



7th TAE Annual Senior/Junior Championships Saturday 28th November 2015

Dear Masters / Instructor,

It is with great pleasure that you and your students are invited to the 7th Annual TAE Senior/Junior Championships, to be held on Saturday 28th November, 2015 at:

Walker Activity Dome

Wharrier Street
Newcastle upon Tyne
Tyne and Wear
NE6 3BR
Tel: 0191 278 2800

<http://activenewcastle.co.uk/venue/walker-activity-dome/>

The competition is open to all ITF Taekwon-Do students (Strictly no Kickboxers) white belts and above, adults and juniors from all TAE schools and others by personal invitation only.

All competitors must wear a **White ITF Dobok**.

To assist with the smooth running of the Tournament, we kindly ask all schools/associations entering the competition to provide officials.

Please advertise the event at your school using the event poster attached and pass on the relevant entry form to your students. The closing date for this competition is Saturday 14th November 2015 and all school entry forms and payment must be received by this date.

We look forward to working with you all and thank you in advance for your support.
Yours in TaeKwon-Do,

Mr Brett Stronach
5th Degree
Tournament Director
M. (07940) 252155

1.0 VENUE, DATES AND ACCOMMODATION

1.1 Dates

The competition will be held on Saturday 28th November 2015. **All competitors must be pre-registered and paid by Saturday 14th November 2015.**

1.2 Venue

The competition will be held at:

Walker Activity Dome

Wharrier Street

Newcastle upon Tyne

Tyne and Wear

NE6 3BR

Tel: 0191 278 2800

1.3 Parking

There are 160 Parking bays

1.4 Accommodation.

The nearest Premier Inn is 2.4 km from the venue

<http://www.premierinn.com/en/hotel/NEWMTI/newcastle-city-centre-millennium-bridge>

Also there is a wide variety of accommodation in the area to suit all budgets. Visit

<http://www.visitnewcastlehead.com> for details and availability

2.0 RULES AND REQUIREMENTS

2.1 General Rules

The competition will be run in accordance with the ITF/ TAE competition rules, except where specified otherwise in this invitation.

As a reminder, the following points are given in sparring:

Punch to the head/body	1 Point
Kick to the body	2 Points
Kick to the head	3 Points

Jumping/flying makes no difference in the score.

For special technique, flying high and turning kicks must be performed with bicycle motion.

2.2 Competitor Requirements

Instructors must coach their competitors to the required standard of each event and assume responsibility for the choice of event for each individual. This competition is open to TAE members and others by personal invitation only. **Strictly no Kickboxers**

All competitors must wear a **White ITF Dobok**.

Individual School belt systems (coloured stripes etc.) can be worn however instructors must ensure all students are entered into correct ITF Kup category.

2.3 Injury Liability and Insurance

All competitors must be in possession of a valid TAE/Association licence / insurance coverage as the host is not responsible for any eventuality and / or injury.

Tournament Cover will be in place for the event.

3.0 EVENTS AND CATEGORIES

The organising committee reserve the right to amalgamate/change events/times on the day of the competition based on the number of entries and level of competitors. We will do our best to accommodate all competitors to ensure a fair and rewarding experience for all.

We will endeavour to separate competitors from the same school competing against each other in the initial rounds.

3.1 Patterns

The pyramid system of elimination will be used with males and females together. White belt to Blue belt competitors will compete 1 to 1 and will perform simultaneously one optional pattern. The judges will choose the best competitor to go forward to the next round.

Black to Red belt divisions will perform one designated pattern in the preliminary rounds and two designated patterns appropriate to their grade in the final. In the event of a draw then a designated pattern will be performed, until the winner is decided.

3.2 Individual Sparring

Under 12's Sparring bouts will be 1 round of 1 min 30 seconds.

12-14yrs Sparring bouts will be 1 round of 2 min.

15-17yrs Sparring bouts will be 1 round of 2 min.

Adults Colour belt Sparring bout will be 1 round of 2 min.

Adult Black/Red belt Sparring bout will be 1 round of 2 min (2x2min in the final).

Bouts will be separated for male and female except for the under 12yrs. Competitors will be separated in to three grade divisions:
(White/Yellow) (Green/Blue) (Red/Black).

The following weight and height categories apply:

Under 9 yrs Sparring Categories <i>(Point Stop Sparring)</i>	
Category	Under 9's - Male and Female mixed
Tot	-120 cm
Pee-Wee	-130 cm
Low	-140 cm
Middle	-150 cm
High	-160 cm
Tall	+160 cm

Under 12 yrs Sparring Categories <i>(Point Stop Sparring white/yellow - Continuous Sparring green/black)</i>	
Category	Under 12's - Male and Female mixed
Tot	-120 cm
Pee-Wee	-130 cm
Low	-140 cm
Middle	-150 cm
High	-160 cm
Tall	+160 cm

12-14 yrs Sparring Categories <i>(Continuous Sparring)</i>		
Category	Male 12-14 yrs	Female 12-14yrs
Fly	-	-
Micro	-	-
Light	-45 kg	-38 kg
Middle	-52 kg	-45 kg
Heavy	-60 kg	-50 kg
Hyper	+60 kg	+50 kg

15-17 yrs Sparring Categories <i>(Continuous Sparring)</i>		
Category	Male 15-17 yrs	Female 15-17 yrs
Fly	-50 kg	-45 kg
Micro	-56 kg	-50 kg
Light	-62 kg	-55 kg
Middle	-68 kg	-60 kg
Heavy	-75 kg	-65 kg
Hyper	+75 kg	+65 kg

18+ yrs Sparring Categories <i>(Continuous Sparring)</i>		
Category	Male 18+ yrs	Female 18+ yrs
Fly	-57 kg	-50 kg
Micro	-63 kg	-56 kg
Light	-70 kg	-62 kg
Middle	-78 kg	-68 kg
Heavy	-85 kg	-75 kg
Hyper	+85 kg	+75 kg

Safety Equipment for Sparring

The following equipment is mandatory for each age category; otherwise competitors will not be able to take part:

Please Note: No Dipped Foam type Hand & Feet pads or Boxing Gloves are allowed.

The tournament organizers will not provide sparring equipment.
Please ensure your competitors arrive ringside prepared.

Under 12's

Head Guard
Mouth Guard
Closed fingered gloves
Groin guard (Male)
Shin Guards
Feet pads
Body Armour

12 yrs. and over

Head Guard
Mouth Guard
Closed fingered gloves
Groin guard (Male)
Feet Pads

18 yrs. and over

Mouth Guard
Closed fingered gloves
Groin guard (Male)
Feet Pads
Head Guard

Female Groin guard and Breast Protectors are optional and must be worn under the Dobok

3.3 Special Technique

Under 15's special technique will be overhead kick (twimyo nopi chagi) performed with bicycle motion, males and females competing together and separated by height.

15-17 years, Senior Male and Female will be split into separate male and female divisions, separated by height (depending on the number of entries) and will attempt the following techniques:

15-17 and Senior Male

- Twimyo Nopi Ap Cha Busigi
- Twimyo Nomo Yop Cha Jirugi
- Twimyo Dollyo Chagi

15-17 and Senior Female

- Twimyo Nopi Ap Cha Busigi
- Twimyo Nomo Yop Cha Jirugi
- Twimyo Dollyo Chagi

Each competitor will get one measure (without touching the target) and then one attempt to hit the target. An L-Stance forearm guarding block ready posture must be adopted before and after the attempt to hit the target. The competitor must only hit the target with the correct part of the foot in order to qualify; however, if they fall or touch the ground with any part of their body other than their feet then the attempt will be disallowed.

3.4 Power Test

This event is only open to green belts and above and 15 years of age and over. Males and females will compete independently and will compete in two groups (depending on the number of entries). Group 1 Green – Blue; Group 2 Red – Blackbelt.

Power Test cont. Procedure

The competitor must first ensure the height of the holder and will designate how many boards they wish to break. Two points will be given for a complete break and one point for a partial break. The competitor is allowed one measure and may touch the board, followed by an attempt to break the board. The competitor must start in L-Stance forearm guarding block, complete the attempt and land in forearm guarding block in one continuous motion. It is permitted to make one step forward, to slide, skip or shift as long as the supporting foot remains in contact with the ground. In the event of a tie, the jury president will select a technique to be attempted as the “tie breaker” and decide how many boards are to be used.

It is compulsory for each competitor to attempt each technique listed for his/her group. The techniques to be performed are as follows:

15– 17 and Senior Male

- a) Sonkal Taerigi
- b) Yopcha Jirugi
- c) Dollyo Chagi

15 – 17 and Senior Female

- a) Sonkal Taerigi
- b) Yopcha Jirugi
- c) Dollyo Chagi

4.0 OFFICIALS AND COACHES

To assist with the smooth running of the Tournament, we kindly ask all schools/associations entering the competition to provide officials. Please indicate clearly “Umpire” or “Referee” on the school header sheet. This will give us a good indication on how many experienced referees we’ll have on the day.

All officials’ names must be entered on the school entry form by the deadline. Please send as many officials as possible to ensure the smooth running of the competition.

If a school enters competitors but sends no officials to help out, the instructor of that school will pay an extra £3 per student they send.

4.1 Officials Attire

Officials must wear a navy blue suit with a white long sleeved shirt, white TKD shoes (not trainers) and either navy blue or ITF Tie.

4.2 Officials Check in.

Officials are to check in at the competitor check in desk and attend the briefing as per the programme of events.

4.3 Coach

A coach is not a requirement and therefore they must pay the entry fee. All coaches must wear training shoes (no heels) and a track suit or School coach 'T'-Shirt (dobok tops should be covered) and be an active colour belt student of TaeKwon-Do. (No Black Belt Coaches)

5.0 FEES

5.1 Competitor Fees

Entry fees are: £20 for one and or all events.

5.2 Spectator Fees

The cost for spectators is £5.00 for the whole day.

Under 5 yrs. go free.

Family - £15.00

Spectators must be pre-registered as wrist bands will be issued to each instructor. Please ensure all competitors & spectators wear their wrist band to show at the desk on arrival.

No refunds will be given after the closing date for any reason even if a competitor withdraws or is disqualified.

6.0 INSTRUCTIONS, DOCUMENTATION AND DEADLINE

6.1 Competitor Entry Form

Please distribute this form to your students, which they should complete and sign. Use this form to complete the school entry form. Please ensure that once forms are returned to you they are signed, accurate and filled out correctly. Please do not send this form through the post, but hand these forms in at registration on the day of the competition in one envelope; with the name of the school and instructor printed on the front of the envelope.

6.2 School Entry Form

Transfer all data from the competitor entry form to the school entry form. All competitor registrations / bracketing of events will be taken from this form, so please ensure the data is correct. Mistakes will incur a further charge or result in disqualification. Please send this form electronically so we can process the information quickly or by post on or before the closing date.

Please list the names of the officials (and their respective ranks) you will be sending to officiate on the day. Also indicate “Umpire” or “Referee”.

6.3 Competitor and Spectator Registration

Competitors are to report to the check in desks upon arrival at the competition. The check in desks will be the “Tournament Ring Numbers”. Each school/association will be allocated a ring number on arrival. Please ensure all competitors and spectators are wearing their wrist bands before entering the Hall. Spectators will report to a separate check in desk at the entrance.

6.4 Registration

Please forward the school entry form either electronically to the following address:

Email: reflextkd@btinternet.com

6.5 Payment and Notification

Please pay all fees directly into the TAE account. The banking details are as follows:

A/C Name: Taekwon-Do Association of England

Bank: LloydsTSB Bank

Sort Code: 30-91-94

A/c No.: 00880850

After payment has been made, send an email (see 6.4) to the tournament organiser, confirming when the payment was made (the amount and number of students entered).

All competitors must be pre-registered and all forms and payment must be received no later than Saturday 14th November 2015.

6.6 Entry Alterations

Please note that alterations made after the closing date will incur a charge of £5.00 per competitor. No refunds will be given if a competitor withdraws.

7.0 MEDALS AND TROPHIES

There will be one gold medal winner in special technique and power test.

Gold, Silver and 2xBronze medals will be given in patterns and sparring.

The Best overall School winner will be presented the TAE Annual Shield, which will be returned for the following Annual Championships in 2016.

Trophies will be awarded to:

- Best under 9
- Best under 12
- Best under 14
- Best 15-17 Male
- Best 15-17 Female
- Best overall Adult Male
- Best overall Adult Female

8.0 SCHEDULE

Depending on numbers, the competition will run based on this approximate schedule. Please note times are subject to change:

Where possible, a detailed schedule will be available on the day.

8:00-9:00am	Registration
9:00am	Officials Briefing (competitors begin lining up)
9:15am	Opening Ceremony
9:30am	Competition Starts
6.00pm	Competition Finish (Approximately)

9.0 FURTHER INFORMATION

If you have questions relating to the rules and regulations of each event in more detail, then please consult the ITF Umpire and Tournament Skills document available at your dojang.

If you have any additional questions please contact us further and we will be happy to assist:

Contact: Brett Stronach
Email: reflextkd@btinternet.com
Tel Mob.: (07940) 252155

Best Regards,

Mr Brett Stronach 5th Degree
Tournament Director