

Taekwon-do-Wales Present's



ITF HQ Wales National Championships



**Merthyr Tydfil Leisure Village, Merthyr Tydfil, Wales
UK, CF48 1UT**

**Saturday 30th March 2019 - Starts 9.00am
Children 4 to 6, Juniors, Teens and Adults Pattern,
Sparring, Special Techniques and Team Patterns**

General Information

Taekwon-do-Wales along with ITF HQ Wales is hosting The ITF HQ Wales National Championships on Saturday 30th March 2019 at Merthyr Tydfil Leisure Centre, Rhydyar, Merthyr Tydfil, Mid Glamorgan. Wales, United Kingdom CF48 1UT

The ITF HQ Wales National Championships is a Children, Youth, 18+ and Veterans Tournament which has successfully been running for four years. It is an open championship and does not discriminate against other Taekwondo associations or insurance/licensing bodies all we ask is all competitors are correctly licensed with their association and have their instructor's permission to enter and follow our rules. The competitors can compete in ITF Patterns, Sparring, Team Patterns and Special Techniques (Flying Side Kick under 18s only)

Organiser:

Taekwon-do-Wales

Email: pkm@taekwon-do-wales.com

Head Tournament organiser & contact address for all entries:

Peter Kent-Marrast

Mobile: +44 7985 258445 Email: pkm@taekwon-do-wales.com

Head referee:

Peter Kent-Marrast VI

Closing date for all entries: 25th March 2019

Programme

Date:	Saturday 30 th March 2019
Class:	Children, Youth, Adult & Veteran
Hall open:	08.30 hr
Height check children:	08.30 hr – 09.30 hr
Weight check youth & Adult	08.30 hr – 09.30 hr
Umpire meeting:	09.00 hr
Coach meeting:	09.15 hr
Start of competition:	09.30 hr
End of competition	18.00 hr

Categories

Individual Pattern

Sparring

Team Patterns (consists of min 3 members, mixed gender, children and/or youth, adult/veteran kup & dan but lowest pattern of that team)

Special Techniques (Flying Side Kick under 18s only)

Entry fee

For 1 discipline (Pattern or Sparring):	£26
Team sparring (per team):	£12
Lil' Leaders age 4-6	£26
(Pattern, Dragons Tail, High kick):	

Spectator's entrance fee

FREE

Coaches

Competing clubs are allowed to subscribe coaches; the amount of coaches depends on the number of competitors subscribed. Please register Coaches on the Kihapp Website.

01-06 competitors:	1 coach
07-11 competitors:	2 coaches
12-16 competitors:	3 coaches
Over 16 competitors:	4 coaches

Dress code:	Tracksuit, sneakers, water and towel, NO Jeans or TKD Doboks
Minimum age:	16 years

Umpires

All umpires have to wear the dress requirements, as laid down in the ITF umpire rules.

<http://itfofficial.org/wp-content/uploads/2017/11/ITF-HQ-world-championship-rules-ver-6.pdf>

01-06 competitors:	1 full-time umpire
07-11 competitors:	2 full-time umpires
Over 12:	3 full-time umpires

Please register Umpires on the Kihapp Website.

HARD CONTACT WILL NOT BE ALLOWED and SPARRING WILL BE THREE PUNCH RULE, NO BLITZ PUNCHING (will be Yellow Carded)

DRESS REQUIREMENTS

Competitors can only wear white ITF doboks from any brand desired.

Other colours are allowed with permission if white suits not possible.

SAFETY EQUIPMENT AND PROTECTIVE WEAR

All competitors in sparring must wear:

1. Hand and feet safety equipment, not necessarily red or blue. The glove must enclose the fingers, No boxing gloves allowed.
2. Groin guards (for male competitors) that must be worn inside the Dobok trousers.
3. Head guards, not necessarily red or blue, compulsory for all competitors.
4. Mouth guards
5. Shin protectors

All safety equipment must be made of soft materials, provide enough protection for both acting competitors.

Competitors may, optionally, wear the following:

1. Breast protectors (for female youth & 18+ competitors) and must be worn inside the dobok jacket.
2. Groin guards (for female competitors) and must be worn inside the dobok trousers.

All competitors with injuries, which require bandaging or strapping of any kind must satisfy the tournament doctor or first aid personnel of their need, and obtain approval of type before performing. *I.e.* no pins or hard material can be worn. No jewels, watches or other adornments may be worn, hair may be kept in place using a material of a soft elastic nature only, no grips or slides are allowed.

<http://itfofficial.org/wp-content/uploads/2017/11/ITF-HQ-world-championship-rules-ver-6.pdf> Except otherwise marked in the invitation.

MEDICAL ATTENTION

At ITF HQ Wales National Championship there will be no tournament doctor, only qualified first aid personnel.

The first aid personnel will replace the doctor when referred to in the official ITF rules.

Details Categories

PATTERN:

Separate classes for children (6-13), youths (14-17) Adults & Veterans. Separate classes for male & female (depending on number of competitors).

Colored belts

Participants will perform 1 optional pattern (KO-system) up to their belt (kup) White belt is allowed to perform Saju Jirugi.

Black belts

Participants have to perform 1 optional and 1 designated in the final pattern (KO-system; ITF rules will be followed).

I°degree Chon-ji – Ge-Baek

II°degree Chon-ji – Juche

III°degree Chon-ji – Yoo-sin

If there is only 1 competitor in a category, the organization will put classes together.
There are 2 third places. Places are decided with the raising of the sticks or flags.

SPARRING:

Separate classes for males & females; separate classes for children (6-13), youths (14-15 & 15-17)
Adults 18 to 34 and Veterans 35+
Duration of the bout:

Children:	1 x 1.5 minute extra round: 1 x 0,30 min, here after golden point
Youths:	1 x 1.5 minute extra round: 1 x 0,30 min, here after golden point
Adults/Veterans:	1 x 1.5 minute extra round: 1 x 0,30 min, here after golden point

Black Belt	1 x 1.5 minute extra round: 1 x 0,30 min, here after golden point
Youths/Adults/Veterans	Finals 2 x 1.5 minutes

Weight/Height

Children female -125cm, -135cm, -145cm, -155cm, -165cm, +165cm

Children male -125cm, -135cm, -145cm, -155cm, -165cm, +165cm

Youth female -45kg, -55kg, -65kg, -75kg, +75kg

Youth male -45kg, -55kg, -65kg, -75kg, +75kg

Adults female -45kg, -55kg, -65kg, -75kg, -85kg, +85kg

Adults male -45kg, -55kg, -65kg, -75kg, -85kg, +85kg

A Class (continue sparring) Note: No head contact children -125cm & -135cm, Head contact but no face contact -145cm, -155cm, -165cm +165cm except 4th to 1st kups where face contact will be allowed but controlled no kicks or punches to throat area. Three punch rule NO! Blitzing

If there is only 1 competitor in a category, the organisation will put classes together.
There will be 2 third places.

Scoring of the points

1 point: hand technique to the mid or the high section. Foot technique to the mid section*.

2 points: Hand technique to head with both feet off the ground. Foot technique to the high section* and flying kick to mid section.

SPECIAL TECHNIQUES :

All children and youths flying side kick as to their sparring heights and weights

TEAM PATTERMS:

Each team consist of 3, competitors, male and female, children, youths adult and belts can be mixed. Do not change fast, slow, continuous & connected motions. But good choreography is encourage. No march on

LITTLE CHILDRENS: (Lil' Leaders/Pee Wee)

Little children's categories age 4 to 6

Patterns all little children will perform first half of Saju Jirugi with low block.

No Sparring. Instead Dragon Tails each competitor will have a red or blue cloth in their belt the first competitor to snatch the opponent's cloth (tail) wins the one point 1 minute for as many points. The most points win.

Height categories -110cm, -120cm, -130cm

Note: Children cannot enter both Little Children's tournament and Children/Youth at the same time. One or the other.

Special Techniques high kick ball on rope one foot must stay on the ground while kick is performed.

HOTEL & RESTURANTS:

There are Eight Resturants and a fairly new Travelodge and multi screen cimera in the same complex detail as follows :-

Merthyr Tydfil Travelodge Hotel, Merthyr Tydfil Leisure Village, CF48 1UT

In the heart of the Rhyd y car Leisure village, the Travelodge is within easy walking distance of several restaurants, a leisure centre and a cinema including Frankie & Bennys and Nando's restaurants. Close to the centre of Merthyr Tydfil, the Travelodge hotel is only 1/3 mile from the Merthyr Tydfil railway station and has easy access to the A470 connecting with the M4 J32 as well as Cardiff. Merthyr Tydfil college and St. Tydfils Hospital are a short drive away. There is free car parking at the hotel and wi-fi Internet access for guests (extra charges may apply).

Tariff from just £42 per room per night
(Single, Double, Family & Disabled Rooms)

Looking forward seeing you and your students at our championship ITF HQ Wales National Championships.

Peter Kent-Marrast



