

Dress code

Dress code – Officials

Navy blue blazer
Navy blue trousers
Long sleeve white shirt
Official federation tie & pin
White socks
White TKD shoes

Dress code – Coaches

Tracksuit - Not blazer or dobok
Official Coach ID Card
Towel
Training shoes
(Bare feet are not permitted)
Coaches are only permitted for
sparring

Dress code – Competitors

Official ITF dobok
Belt showing exact grade on left side
Approved hand & foot safety
Mouth Guard (Gum shield)
Approved Head Guard
Approved shin Guards
Groin guard (Male only - inside dobok)
Plain white T-shirt (Females only)
Ladies chest protector
No shoes, strapping or jewellery
All strings/ties must be concealed

Categories & Divisions

Patterns

Mixed sex
7 to 12 years, 13 to 17 years, 18 years +
9th to 7th Kups
6th to 4th Kups
3rd to 1st Kups
1st to 3rd Degree

Sparring

Separate sex
7 to 12 years, 13 to 17 years, 18 years +
9th to 7th Kups
6th to 4th Kups
3rd to 1st Kups
1st to 3rd Degree

Special Technique

7 to 12 years, 9th kup to 1st Kup, mixed sex, -135.0cm | 135.1-146.0cm | +146.1cm
12 to 17 years Female, 9th kup to 1st Kup
12 to 17 years Male, 9th kup to 1st Kup
13 to 17 years Female, 1st Degree +
13 to 17 years Male, 1st Degree +

Power

18 years + Female, 8th kup to 1st Kup
18 years + Male, 8th kup to 1st Kup
18 years + Female, 1st Degree +
18 years + Male, 1st Degree +

Height 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