



March 30th, 2016

West Lothian Open Championships 2016

Dear Grandmaster, Master's and Instructor's,

It is with great pleasure that you and your students are invited to West Lothian Open Championships **on Sunday 22nd May, in Armadale, Scotland.**

This competition is open to all grades, in the following categories; under 7 years, 8-10 years, 11-13 years, 14-17 years, 18-35 years & 36 years plus.

Please take the time to read the following information. If you have any queries please do not hesitate to contact us at the following address info@gmactmartialarts.co.uk

We look forward to seeing you and your students at the competition.

Yours in Taekwon-Do

West Lothian Open Tournament Committee

PLACE AND TIME OF EVENT:

The Championships shall take place on Sunday 22nd May.

The Venue Armadale Academy, West Main Street, Armadale, West Lothian, EH48 3LY



Time The competition will start at 10.00am.

Doors & Registration from 09.15am

Pre-registration will also be available on Friday evening at the venue (time to be confirmed)

DIVISIONS:

The competition will be divided into the following divisions:

- 7 years & under
- 8 to 10 years
- 11 to 13 years
- 14 to 17 years
- 18 to 35 years
- 36 years & over

PATTERN:

In each division the competitors will perform one optional pattern from Chon-Ji to their own grade. (10th Kup can choose between Saju-Jirugi/Saju-Makgi).

Traditional ITF Pyramid system will be in use.

SPARRING:

Height/Weight classes for the sparring competition will be:

Junior Under 13's	-125cm, -135cm, -145cm, -155cm, +155cm
Teens / Adult	Light / Middle / Heavy
Over 36 years	Open Weight

NB All sparring categories will be split into Male/Female.

These will further be broken down to:

- White / Yellow Belts continuous sparring (under 12's will be points)
- Green / Blue Belts continuous sparring
- Red / Black Belts continuous sparring

- We reserve the right to mix classes if the number of competitors in a class is less than 3 persons.



Sparring bouts will run according to the following:

- All under 10s 1 x 1 ½ minutes up to and including finals
- 11 years and over 1 x 2 minute round. Final will be 2 x 2 minute rounds.
- In the event of a draw there will be extra time of 30s added on for all divisions (except leagues)

Coloured belt division will run according to traditional pyramid system, with red / black belt being league sparring (guaranteed more than 1 fight).

SAFETY EQUIPMENT:

The following safety equipment is compulsory for all competitors;

Hands (closed hands – no boxing gloves)
Feet
Head Guard
Mouth Guard
Body Armour (-13s only)
Groin Guard (male only)
Shin Guards (optional)
Chest Protector Female (optional)

SPECIAL TECHNIQUE

All competitors will complete the following technique(s):

- Nopi Chagi

POWER TEST

This is only open to competitors over 14 years, green belt and above.

All competitors must complete the following breaks:

- Foot Choice of technique / no. of boards
- Hand Choice of technique / no. of boards



Males can choose from the following valid techniques;

1. Ap Joomuk Jirugi
2. Sonkal Taerigi
3. Yop Cha Jirugi
4. Dollyo Chagi
5. Bandae Dollyo Chagi

Females can choose from the following valid techniques;

1. Sonkal Taerigi
2. Yop Cha Jirugi
3. Dollyo Chagi

ENTRY FEES

All competitors £20.00 GBP

- Entries received after the closing date £5.00 surcharge will be added

Spectators	Children under 4 FREE
	Children 5 – 15 years £2.00
	Adults 16 years + £4.00
	Family (2 adults/2 children) £10.00

PARTICIPATION FORMS

The following documents must reach the organising committee no later than Friday 13th May.

1. Schools Top Sheet (including umpire registration)
2. Individual Entry Forms (all instructors please bring a copy with you on the day).

All entry forms should be sent to info@gmacmartialarts.co.uk

REGISTRATION & HEIGHT CHECK

Instructors it is your responsibility to ensure the correct heights/ weights are entered on the application forms.

All competitors must register on the day of competition to check their height / weight.

RULES

The rules for the competition will be the official rules of the International Taekwon-Do Federation.



ACCOMMODATION

For those wishing to stay close to the venue before or after the competition we recommend the following hotels which are all within a 5 mile radius of the venue.

1. Best Western Hilcroft Hotel East Main Street, Whitburn
(01501) 740818
Rooms from £60 p/n

2. Premier Inn – Bathgate Starlaw Road, Bathgate
www.premierinn.com
Rooms from £39 p/n

3. The Cairn Hotel – Bathgate Blackburn Road
www.cairnhotelbathgate.com
Rooms from £65 p/n

AIRPORT

The closest airport is Edinburgh International (15mins away).