



# ITF ENGLAND CHAMPIONSHIPS JULY 9<sup>th</sup> 2016



**SPORTS CONNEXION**  
Leamington Road  
Ryton On Dunsmore, Coventry, CV8 3FL  
DOORS OPEN 9.00 A.M.



**OPEN TO ALL ITFE COLOURED & BLACK BELTS**

**£25.00 Juniors - £35.00 Adults**

**Tel: 07973 408865 or Email: [ja.tkd@virgin.net](mailto:ja.tkd@virgin.net)**

Dear Grand Masters, Masters, Instructors and Students,

On behalf of the Taekwon-Do UK Executive, it gives me great pleasure to invite you to attend the ITF England National Championships which will be held on Saturday 9<sup>th</sup> July, 2016.

As always, this is a goodwill event and we want each division to be as fair as possible whilst giving competitors a chance to compete in categories and divisions which will prepare them for other ITF events. The categories are shown below and more detail can be found in the rules that will govern the event.

We look forward to your attendance and promise as always to help in any way to make your competition a very enjoyable one.



## TAEKWON-DO UNITED KINGDOM

If anyone requires assistance with accommodation, entry forms, travel party or any other aspect of this prestigious event please do not hesitate to contact me personally on 07973 408865.

Good luck at the Championships.

Mr John Archer VI, Tournament Host

For and on behalf of T-UK and ITF England.

Email: [ja.tkd@virgin.net](mailto:ja.tkd@virgin.net)

# **IMPORTANT INFORMATION**

## **Entries**

All entries must email their completed Master Sheet to [ja.tkd@virgin.net](mailto:ja.tkd@virgin.net) to arrive no later than ***Friday 1st July 2016***. Please include a postal address in the email as competitor wristbands will be posted out on 2<sup>nd</sup> July. Competitors must wear these to access the sports hall.

Copies of the Master Sheets will be kept on the door to enable students arriving separately to their instructors to be marked as present. Instructors should also bring a copy of their Master Sheet with them and will bring their students into the Hall along with their list.

## **Payment details**

All payments must be made into the following account by **1<sup>st</sup> July** at the latest:

Lloyds Bank

Account name: T-UK

Sort Code: 30-98-26

Account number: 00502708

### **Cost of competitor entry:**

Peewee, Pre Junior and Junior £25.00

Senior and Advanced Senior £35.00

### **All spectators will pay on the door.**

Spectator Fee:

Adults / Juniors, £5; Family (up to 5 people) £15; under 5s go free.

## **Officials**

All associations must provide at least one official (umpire) per ten competitors. Details should be listed on the entry form.

All coaches will be active coloured/black belts wearing correct coaching attire (i.e. Tracksuits or polo shirts) and their names should be listed on the entry forms with the officials.

## **PLEASE NOTE**

All competitors must have full insurance cover for this competition.

**Doors open at 9:00 a.m.**

## **SAFETY EQUIPMENT AND PROTECTIVE WEAR**

Competitors must wear:

- i. Hand and feet safety equipment.
- ii. Groin guards must be worn inside the Dobok trousers – males only.
- iii. Head guard.
- iv. Mouth guards being of a transparent colour.

Safety equipment must be of an ITF approved type consisting of elasticised material with sponge or rubber type padding and containing no metal, bone or hard plastic (accept for groin guards and breast protectors). The use of zip, lace or stud fasteners is forbidden. Gloves must be closed hand protection with fixed thumb.

Competitors may, optionally, wear the following:

- i. Shin protectors.
- ii. Breast protectors - for female only - and must be worn inside the Dobok jacket.
- iii. Groin guards- for females only- must be worn inside the Dobok trousers.

No other protective or safety equipment may be worn, except in special circumstances with the approval of the Tournament Committee.

All competitors with injuries, which require bandaging, or strapping of any kind, must satisfy the Tournament Doctor of their need, and obtain approval of type before performing i.e. no pins or hard material can be worn.

No jewellery, watches or other adornments may be worn. Hair may be kept in place using a material of a soft elastic nature only, no hard material, metal, grips or slides are allowed.

## **MEDALS**

For this competition, medals will be awarded as follows:

- Patterns:** Gold, Silver and Bronze medal for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place, respectively.  
Please note: only ONE bronze medal will be awarded.
- Sparring:** Gold, Silver and Bronze medal for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place, respectively.  
Please note: only ONE bronze medal will be awarded.
- Power:** Gold medal for 1<sup>st</sup> place only.
- Special Technique:** Gold medal for 1<sup>st</sup> place only.

## **CATEGORIES**

Competitors are divided into the following divisions:

**a) Groups:**

- i. Male
- ii. Female

**b) Age Divisions:**

Competitors MUST be the age listed in the categories below, as of the day of competition, and shall compete in the divisions laid down in the following rules.

**Age Division.**

**Description**

- |                        |  |
|------------------------|--|
| i. 7-11 years old      | Kids/ Peewee (or similar designations) |
| ii. 12-14 years old.   | Pre Junior                             |
| iii. 15-17 years old.  | Junior                                 |
| iv. 18-35 years old.   | Senior                                 |
| v. 36 years and older. | Advanced Senior.                       |

**c) Belt Divisions:**

The following belt divisions will apply to each age division:

**Coloured Belts for pattern competition only:**

- i. White Belt (10 kup) to Green Tag (7<sup>th</sup> kup)
- ii. Green belt (6<sup>th</sup> kup) to Blue Belt (4<sup>th</sup> kup)
- iii. Red Tag (3<sup>rd</sup> kup) to Black Tag (1<sup>st</sup> kup).

**Black Belts:**

- i. Peewee/ Kids (or other similar designations) 1<sup>st</sup> Degree
- ii. Pre Junior 1<sup>st</sup> and 2<sup>nd</sup> Degree
- iii. Junior 1<sup>st</sup> to 3<sup>rd</sup> Degree
- iv. Senior 1<sup>st</sup> to 6<sup>th</sup> Degree
- v. Advanced Senior 1<sup>st</sup> to 6<sup>th</sup> Degree.

## **PATTERNS**

Coloured belts, PeeWee Black Belts and Pre-Junior Black Belts will perform one pattern of their choice from the groups shown below for preliminary rounds and also for the final.

Black Belts from Junior (15 years) and upwards will perform patterns as shown below for the preliminary rounds and two designated patterns for the final.

a) Coloured Belts will perform one pattern of their choice from the group shown in the pattern divisions shown below:

- i. White belt (10<sup>th</sup> kup) to Green Tag (7<sup>th</sup> kup)- one from Four Direction Punch to Do-San.
- ii. Green belt (6<sup>th</sup> kup) to Blue Belt (4<sup>th</sup> kup)- one from Won-Hyo to Joong-Gun.
- iii. Red tag (3<sup>rd</sup> kup) to Black tag (1<sup>st</sup> kup)- one from Toi-Gye to Choong-Moo.

- b) Black Belts will perform patterns as appropriate to the divisions shown below:
- i. Peewee competitors - one pattern from the following Choong-Moo, Kwang-Gae, Po-Eun or Gae-Baek.
  - ii. Pre-Junior - one pattern from the following Choong-Moo, Kwang-Gae, Po-Eun, Gae-Baek, Eui-Am, Choong-Jang or Juche.
  - iii. Junior - will perform one designated pattern from their Dan grade.
  - iv. Senior - will perform one designated pattern from their Dan grade.
  - v. Advanced-Senior - will perform one designated pattern from their Dan grade.

*It may be necessary to combine grades within the categories. In such cases the highest designated pattern will be that of the lowest grade. Thus, if a second degree was performing against a third degree the highest designated pattern would be Juche.*

## **SPARRING**

Weight and height categories for sparring are as follows:

### **Peewee aged 7-11**

#### **Male**

Up to 110 cms  
 Up to 120 cms  
 Up to 130 cms  
 Up to 140 cms  
 Up to 150 cms  
 Up to 160cms  
 Up to 170 cms  
 Over 170 cms

#### **Female**

Up to 110 cms  
 Up to 120 cms  
 Up to 130 cms  
 Up to 140 cms  
 Up to 150 cms  
 Up to 160 cms  
 Up to 170 cms  
 Over 170 cms

### **Pre Junior aged 12-14**

#### **Male**

Up to 45 kg  
 Over 45 to 52 kg  
 Over 52 to 60 kg  
 Over 60 kg

#### **Female**

Up to 38 kg  
 Over 38 to 45 kg  
 Over 45 kg

### **Junior 15-17 years**

#### **Male**

Up to 50 kg  
 Over 50 to 56 kg  
 Over 56 to 62 kg  
 Over 62 to 68 kg  
 Over 68 to 75kg  
 Over 75 kg

#### **Female**

Up to 45 kg  
 Over 45 to 50 kg  
 Over 50 to 55kg  
 Over 55 to 60kg  
 Over 60 to 65 kg  
 Over 65 kg

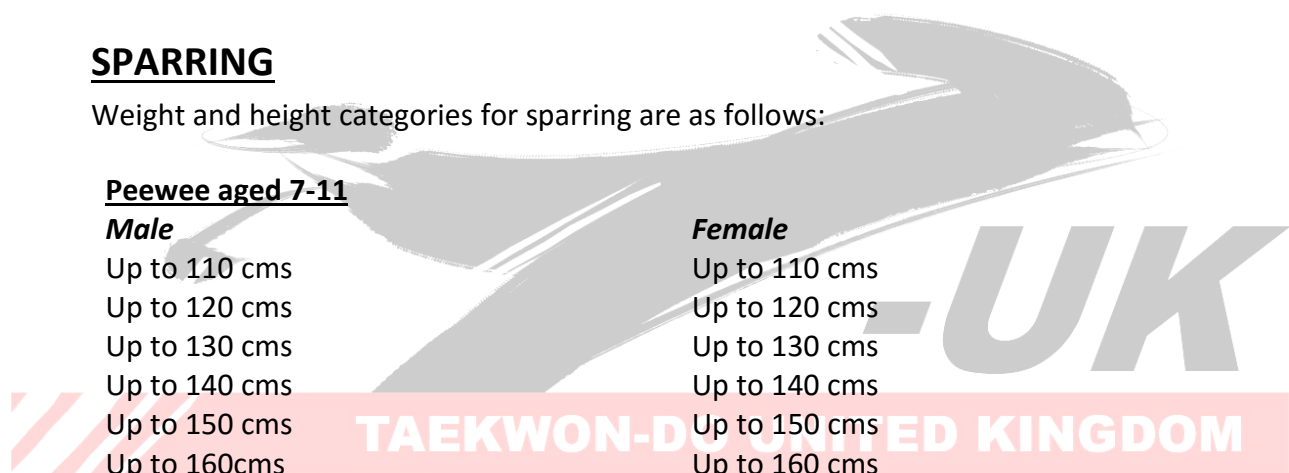
### **Senior 18-35 years**

#### **Male**

Up to 57 kg

#### **Female**

Up to 50 kg



Over 57 to 63 kg  
Over 63 to 70 kg  
Over 70 to 78 kg  
Over 78 to 85 kg  
Over 85 kg

Over 50 to 56 kg  
Over 56 to 62 kg  
Over 62 to 68 kg  
Over 68 to 75 kg  
Over 75 kg

### **Advanced Senior 36 years of age and over**

#### **Male**

Up to 68 kg  
Over 68 to 78 kg  
Over 78 kg

#### **Female**

Up to 55 kg  
Over 55 kg

## **POWER TEST**

### **For Junior, Senior and Advanced Senior Black Belts Only**

*For Junior, Senior and Advanced Senior Black Belts Only. Competitors must perform one (1) of each of the hand and foot techniques listed below. For the avoidance of doubt, this will mean that a competitor must choose one (1) hand technique and one (1) foot technique. It is not possible to nominate two (2) hand techniques or two (2) foot techniques.*

#### **Hand Techniques (Choice)**

##### **Korean**

Ap Joomuk Jirugi  
Sonkal Taerigi  
Dung Joomuk Taerigi  
Sonkal Dung Taerigi

##### **English**

Forefist Front Punch  
Knife hand Strike  
Backfist Strike  
Reverse Knife hand Strike

#### **Foot Techniques**

##### **Korean**

Yop Chagi  
Dollyo Chagi  
Dwit Chagi  
Bandaе Dollyo Chagi

##### **English**

Side Kick  
Turning Kick  
Back Kick  
Reverse Turning Kick

## **SPECIAL TECHNIQUE**

**Peewees perform Flying Front Kick**

**All other categories perform both techniques below**

##### **Korean**

Twimyo Nopi Ap Cha Busigi  
Twimyo Nopi Yop Cha Jirugi

##### **English**

Flying High Front Kick  
Flying High Side Kick

# ITF England Championships 9<sup>th</sup> July 2016

## Individual Entry Form

NAME \_\_\_\_\_ HEIGHT \_\_\_\_\_ cm

CLUB \_\_\_\_\_

AGE AT EVENT \_\_\_\_\_ WEIGHT \_\_\_\_\_ kg SEX \_\_\_\_\_

CONTACT No \_\_\_\_\_

INSTRUCTOR \_\_\_\_\_

BELT \_\_\_\_\_ KUP/GRADE \_\_\_\_\_

### **NOTE**

All details must be completed accurately and verified by your Instructor!

### **EVENTS Please Tick**

Patterns

Sparring

Special Technique

Destruction

### **Waiver Section – Please read and sign**

I wish for my child and/or myself to participate in this Taekwon-Do Tournament. I fully recognize and understand that there are risks and hazards, minor and serious, associated with participation in Taekwon-Do.

I agree, for my child and myself, and hereby release, indemnify and hold harmless ITFE, its planning committee, sponsors and volunteers from all liability, claims, demands, and causes of action whatsoever, arising out of my and/or my child's participation in this tournament.

I have read, understand and agree to the terms of this Agreement.

\_\_\_\_\_  
Signature of Participant (if over 18) or  
Parent/Guardian (if under 18)

\_\_\_\_\_  
Print name of Participant

\_\_\_\_\_  
Date