

POST'S
GUIDE
to the
PAN AM
GAMES



TAEKWONDO

GUIDE TO THE GAMES

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Venue

Mississauga Sports Centre

Venue acronym

MIS

Landmark status

Medium

Known as the Hershey Centre outside of Games time, this will be the home of the Toronto Raptors' new D-League affiliate.

Other events at venue

Judo, karate, wrestling

Transit options

From Kipling Station on Line 2 of the subway, Mississauga Transit is operating a Games shuttle

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called 96-Pan Am-Kipling. About 30 minutes later you'll be at the venue. Alternatively, you can take the 21 GO bus from Union Station to Square One mall, where you'll transfer to the Mississauga Transit bus called 95-Pan Am-Port Credit, which will take you on a short jaunt to the venue.

For exact directions, try:

Triplinx.ca

Schedule

July 19 Women's 49- and men's 58-kilogram competitions

July 20 Women's 57- and men's 68-kg competitions

July 21 Women's 67- and men's 80-kg competitions

July 22 Women's over-67 and men's over-80 kg competitions

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[See the full competition schedule at the Pan Am website](#)

How it works

To win, kick your opponent in the head or chest. To bolster your chances, kick them with style. In a way, showboating can actually be productive in this historic Korean martial art.

Points are awarded incrementally — one for any punch or a regular kick to the chest; two for a spinning kick to the chest; three for a kick to the head; and four for a spinning kick to the head. Matches last three rounds, each lasting two minutes. Combatants win by scoring the most points, landing a knockout or leading by 12 or more points at the end of

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the second round, in taekwondo's version of a mercy rule.

The rules are somewhat strict: only blows that hit the head or chest count, and pushing, holding, kneeling and low blows can all be penalized or result in disqualification.

Nations competing

A total of 109 athletes from 28 countries qualified across eight weight categories. Five countries are sending eight taekwondo athletes to the Games, including Canada.

Canada's team

Women

Yvette Yong, Vancouver (49 kg);
Evelyn Gonda, Vancouver (57 kg);

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Ashley Kraayeveld, Toronto (67 kg); Nathalie Iliesco, Montreal (+67 kg)

Men

Tyler Muscat, Burlington, Ont. (58 kg); Maxime Potvin, Quebec City (68 kg); Christopher Iliesco, Quebec City (80 kg); Marc-Andre Bergeron, Quebec City (+80 kg)

Tournament format

All events are single-elimination, progressing from a preliminary round to quarterfinals, semi-finals and a gold-medal match. Eliminated fighters enter the “repechage” bracket, where they compete for bronze.

Results from 2011

Parity reigned in taekwondo, as five countries split eight gold

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medals, and no country won more than six total medals. Canada, Cuba and the Dominican Republic took home two golds each. Canada's were won by Ivett Gonda and Melissa Pagnotta.

Why it's worth watching

It's a more respectful martial art than, say, ultimate fighting, with precision encouraged over brutality. Since only legal shots to the head and torso — where fighters are padded — count, tactics are as key in taekwondo bouts as the physical skills required to win.

Competition outlook

It is difficult to detach Mexican fighters from the top of the medal projections — in a few weight classes, at least. Carlos

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Navarro and Saul Gutierrez will be favoured at the lighter men's weights (58 kg and 68 kg, respectively), while Maria Espinoza is the top Pan Am women's heavy-weight (67+ kg).

The United States could fare well, particularly in the men's 80kg bracket, with 2004 Olympic gold medallist Steven Lopez, and at the women's 67-kg level, with 2011 Pan Am runner-up Paige McPherson. Canada's best hope is Marc-Andre Bergeron, ranked 14th in the world — and top among Pan Am entrants — in men's 80+ kg.