

Categories & Divisions

Patterns Mixed sex

7 to 12 years

9,8,7,6,5,4,3,2&1 Gups

13 to 17 years, 18 years +

9th to 7th Gups

6th to 4th Gups

3rd to 1st Gups

1st to 3rd Degree

Sparring

Separate sex

7 to 12 years, 13 to 17 years, 18 years +

10th to 7th Gups

6th to 4th Gups

3rd to 1st Gups

1st to 3rd Degree

Power

18 years + Female, 8th kup to 1st Gup

18 years + Male, 8th kup to 1st Gup

18 years + Female, 1st Degree +

18 years + Male, 1st Degree +

Hight and weight categories for sparring

7 to 12 years -125.0cm | 125.1-135.0cm | 135.1-146.0cm | +146.1cm

13 to 17 years

Boys -55.0kg | 51.1-63.0kg | 63.1-70.0kg | +70.1kg

Girls -48.0kg | 48.1-55.0kg | 51.1-63.0kg | +63.1kg

18 years +

Men -65.0kg | 65.1-75.0kg | +75.1kg

Ladies -55.0kg | 55.1-65.0kg | +65.1kg

Categories & Divisions

Special Technique (flying long) 7 to 12 years

10-7.gup

Male -125.0cm | 125.1-130.0cm | 135.1-146.0cm | +146.1cm

Female -125.0cm | 125.1-135.0cm | 135.1-146.0cm | +146.1cm

6-4.gup

Male -125.0cm | 125.1-135.0cm | 135.1-146.0cm | +146.1cm

Female -125.0cm | 125.1-135.0cm | 135.1-146.0cm | +146.1cm

3-1.gup

Male -125.0cm | 125.1-135.0cm | 135.1-146.0cm | +146.1cm

Female -125.0cm | 125.1-135.0cm | 135.1-146.0cm | +146.1cm

1.dan+

Male -125.0cm | 125.1-135.0cm | 135.1-146.0cm | +146.1cm

Female -125.0cm | 125.1-135.0cm | 135.1-146.0cm | +146.1cm

Special Technique (flying high) 13 to 17 years

10-7.gup

Male

Female

6-4.gup

Male

Female

3-1.gup

Male

Female

1-3.dan

Male

Female

3 to 6 years Kubz/pre school TKD

Tail tag

3 Divisions

Mixed sex under -110cm

Mixed sex under -120.cm

Mixed sex under -140.cm

Flying long kick

3 Divisions

Mixed sex under -110cm

Mixed sex under -120.cm

Mixed sex under -140.cm

Power stamp

3 Divisions

Mixed sex under -110cm

Mixed sex under -120.cm

Mixed sex under -140.cm

White belt 4 directional fundamental movements

0-12 years 10.gup Mixed sex

13-17 years 10.gup Mixed sex

18+ years 10.gup Mixed sex