



2026 Tae Kwon-Do International World Cup

Hosted by United Traditional Tae Kwon-Do Canada

Supported by TAGB Tae Kwon-Do International



Hello competitors,

Thank you for joining us at the **2026 Tae Kwon-Do International World Cup**. Here is important information to ensure you have the best possible experience and help us host an organized event. Please review before Friday.

1. **Location:** Lethbridge Trade & Convention Centre is located at 101 Exhibition Way South, Lethbridge, Alberta, Canada. If you are coming from Calgary, be sure to allow at least 2 hours and 15 minutes of driving time.
2. **Gear:** Please ensure that you have your uniform and belt. Safety gear for sparring is required for all competitors 10 years of age and older or of the rank of green 6 and higher. This includes head gear, hand and foot gear, mouthguard, and groin cup (for male competitors). Rules for equipment can be found on page 10 in the [Competitor Package](#). We will have an on-site merchandise shop where you can purchase items, but it will not be fully stocked.
3. **Parking:** There is ample free parking at the venue.
4. **Competitor Check-In:** Every competitor must check in to complete their registration. When checking in, please **confirm your age, gender, rank, and selected categories**. This is critical to ensure you are entered in the right divisions. If you wish to add an additional division, the fee is \$30, payable only in cash at check-in. You will receive a competitor wristband. This is also your entry pass. Do not remove it until the tournament is over. There are two check-in opportunities. Please choose one to attend:
 - **Friday, July 3, from 4:00 to 7:00 pm** at the Nikka Yuko Japanese Garden (825 Mayor Magrath Dr. S., Lethbridge). Check in early and enjoy the Japanese Gardens. This is a great place for action shots and team photos. Free admission for competitors and coaches. Discount coupons for supporters are also available at check-in. We encourage you to come and check it out.

- **Saturday, July 4, from 8:00 to 9:15 am** at the tournament venue, Lethbridge Trade and Convention Centre in the Main Foyer.

5. Black Belt Weigh-ins: Black belt competitors in sparring must weigh in. Each competitor can have two tries on the scale. If you do not meet the weight requirements on the second attempt, you will be moved up to the next weight class. Competitors may voluntarily move up weight classes but may not compete in more than one weight class within a particular division. Weigh-ins occur at the same times as check-ins.

6. Black Belt Three-Person Point Sparring: If you have not already entered, there will be an opportunity to register a team after the competition starts. Please listen for an announcement.

7. Black Belt International Team Continuous Sparring: High ranked Country representatives will have an opportunity on Sunday Morning to enter a team to represent your country. There can be only one team from each country. Composition of that team will be determined by your country's representative(s).

8. Event Schedule:

Saturday, July 4

- 8:00 am: Please do not enter the competition hall until the doors open at 8:00 am. If you arrive early, feel free to visit the Farmers' Market located in a nearby hall.
- 9:00 am: Enter Trade Hall A in your uniform. We will help organize you by country for the Opening Ceremonies.
- 9:15 am: Opening ceremonies. Competitors will enter alphabetically by country. Canadian competitors will enter last.
- 10:15 am: Competition begins

Sunday, July 5

- 10:00 am: Competition begins
- 8:00 pm: Celebration Party and Dance will be held in an upstairs room at the Lethbridge Trade & Convention Centre. Tickets are still available and can be purchased at the door for \$20. The after-party is not suitable for young children.

- 9. Payments Accepted:** Canadian dollars or credit card only. There are cash machines available in the lobby.
- 10. Food Service:** Concession services will be available. Food trucks will be onsite on Saturday morning.
- 11. Bag Check:** We have a complimentary Bag Check at the front doors of Trade Hall B. Please check your gear when not competing and take a photo of your bag ticket in case you lose it.
- 12. Competition Area:** The area is surrounded by a metal barrier. Please stay outside the barrier when you are not competing. Please do not climb over the barrier or disassemble it.
- 13. Competition Format:** All divisions (except Team Patterns) are single elimination. Only one 3rd place will be awarded.
- 14. Schedule and Livestream:** Live streaming will be available on the Kihapp tournament page once the event-day schedule is posted. Link can be found:
- tkdcanada.com/worldcup
 - kihapp.com/tournaments/20983-2026-tae-kwon-do-international-world-cup/screens
- Check the Schedule tab to find competitors, search schools, see estimated start times, and follow your division.
- 15. Spectator fees:** Adults \$20, ages 7-17 \$10, under 7 free, Family (same household) \$60
- 16. Social media:** Follow and tag us on [Facebook](#) and [Instagram](#) @team.uttc.

If this is your first event with us, please know that we have **very high standards of behavior** for all competitors, instructors, and guests. This is a family-friendly event. One of the key tenets of martial arts is self-control, and we expect that to be on full display at our competition. Taunting of other competitors or poor sportsmanship does not happen at our events, and if it does, it generally results in quick expulsion. Corner judges and referees are not to be approached or distracted while they are performing their duties. Verbal (or any) abuse of officials by competitors or spectators will likely also result in expulsion. Unruly

parents or instructors will see their children/students and themselves expelled from the event. **Any appeals to officials MUST be made through your instructor only.**

We look forward to a fantastic day of competition and friendship. If you leave with a medal, that is great. If you leave having made a new friend, that is even better! You have already earned something just by having the courage to enter: knowledge + experience = wisdom.

Best of luck to all competitors!

Grand Master Darin Gibson
UTTC President
Tournament Co-Director