Sparring Girls  
9-10 Intermediate Sparring Boys  
9-10 Intermediate Sparring Girls  
9-10 Advanced Sparring Boys  
9-10 Advanced Sparring Girls

**Ring 4**

11-12 Weapons  
11-12 Beginner Forms  
11-12 Intermediate Forms  
11-12 Advanced Forms  
11-12 Beginner Sparring Boys  
11-12 Beginner Sparring Girls  
11-12 Intermediate Sparring Boys  
11-12 Intermediate Sparring Girls  
11-12 Advanced Sparring Boys  
11-12 Advanced Sparring Girls

**8:00am - Registration begins.**

**9:30am - Judges/coaches meeting.**

**10:00am - Start time.**

**Ring 5**

13-17 Weapons  
13-14 Beginner Forms  
13-14 Intermediate Forms  
13-14 Advanced Forms  
15-17 Beginner Forms  
15-17 Intermediate Forms  
15-17 Advanced Forms  
13-14 Beginner Sparring Boys  
13-14 Beginner Sparring Girls  
13-14 Intermediate Sparring Boys  
13-14 Intermediate Sparring Girls  
13-14 Advanced Sparring Boys  
13-14 Advanced Sparring Girls  
15-17 Beginner Sparring Boys  
15-17 Beginner Sparring Girls  
15-17 Intermediate Sparring Boys  
15-17 Intermediate Sparring Girls  
15-17 Advanced Sparring Boys  
15-17 Advanced Sparring Girls

**Ring 6**

+18 Weapons  
+35 Adult Weapons  
+18 Beginner Forms  
+18 Intermediate Forms  
+18 Advanced Forms  
+35 Adult Forms  
+18 Men's Beginner Sparring  
+18 Women's Beginner Sparring  
+18 Men's Intermediate Sparring  
+18 Women's Intermediate Sparring  
+18 Men's Advanced Sparring  
+18 Women's Advanced Sparring  
+35 Women's Sparring  
+35 Men's Sparring

**• Division start times are approximate start times, however, divisions will not start before their scheduled time.**

**• Ring assignments are subject to change. All changes will be announced over the P.A. system.**

**• All Forms and Sparring Divisions will run in the order that they are printed on the ring assignment sheet. You are responsible for being at your ring when the division begins.**

**• Underbelt grand championships will run after the age groups have finished all divisions.**

**March 16, 2024**  
**WPO Ring Assignment**  
**Black Belt Forms Divisions**

**Ring 1**

**-10yrs Black Belt Forms**

Creative Weapons  
Musical Weapons  
Traditional Weapons  
Boys Hard Style  
Girls Hard Style  
Open Musical  
Boys Soft Style  
Girls Soft Style  
Boys Korean Style  
Girls Korean Style  
Boys Kenpo Style  
Girls Kenpo Style

**Ring 2**

**11-12yrs Black Belt Forms**

Creative Weapons  
Musical Weapons  
Traditional Weapons  
Boys Hard Style  
Girls Hard Style  
Open Musical  
Boys Soft Style  
Girls Soft Style  
Boys Korean Style  
Girls Korean Style  
Boys Kenpo Style  
Girls Kenpo Style

**Ring 3**

**13-14yrs Black Belt Forms**

Traditional Weapons  
Creative Weapons  
Musical Weapons  
Boys Hard Style  
Girls Hard Style  
Open Musical  
Boys Soft Style  
Girls Soft Style  
Boys Korean Style  
Girls Korean Style  
Boys Kenpo Style  
Girls Kenpo Style

**8:00am - Registration begins.**

**9:30am - Judges/coaches meeting.**

**12:30pm - Start time - Divisions will  
run in the order they are printed.**

**Ring 4**

**15-17yrs Black Belt Forms**

Musical Weapons  
Creative Weapons  
Traditional Weapons  
Boys Hard Style  
Girls Hard Style  
Open Musical  
Boys Soft Style  
Girls Soft Style  
Boys Korean Style  
Girls Korean Style  
Boys Kenpo Style  
Girls Kenpo Style

**Ring 5**

**Adult Black Belt Forms**

+18 Musical weapons  
+18 Traditional Weapons  
+18 Creative Weapons  
+35 Weapons  
+42 Weapons  
+48 Weapons  
+18 Open Musical  
+18 Men Hard Style  
+18 Women Hard Style  
+35 Men/Women Forms  
+42 Men/Women Forms  
+48 Men/Women Forms  
+18 Men Soft Style  
+18 Women Soft Style  
+18 Men Korean Style  
+18 Women Korean Style  
+18 Men Kenpo Style  
+18 Women Kenpo Style

**March 16, 2024**  
**WPO Ring Assignment**  
**Black Belt Point Sparring Divisions**

**Ring 1**

**-10yrs Black Belt Point Sparring**

Boys Point Sparring  
(-25kg / -30kg / -35kg / -40kg / -45kg / +45kg)

Girls Point Sparring  
(-25kg / -30kg / -35kg / -40kg / -45kg / +45kg)

**Ring 2**

**11-12yrs Black Belt Point Sparring**

Boys Point Sparring  
(-35kg / -40kg / -45kg / -50kg / -55kg / +55kg)

Girls Point Sparring  
(-35kg / -40kg / -45kg / -50kg / -55kg / +55kg)

**Ring 3**

**13-14yrs Black Belt Point Sparring**

Boys Point Sparring  
(-45kg / -50kg / -55kg / -60kg / -65kg / +65kg)

Girls Point Sparring  
(-45kg / -50kg / -55kg / -60kg / +60kg)

**Ring 4**

**15-17yrs Black Belt Point Sparring**

Boys Point Sparring  
(-55kg / -60kg / -65kg / -70kg / -75kg / -80kg / +80kg)

Girls Point Sparring  
(-50kg / -55kg / -60kg / -65kg / +65kg)

**Point Sparring divisions will start immediately after the forms have completed for that age group.**

**Divisions will run in the order they are printed.**

**Ring 5**

**Adult Black Belt Point Sparring**

+18 Women Point Sparring  
(-50kg / -55kg / -60kg / -65kg / -70kg / +70kg)

+35 Women Point Sparring  
(-65kg / +65kg)

+42 Women Point Sparring  
(-65kg / +65kg)

+48 Women Point Sparring  
(-65kg / +65kg)

+18 Men Point Sparring  
(-60kg / -65kg / -70kg / -75kg / -80kg / -85kg / -90kg / +90kg)

+35 Men Point Sparring  
(-75kg / -85kg / +85kg)

+42 Men Point Sparring  
(-75kg / -85kg / +85kg)

+48 Men Point Sparring  
(-75kg / -85kg / +85kg)

# Tournament Information

Hello Alberta Martial Artists!

This year we are happy to announce that we are returning to NAIT college to host our 15th annual Western Provincial Open! With the help of Explore Edmonton, we have found a new home for our growing numbers. We are excited to showcase the best competitors Alberta has to offer and aim to provide a fun, safe and challenging event.

Continuous sparring, team forms and tag team sparring divisions will be held on Friday night. Please ensure you read the schedule of events & rules carefully so you are prepared for your division. We wish everyone the best of skill in this year's Western Provincial Open!

If you have any questions or concerns, please don't hesitate to contact us through email or our facebook page.

Sincerely,

Cody & Elaine Diesbourg  
WKC Alberta Directors  
[Albertawpo@gmail.com](mailto:Albertawpo@gmail.com)

## Friday, March 15th Schedule:

- 3:30 pm - Registration Begins
- 4:00-5:00 pm - Point Sparring seminar with Cody Diesbourg  
\*\*\*All competitors who pre-register before March 11, 2024 will receive a FREE entry into the sparring seminar \*\*\*
- 5:30-6:00 pm - Judges Meeting
- 6:00 pm - All Continuous Sparring Divisions
- 7:00 pm - Team Forms followed by Tag Team Sparring

## Saturday, March 16th Schedule:

- 8:00 am - Registration begins
- 9:30 am - Judges and Black Belt meeting
- 10:00 am - Underbelt divisions begin
- 12:30 pm - Black Belt divisions begin

## Hotel Information:

**Hotel:** Chateau Lacombe Hotel  
**Location:** 10111 Bellamy Hill Rd NW, Edmonton, AB, T5J1N7  
**Phone:** (780) 428-6611  
**Group Name:** 2024 Western Provincial Open - [Online Booking](#)

## Notes

- Division start times are approximate start times, however, divisions will not start before their scheduled time.
- Ring assignments are subject to change. All changes will be announced over the P.A. system.
- All Forms and Sparring Divisions will run in the order that they are printed on the ring assignment sheet. You are responsible for being at your ring when the division begins.
- All Sparring Competitors **must** provide their own equipment.
- Underbelts can compete in both underbelt and black belt divisions. Top 8 competitors in Black Belt divisions qualify to try out for the Canadian Team on May 17-19, 2024 in Ottawa. This year's World competition will be held in Portugal from Oct 26-Nov 1, 2024.  
\*\*\*NEW: Elbow pads are mandatory in Black Belt divisions at this year's Provincials. Elbow pads are optional for Underbelt divisions\*\*\*
- Underbelt Jr. Grand Champion Awards for ages -10yrs and 11-17yrs.
- Adult & Jr. Tag Team Fighting Champions: Championship Gloves!
- Black Belt divisions will follow the WKC rules that can be found online [here](#)

## Team Kata Rules

- Junior team Kata consists of two or more members of any belt rank under the age of 17yrs.
- Adult team Kata consists of two or more members of any belt rank with at least one member 18yrs of age or older.
- Music and weapons are optional in this division.
- Judges will be looking for synchronization, showmanship, speed of techniques, degree of difficulty, execution of techniques, overall team power, balance, speed and focus.
- Winners will receive a special team award and WKC medals.

## \*\*\* Tag Team Sparring Rules \*\*\*

- **Adult Tag Team Fighting**- 2 member teams ages 18+ (men/women separate).
- **Jr. Tag Team Fighting** – 2 member teams within their respective age divisions: -12yrs, 13-14yrs, 15-17yrs (boys/girls separate).
- Team members do **NOT** have to be from the same school and can be of any rank.
- Each match will be 2 min, total points with no 10 point spread (Must win by 2 points).
- Both fighters must fight a portion of the match. You may tag out at any time during the match either during the action or on judges break.
- Tagging out must be a clear hand to hand tag. Once hands have been touched, the fighter on the side line has to enter right away and can be scored on as soon as the tag has happened. If the tag is not clear or the player does not enter the ring promptly, a point may be awarded to the other team.
- Regular WKC sparring rules.
- Winning teams receive 2 pairs of Championship Gloves.

**WESTERN PROVINCIAL OPEN  
PRE-REGISTRATION FORM**  
**(Pre-Registration must be received by March 11, 2024)**

Name \_\_\_\_\_ Age (As of Jan 1, 2024) \_\_\_\_\_ Belt Level: \_\_\_\_\_  
 Address \_\_\_\_\_ Postal Code \_\_\_\_\_  
 Phone Number \_\_\_\_\_ Club \_\_\_\_\_ Instructors Name \_\_\_\_\_  
 (Join our email list for information on our future events) Email \_\_\_\_\_

**\*NOTE: EVERYONE LOOKING TO QUALIFY FOR THE WKC NATIONAL EVENT MUST COMPETE IN THE BLACK BELT DIVISIONS.**

Divisions: **Please check off all divisions entering**

**UNDERBELT DIVISIONS**

- Boys                       Girls                       Men                       Women  
 Underbelt Forms         Underbelt Weapons     Underbelt Sparring

**BLACK BELT DIVISIONS**

- Boys                       Girls                       Men                       Women  
 Hard Style Forms         Soft Style Forms         Korean Forms             Open Musical Forms     Kenpo Forms  
 Creative Weapons         Musical Weapons         Traditional Weapons  
 +35 Forms                 +42 Forms                 +48 Forms  
 +35 Weapons             +42 Weapons             +48 Weapons  
  
 Point Sparring             Continuous Sparring  
 +35 Point Sparring       +35 Cont. Sparring  
 +42 Point Sparring       +42 Cont. Sparring  
 +48 Point Sparring       +48 Cont. Sparring

**Team Divisions**

- Team Kata  
 Tag Team Sparring  
 Sparring Seminar

**COMPETITOR & SPECTATOR FEES**

	<b>Pre-Registration Received by March 11, 2024</b>	<b>At the Door After March 11, 2024</b>	
<b>For First 2 Divisions (Team forms included)</b>	<b>\$75</b>	<b>\$85</b>	= _____
<b>Each Additional Division</b>	<b>\$10 x _____</b>	<b>\$15 x _____</b>	= _____
<b>*** Note: Underbelt competitors only competing in Forms can choose one underbelt division according to rank and use their second division for the Black Belt category ***</b>			
<b>Tag Team Sparring (per person)</b>	<b>\$25</b>	<b>\$25</b>	= _____
<b>Sparring Seminar</b>	<b>FREE</b>	<b>\$40</b>	= _____
<b>Spectator Pass (5yrs and under get in free)</b>	<b>\$5 x _____</b>	<b>\$5 x _____</b>	= _____
<b>Grand Total</b>			<b>= _____</b>

**PAYMENT METHOD**

**\*\*\*Day of tournament cash only. No refunds.**

**PRE-REGISTRATION (Ends March 11th)**

**Please send your completed registration form and E-transfer to [Albertawpo@gmail.com](mailto:Albertawpo@gmail.com)**

**Drop off at Premier Martial Arts (North or South location) during business hours.**

**\*\*\*No personal Cheques - Cash or Club cheques only\*\*\***

I \_\_\_\_\_ agree to assume full responsibility for any and all damages, injuries, or losses that I may sustain or incur, if any, while attending or participating during the Martial Arts Event held at the Northern Alberta Institute of Technology on March 15-16, 2024. I hereby waive all claims against the Western Provincial Open, the operators, or sponsors of this event, Cody Diesbourg, Elaine Diesbourg, Premier Martial Arts, or any and all others connected with this tournament for any claims for injuries I may sustain. I understand that any medical treatment given to me will be first aid treatment. I have read, understand and agree to abide by the rules associated with this event. Additionally I am fully aware of my own personal medical condition and hereby certify that I am mentally and physically fit to compete at said event. Lastly I hereby waive any compensation whatsoever for the use of picture, videotape, media coverage, statements, etc., utilized by those producing or directing this event at any time.

**Signature** \_\_\_\_\_

**Parent/Guardian Signature (If Under 18)** \_\_\_\_\_