

CELEBRATING **60** YEARS OF ITF

UK TAEKWON-DO CHAMPIONSHIPS



SATURDAY & SUNDAY
3RD & 4TH OCTOBER

BLACK BELTS & UNDER 14 RED BELTS ON SATURDAY
COLOUR BELTS ON SUNDAY

GUILDFORD SPECTRUM - GU1 1UP

2026 Info Pack

General Information

Tournament Director:
Grand Master John Taylor IX

Tournament Committee:
Mr Carl Davis VI
Mrs Victoria Davis I

Organiser contact details:

Email: competitions@ukta.com
Phone: 07846475422

Chief Umpire:
Master Paul Harris VIII

Registration Via the link:

<https://www.kihapp.com/tournaments/26368-uk-open-championships-2026>

Closing date for all entries: Midnight Monday 28th September 2026

Program

Date: Saturday 3RD & Sunday 4th October

Venue: Guildford Spectrum, GU1 1UP

Class: Child-Junior-Senior-Veterans
Hall open: 8.45am

Umpire meeting: 9.10am

Coach meeting: 9.15am

Start of competition: 9:30am

3rd October – Under 14 Red Belts & Black Belts

4th October – Yellow/Green/Blue/Red Belts*14+

Categories

Individual Pattern / Sparring / Power test / Special Technique

For Sparring, in a result of any known merging of a division, all competitors and coaches will be notified beforehand.

Coaches – Register Here [UK Open Championships 2026 | Taekwon-Do | Kihapp](#)

Coaches passes will be handed to any registered coach on the day of the competition. The amount of coaches will be dependent on the number of competitors entered.

A coach will not be permitted to sit on the ringside chair without having a pass, which must be visible at all times. Anyone without a pass will be asked to leave ringside and potentially the competition area. If any pass is found to be issued to another unqualified individual, all passes might be revoked.

Whilst we endeavour to accommodate coaches and understand the importance of the role. We ask everyone to acknowledge the requirements and observe the rules in conjunction with coaching.

01-06 competitors:	1 coach allowed
07-11 competitors:	2 coaches allowed
12-18 competitors:	3 coaches allowed
Over 18 competitors:	4+ coaches allowed...Although one of +’s should umpire.

Dress Code:	Tracksuit & Trainers
Minimum Age:	18 Years
Minimum Grade:	1 st Degree

Coaches Guidelines

- Sole Representative: Coaches are the sole representatives responsible for the competitor, including official communications and being on the mats on time.
- Competitor Conduct: Coaches are responsible for ensuring their competitors behave courteously and comply with the Tournament Rules.
- Authority Compliance: Coaches must comply with all commands and decisions from Umpires, the Umpire Committee, the Tournament Committee, the Organising Committee, and staff.
- Ring Protocol: Only one coach is allowed to accompany the competitor to the ring.

Umpires

Umpire Registration via this link:

[UK Open Championships 2026 | Taekwon-Do | Kihapp](#)

Competition Dress Requirements

Competitors can only wear white ITF doboks from any brand desired. No other colours are allowed. 4th Degree & above are NOT permitted to wear stripes.

SAFETY EQUIPMENT AND PROTECTIVE WEAR

All competitors for sparring must wear:

- Hand and feet safety equipment, not necessarily red or blue. The glove must enclose the fingers, Closed gloves up to 10 oz allowed, NO handwraps. Open Palm are permitted for Children (Under 14 Years)
- Groin guards (for male competitors) that must be worn inside the dobok trousers.
- Head guards compulsory for all.
- Mouth guards compulsory for all.
- Shin Protection compulsory for all.
- Chest guards are advised for any female over 14 years old.

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

All competitors with injuries, which require bandaging or strapping of any kind must satisfy the first aid personnel. 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.

Details Categories

PATTERN:

Separate classes for Children (5-9) (10-13), Juniors (14-17), Seniors (18 - 34), Veterans (35+).

Separate classes for Male & Female.

Under 14's

Grade	1 st Pattern (Choice)	2 nd Pattern
2 nd & 1 st Kup	Toi-Gye / Hwa-Rang / Choong-Moo	N/A

* In the event of a tie – the same pattern can be performed again.

Black belts

Participants perform 1 Optional Pattern from Grade or One Grade below, then perform 2nd designated from lower grades +

If a division is merged, the designated pattern will be from the lowest grade, based on the table below.

Both competitors will perform both patterns at the same time.

Grade	1 st Pattern - Optional	2 nd Pattern (Designated)
1 st Dan	Kwang-Gae – Gae-Bek	Won-Hyo – Choong-Moo
2 nd Dan	Eui-Am - Juche	Yul-Gok – Gae-Bek
3 rd Dan	Sam-Il – Choi-Yong	Joong-Goon - Juche
4 th Dan	Yon-Gae – Moon-Moo	Toi-Gye – Choi-Yong
5 th Dan	So-San – Se-Jong	From Choong-Moo
6 th Dan	Tong-Il	From Choong-Moo

Colour Belts

Participants will perform 1 optional pattern (KO-system). Permitted to perform the Grade below due to recent promotion (less than 6 weeks). For example, Red belts can not perform Chon-Ji, but can perform Toi-Gye.

Grade	Choice Pattern
8 th Kup – 7 th Kup	Chon-ji – Do-San
6 th Kup – 5 th Kup	Do-San – Yul-Gok
4 th Kup – 3 rd Kup	Yul-Gok– Toi-Gye
2 nd Kup – 1 th Kup	Toi-Gye – Choong-moo

SPARRING:

Weight & Heights may have to be amended to merge divisions.

HEIGHT/WEIGHT DIVISIONS Children:

Yellow, Green & Blue

Under 14 Yellow, Green, Blue, Red belt divisions are separated into heights and split into Male and Female.

Heights: -125cm, -135cm, -145cm, -155cm, +155cm

Red & Black

Under 14 Red and Black belts will be together, split into Male and Female.

Male: -35 kg / 35.1 -45kg / 45.1 - 55kg / 55.1kg – 65kg / 65.1kg+

Female: 35 kg / 35.1 -45kg / 45.1 - 55kg / 55.1kg – 65kg / 65.1kg+

Junior (14 – 17)

Colour Belts

Male: -55 kg, -63 kg, -70 kg, +70 kg

Female: -48 kg, -55 kg, -63 kg, +63 kg

Black Belts – If numbers permit, ages will be split 14/15 & 16/17 Years.

Male 14-17 years: -45 kg, -51 kg, -57 kg, -63 kg, -69 kg, -75 kg, +75 kg

Female 14-17 years: -40 kg, -46 kg, -52 kg, -58 kg, -64 kg, -70 kg, +70 kg

Adult (18-34)

Colour Belts

Male: -65 kg, -75 kg, +75 kg

Female: -55 kg, -65 kg, +65 kg

Black Belts

Male: -52 kg, -58 kg, -64 kg, -71 kg, -78 kg, -85 kg, -92 kg, +92 kg

Female: -47 kg, -52 kg, -57 kg, -62 kg, -67 kg, -72 kg, -77 kg, +77 kg

Veteran (35-44) Both Colour & Black Belts

Male: -80 kg, +80 kg

Female: -65 kg, +65 kg

Veteran (45+) Both Colour & Black Belts

Male: -80 kg, +80 kg

Female: -65 kg, +65 kg

Sparring Duration and Number of Rounds

Children's Competition

Yellow, Green & Blue – 1 x 1.5 minute round

Red & Black – 2 x 1.5 minute rounds

Junior & Youth Competition

Colour Belts – 1 x 2 minute round

Black Belts – 2 x 2 minute rounds

Adult Competition

Colour Belts – 1 x 2 minute round

Black Belts – 2 x 2 minute rounds

Veteran Competition

Colour Belts – 1 x 1.5 minute round

Black Belts – 2 x 1.5 minute rounds

Power Test

Adult Power Test

<u>Adult Minimum Boards</u>	<u>Male</u>	<u>Female</u>
Ap Joomuk	<u>2</u>	<u>2</u>
Sonkal	<u>2</u>	<u>1.5</u>
Balkal	<u>4</u>	<u>3</u>
Ap Kumchi	<u>3</u>	<u>2</u>
Dwitchook	<u>3</u>	<u>2</u>

Veteran Power Test

<u>Veteran Minimum Boards</u>	<u>Male</u>	<u>Female</u>
Sonkal	2	1
Balkal	3	2
Ap Kumchi	2.5	1.5

Special Technique

Under 14's Children will only perform flying sidekick. Divisions split Male & Female. Yellow, Green & Blue together, split by their sparring heights.

Where possible flying high front kick will be performed for 14-17 years.
There is NO Special Technique for Adult Colour belts.

Junior special technique minimum heights

Juniors	Male	Female
Flying high front kick (twimyo nopi chagi)	2.4	2.0
Flying turning Kick (twimyo dollyo chagi)	2.0	1.8
Flying back kick(twimyo dolimyo chagi 360°)	2.0	1.6
Flying reverse (twimyo bandae dollyo chagi)	2.0	1.6
Flying long side kick (twimyo nomo chagi)	Paced out on day	

Adult special technique minimum heights

Adults	Male	Female
Flying high front kick (twimyo nopi chagi)	2.5	2.0
Flying turning Kick (twimyo dollyo chagi)	2.2	2.0
Flying back kick (twimyo dolimyo chagi 360°)	2.2	1.8
Flying reverse (twimyo bandae dollyo chagi)	2.2	1.8
Flying long side kick (twimyo nomo chagi)	Paced out on day	

Points & Overall Competitor

Gold Medal = 3 Points
Silver Medal = 2 Points
Bronze Medal = 1 Point

The individual who achieves the highest total number of points from accumulated medals will be awarded Overall Competitor.

The categories are:

Under 14 Colour Belt / Under 14 Black Belt / 14-17 Colour Belt / 14-17 Black Belt /
Adult Colour Belt / Adult Black Belt / Veteran Colour Belt / Veteran Black Belt

In the event of a tie on points, Patterns Gold will take precedence over Sparring, Special, and Power. If there is still a tie (e.g. Male and Female Black Belts each achieving three Gold medals), both competitors will be awarded an Overall Trophy. To be eligible for medal points to count toward Overall Competitor, there must be a minimum of four competitors in the division.

Rules

Pattern

Umpires will score each pattern on the following:

Item Scored	Scored Out Of
Technical Ability	10
Power	6
Breath Control	6
Balance	6
Rhythm	6

The competitor with the highest tallied score is the winner.

We ask that if you have recently graded you enter the event at your new grade, we will allow you to perform your previous grade pattern.

Colour belts, the scoring will be carried out with flags on the devices.

Sparring

Correct Division

Ensure you are entered with the correct height or weight for sparring. Any changes made on the day due to incorrect entry will incur a £10 payment for the resubmitting of draws.

NO COMPULSORY TECHNIQUE FOR ANY COMPETITOR REQUIRED

The compulsory techniques were attempted jump 180-degree or 360-degree techniques. Competitors will no longer start on -2 points. The Centre Referee will no longer be required to subjectively score the compulsory technique.

The 2 Punch Rule

This rule is designed to stop brawling and has been very successful. ONLY 2 punches are allowed in succession, i.e. 2 punches followed by a kick (or pause), then back to punches, is acceptable.

Under 14 Sparring

Under 125cm are NOT allowed to make contact with the Face with any technique.

125cm and above can make touch (very light) contact to the face and/or headguard with both hand and foot techniques, however this is carefully monitored by the centre referee.

A Yellow card will be issued for contact, 3 Yellow Cards = Red Card (Disqualification)

Awarding of 3, 4 & 5 Pointers

The Centre Referee will pause the match to award a **3-point, 4-point, or 5-point technique**. All umpires must then score the designated number of points when the Jury President restarts the round time.

If an umpire has already scored the technique during the bout **before** the Centre Referee calls for the pause, they do **not** need to add the points again.

Regardless of whether an umpire saw the technique, the Centre Referee's command requires the specified number of points to be added.

**Note to coaches – Please check that the scores from all four umpires have been added correctly.*

Absent Competitors

Coaches, please make us aware of any absent competitors before the competition starts, illness, car break down etc, there are often no shows on the day of the competition. To help us manage the division correctly & possibly merge a division due to an absence, please make us aware at the main table.

How to use Kihapp Effectively

You will be able to access your own Schools running order via Kihapp, click Draws & search your school, it would be advisable to open a new tab and also search your competitors name and it will tell you their specific draw and when they are due to be next on the mats. Coaches, you are responsible for your competitors being ready by the mat.

There will also be a WhatsApp group set up giving you all the Rings and the matches upcoming, Kihapp can also do this.

Therefore, if your competitor is not on the mat at the expected time, we will call their name with the microphone and they will have 60 seconds to be ready on the ring.

Height / Weight Check

Coaches / Instructors will receive a message with those chosen for random weight checks.

For weight checks, a 2kg allowance will be given to account for do-bok and water intake. Weighing in over this allowance will mean removal from the division entered and moved up. Please double check weights.

There is a £10 payment required to move divisions.

We shall be there on Friday evening if anybody wishes to weigh in at the venue on the Friday. Otherwise, the random weight checks will be done throughout the day.

Heights for Under 14's will be done on the mat before the sparring event, typically, the tallest in the division has the stick put against them to check they are under the height required, again, a **£10 payment is required for any changing of divisions.**

Please ask parents to double check heights, once the competition starts the payment will be required to amend any divisions.

Please direct all enquiries to: competitions@ukta.com

We hope the competition is a great experience for all involved. We wish you all the best of luck.

Mr Carl Davis

Mrs Victoria Davis

Thank You

Master Phillip Taverner & Mrs Jenniffer Taverner – For their amazing efforts over many years in ensuring the competitions have been a successful experience for everyone involved. The level of organisation required to make the National Championships run smoothly should never be underestimated. We shall do our utmost to continue the high standards.

Grand Master John Taylor – For always being helpful with any details or questions put his way, and for his continued support of the changes put forward.

Master Paul Harris – For his care and dedication, consistently going above and beyond to ensure all umpires are knowledgeable and confident in their roles and responsibilities.

Dave & Jan Norris – For the invaluable support both on the day and throughout the planning of each competition. Your calm, level-headed approach is essential on such fast-paced competition days.

Umpires – The competitions simply cannot take place without your support. Your hard work, focus, and professionalism throughout the day are always greatly appreciated.

Competitors – Enjoy the experience!