

THREE RIVERS THROWDOWN REGIONAL "B" TOURNAMENT



November 8, 9, & 10, 2024

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 regular pricing
- \$5 Spectator Fee (5 and under are free)

Medals will be awarded in all Divisions and 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 (head gear, face shield, hand gear, foot pads, chest protector, mouthpiece, and protective cup).

Xtreme Jahng Bong Seminar

Sunday, Nov. 10th - Instructor Jackson Rudolph
ONLY \$59 / Person

- 10:30am Doors Open
- 11:00am Seminar Starts
- 1:00pm Seminar Ends

***Train with a Legend:** Mr. Rudolph holds the most ISKA weapons titles & Warrior Cups in history!

***Exclusive Jahng Bong Techniques:** Learn from the founder of the Flow Weapons Training System.

***Elite Coaching:** Coach of Team Paul Mitchell & Black Belt Magazine Hall of Famer.

***Elevate your Skills:** This seminar is perfect for students of all ranks & ages who are looking to improve their creative & xtreme techniques, & train with one of the greatest athletes of all time!

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

Schedule of Events

Friday, Nov. 8th - Team Events

- 5:00pm Doors Open - Judges/Coaches Check-in
- 5:30pm Varsity, Legends, Executive
- 6:00pm Bantam, Premier, Elite
- 7:00pm Rookie, JV

Saturday, Nov. 9th - Trad., 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

- 9:30am ATA Tiger Purple Belts & Above
- 9:30am Special Abilities
- 9:45am ATA Tiger Camo & Green Belts
- 10:15am ATA Tiger Orange & Yellow Belts
- 10:30am ATA Tiger White Belts
- 11:00am 8 & Under Black Belts
- 11:15am 8 & Under White - Yellow Belts
- 11:30am 8 & Under Camo - Blue Belts
- 11:45am 8 & Under Brown - Black Belt Rec.
- 12:00pm 9-10 Year Old Black Belts
- 12:45pm 9-10 Year Old White - Yellow Belts
- 1:00pm 9-10 Year Old Camo - Blue Belts
- 1:30pm 9-10 Year Old Brown - Black Belt Rec.
- 2:15pm 11-12 Year Old Black Belts
- 3:00pm 11-12 Year Old White - Yellow Belts
- 3:15pm 11-12 Year Old Camo - Blue Belts
- 3:45pm 11-12 Year Old Brown - Black Belt Rec.
- 4:00pm 13-14 Year Old Black Belts
- 4:30pm 13-14 Year Old Color Belts
- 15-17 Year Old Color Belts
- 5:00pm 18 & Above Color Belts

SCAN TO REGISTER FOR THE
XTREME JAHNG BONG SEMINAR



SCAN FOR TOURNAMENT &
HOTEL INFORMATION



SCAN FOR LIVE EVENT UPDATES
& RING ASSIGNMENTS

