

THREE RIVERS THROWDOWN REGIONAL "B" TOURNAMENT



November 8 & 9, 2025

AHN Montour Sports Complex

2419 State Ave, Coraopolis, PA 15108

Competition Fees

- \$50 Taekwondo Forms &/or Sparring/One-Steps
- \$40 Protech Weapons or Combat (as first event)
- \$20 Each Additional Event (Weapons, Creative, X-treme, or Combat)
- \$75 Each Team Event
- 3rd+ Family Members are 50% off
- \$5 Spectator Fee (5 & under are free)

Medals will be awarded in all Divisions & engraving will be on site. All competitors will receive a competition pin. All ATA Tigers will receive a medal based on their best attributes. ATA approved safety gear is mandatory for sparring.

- Registration at ATAEZSignUp.com (\$5 ATA Tech Fee)
- \$10 on-site late registration fee

ATA Xtreme Seminar

Sunday, Nov. 9th
ONLY \$59 / Person

12:00pm Seminar Starts
2:30pm Seminar Ends

*Train with **World Champion Instructors** in a high energy setting!

***Experience 5 Action-Packed Stations:**

Open Hand & Tricking, Ssahng Jeol Bong (Chux), Jahng Bong (Staff), Ssahng Nat (Kamas), & Gum Do (Sword)

***Perfect for all ages & ranks 7+ beginner to advanced!**

*This seminar is designed for students who are looking to elevate their creative & xtreme techniques & train alongside other amazing athletes.

***Must have your Instructor's permission to attend.**

Schedule of Events

Saturday, Nov. 8th - Traditional, Creative, & Xtreme

- 7:00am Doors Open
7:30am Black Belt Meeting
15-17 Year Old Black Belts
18 & Above Black Belts
**4th & 5th degrees will compete throughout the day*

8:00am Opening Ceremonies

- 8:45am Special Abilities
10:15am 13-14 Year Old Black Belts
11:00am ATA Tiger Purple Belts & Above
11:15am ATA Tiger Camo & Green Belts
11:45am ATA Tiger White, Orange & Yellow Belts
12:00pm 11-12 Year Old Black Belts
1:00pm 9-10 Year Old Black Belts
2:00pm 8 & Under Black Belts
8 & Under White - Blue Belts
2:30pm 8 & Under Brown - Black Belt Rec. (IBR)
3:15pm 9-10 Year Old White - Blue Belts
3:30pm 9-10 Year Old Brown - Black Belt Rec. (IBR)
3:45pm 11-12 Year Old White - Blue Belts
4:00pm 11-12 Year Old Brown - Black Belt Rec. (IBR)
4:30pm 13-14 Year Old Color Belts
15-17 Year Old Color Belts
18 & Above Color Belts

Sunday, Nov. 9th - Team Events

- 8:00am Doors Open - Judges/Coaches Check-in
Round 1 Premier, Executive, & Varsity
Round 2 Legend, Bantam, & Rookie
Round 3 Elite & JV

SCAN TO REGISTER FOR THE
ATA XTREME SEMINAR



SCAN FOR TOURNAMENT &
HOTEL INFORMATION



SCAN FOR LIVE EVENT UPDATES
& RING ASSIGNMENTS

