



ITF ENGLAND NATIONAL CHAMPIONSHIPS 2026

SATURDAY, 28TH FEBRUARY
- SUNDAY, 1ST MARCH 2026
SPORTS CONNEXION ARENA,
COVENTRY





ITF ENGLAND NATIONAL CHAMPIONSHIPS 2026

- 3 INVITATION
- 4 EVENT DETAILS & AGE RANGES
- 5 FEES
- 6 ATTIRE & REFEREES
- 7 DRAW SYSTEM FOR PATTERN AND SPARRING
- 8 SCHEDULE
- 9 LOCATION & PARKING
- 10 - 12 CATEGORIES & EVENTS
- 13 WEIGH IN & COMPETITOR PROTECTION REQUIREMENTS
- 14 CONTACT RULES & IN THE EVENT OF A DRAW
- 15 -16 SPECIAL TECHNIQUE – FLYING HIGH KICK FOR COLOUR BELTS AND CADET BB'S
- 17 - 18 SPECIAL TECHNIQUE - PRE-JUNIOR, JUNIOR AND ADULT BLACK BELTS
- 19 - 22 POWER TEST
- 22 DRAWS & SPECTATOR INTERFERENCE
- 23 PROTEST, PHOTOGRAPHY, INSURANCE & CONCUSSION
- 24 WELFARE/SAFEGUARDING & POLITICAL STATEMENTS



INVITATION

Dear Grand Masters, Masters, Instructors, and Students,

On behalf of **ITF England**, it is my pleasure to invite you to attend the forthcoming **ITF England National Championships 2026**, which will take place on Saturday 28th February and Sunday 1st March 2026.

The event will be hosted at the Sports Connexion Arena, Coventry.

All competition divisions are clearly listed on the Kihapp Event Software and further detailed in the accompanying documentation, along with all relevant information relating to the championships.

Should you require any assistance or further clarification, please do not hesitate to contact me directly at itfenglandvicepresident@itfengland.com.

We very much look forward to welcoming you and, as always, will do our utmost to ensure the competition is both enjoyable and well organised for all participants.

Good luck to all competitors.

Yours sincerely,
Master John Archer VIII
ITF England Vice President



EVENT DETAILS AND AGE RANGES

ITF ENGLAND NATIONAL CHAMPIONSHIPS 2026

Date: Saturday, 28th February - Sunday, 1st March 2026

Location: Sports Connexion Arena, Leamington Road
Ryton on Dunsmore, Coventry

Registration Deadline: Sunday, 22nd February at 23.59

Eligibility: This event is only open to ITF England affiliates so every medallist is an official ITFE English Champion for that year.

AGE RANGES (Male and Female Categories Split)

- **Child:** (born in 2017 or after)
- **Cadet:** (born in 2014, 2015 or 2016)
- **Pre-Jnr:** (born in 2011, 2012 or 2013)
- **Jnr:** (born in 2008, 2009 or 2010)
- **Adult:** (born from 1990 to 2007)
- **Senior:** (born in 1989 or before or can choose to enter the Adult category but cannot do both & must use 1990 as the year of birth)



FEES

ENTRY FEES (This event is run through Kihapp Tournament software, all affiliates need to register their individual clubs to enable their students to register and pay their entry fee.)

- **Colour Belts** - Child/Cadet (& BB Cadets)/Pre-Junior/Junior/Adult/Senior (& Snr BB) - £40
- **Black Belts** - Pre-Junior/Junior/Adult (up to 4 events) - £50

SPECTATOR FEES

All spectators also pay on Kihapp and total amount of wristbands from each club will be sent out to instructors to distribute before the event.

Wristbands will also be available on the day.

Spectators cannot enter the competition area.

All Spectator Fees - £5.00 (4yrs and under Free)

COACHES FEES

All coaches must register through Kihapp. Maximum 4 x Coaches per club. Fee £10.00 per Coach.

Lanyards will be available for collection on the door for each club.

Competitors may coach one another at no charge only if they are wearing the appropriate coaching attire.

Coach must be licensed student training in TKD min age 16yrs Or Black Belt Student (any age).



ATTIRE & REFEREES

COMPETITOR ATTIRE

All competitors must wear a white ITF dobok. **No National Team Doboks are permitted.**

Junior black belts must have a white stripe through the middle.



Failure to comply with the above will result in the competitor being unable to compete.

For very young competitors from a kids program, they will be allowed to wear the belt from that program (with stripes and tags), however it's essential they are only registered in the appropriate categories i.e. 10th/9th kup.

COACHES ATTIRE

Club T-shirt, track suit trousers, socks, training shoes and a towel. No coaching in dobok/sliders allowed.

REFEREES

All clubs are requested to appoint the appropriate number of black belt umpires. Those black belts with no umpire training can still be used in helping the rings to function.

1-10 Competitors	1 Umpire minimum
11-20 Competitors	2 Umpires minimum
20+ Competitors	3 Umpires minimum

Clubs must pay a fine of £100 per missing umpire for their competitors to be able to participate. Please encourage more umpires to participate so we can ensure a smooth running of the event.

Selected National Team Members must umpire at the coloured belt event.



DRAW SYSTEM FOR PATTERN AND SPARRING

The traditional pyramid system will be used and where possible the tournament committee will seed the competitors in the black belt categories. Clickers will be used for both events.

There will be up to 1 gold, 1 silver and up to 2 bronze medals available for each division unless in special technique or power test where just one gold one silver and one bronze medal will be available. These special medals are custom made, exclusive ITF England medals.

Only medals that are won can go towards points for overall competitors and Club awards. Medals can still be handed out in categories of 4 or less, but will not count towards overall points. Overall champions from each age range and from all three events will receive a special overall trophy. There will be 3 overall club trophies for 1st, 2nd and 3rd place. This is only available for clubs and not for associations who amalgamate students under one name.

By competing in this event, competitors will:

- Wear white Traditional ITF dobok with approved branding (no country name)
- Pre-Junior and Junior Black belts wear a black belt with a white stripe
- Accept the competition schedule which may change
- Accept that the organizers may modify/merge a division and/or category based on the number of competitors by one division/category
- Accept the ITF Rules unless they differ according to these rules



SCHEDULE

FRIDAY EVENING, 27TH FEBRUARY

6.00PM - 9.00PM Early registration and weigh in (all ages and grades)

SATURDAY, 28TH FEBRUARY

8.30 AM collection of spectator writsbands, coaches & umpires lanyards

8.45 AM Umpire Meeting

9.00 AM Coaches Meeting

9.30 AM Competition starts for Child, Cadet & Pre-Junior Colour Belts, Cadet & Pre- Junior Black Belts

12.00 PM Competition starts for Junior, Adults & Senior Coloured Belts

SUNDAY, 1ST MARCH

8.30 AM collection of spectator writsbands, coaches umpires lanyards

8.45 AM Umpire Meeting

9.00 AM Coaches Meeting

9.30 AM Competition starts for Junior, Adult & Senior Black Belts

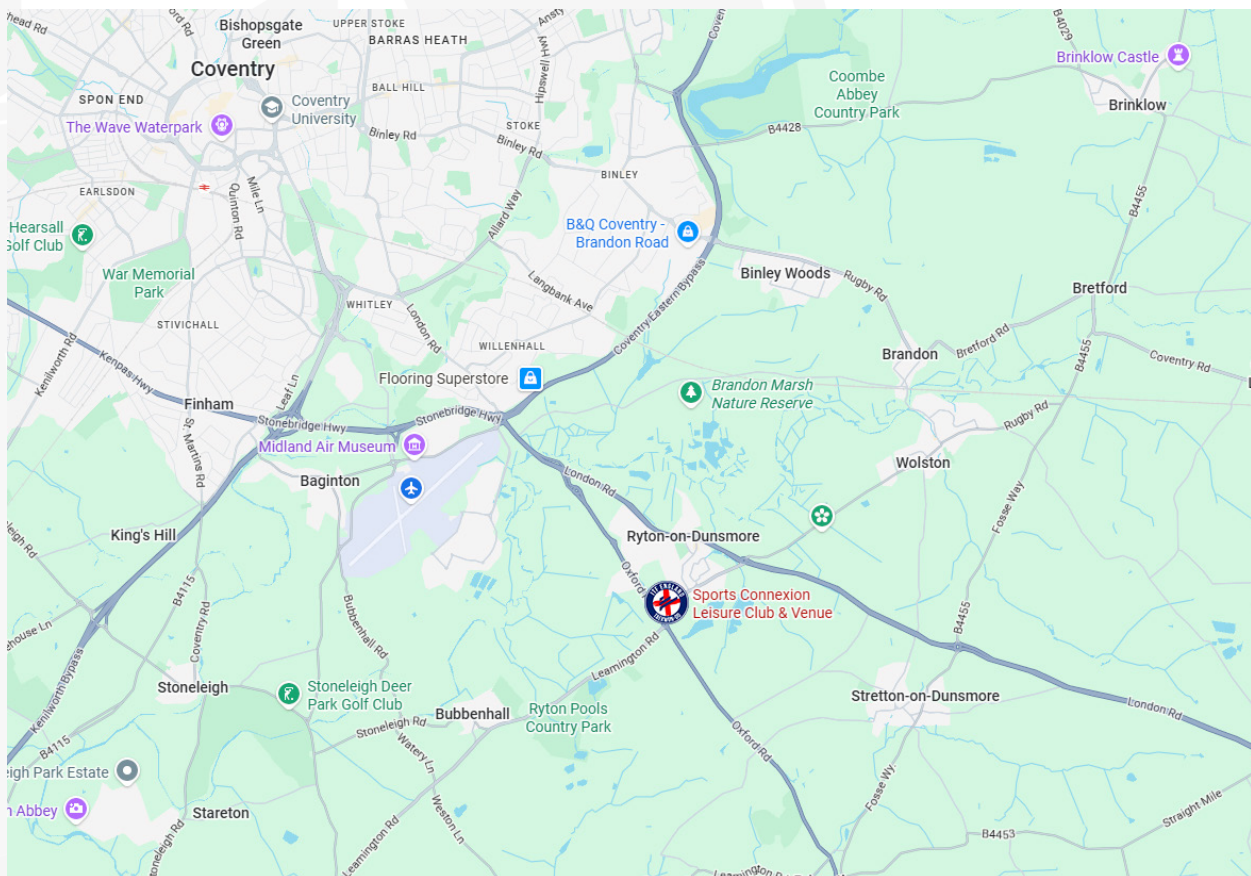
PLEASE NOTE TIMES MAY CHANGE, THIS SCHEDULE IS APPROXIMATE



LOCATION & PARKING

The ITF England National Championships 2026 will be held at:

The Sports Connexion Arena,
Leamington Road,
Ryton on Dunsmore,
Coventry,
CV8 3FL



PARKING

There is plenty of parking available at the venue.



CATEGORIES & EVENTS - PATTERN

PATTERN

10th/9th Kups can choose between Saju Jirugi, Saju Makgi and Chon-Ji

8th/7th Kups will perform a choice pattern of Dan-Gun or Do-San

6th/5th Kups will perform a choice pattern of Won-Hyo or Yul-Gok

4th/3rd Kups will perform a choice pattern of Joong-Gun or Toi-Gye

2nd/1st Kups will perform a choice pattern of Hwa-Rang or Choong-Moo

All Categories / Divisions Separated Into Male / Female

In the case any belt colours are merged the higher grade must perform the optional pattern from the lower belt grade. Please ensure your competitor know the pattern for their grade.



CATEGORIES & EVENTS - SPARRING

CHILD Male and Female, separated – 1 round of 60 seconds

Up to 120cms/125cms/135cms/145cms/155cms/over 155cms

White/Yellow	Green/Blue
--------------	------------

(If there are Red belts they may be merged with Green/Blue)

CADET Male and Female, separated – 1 round of 60 seconds

Up to 125cms/135cms/145cms/155cms/165cms/over 165cms

White	Yellow/Green	Blue/Red
-------	--------------	----------

PRE-JNR Colour Belt Male – 1 round of 90 seconds

Up to 45kg/over 45 to 52kg/over 52 to 60kg/over 60kg

White	Yellow/Green	Blue/Red
-------	--------------	----------

(White belts they may be merged with the Yellow/Green)

PRE-JNR Black Belt Male – 1 round of 120 seconds (league)

Up to 45kg/over 45 to 52kg/over 52 to 60kg/over 60kg

PRE-JNR Colour Belt Female – 1 round of 90 seconds

Up to 42kg/over 42 to 50kg/over 50 to 58kg/over 58kg

White	Yellow/Green	Blue/Red
-------	--------------	----------

(White belts they may be merged with the Yellow/Green)

PRE-JNR Black Belt Female – 1 round of 120 seconds (league)

Up to 42kg/over 42 to 50kg/over 50 to 58kg/over 58kg

JUNIOR Colour Belt Male – 1 round of 120 seconds

Up to 55 kg/ over 55 to 65 kg/ over 65 to 75 kg/ over 75 kg

White/Yellow/Green	Blue/Red
--------------------	----------

JUNIOR Colour Belt Female – 1 round of 120 seconds

Up to 45 kg/ over 45 to 55 kg/ over 55 to 65 kg/ over 65 kg

White/Yellow/Green	Blue/Red
--------------------	----------



CATEGORIES & EVENTS - SPARRING

JUNIOR Black Belt Male – 1 round of 120 seconds (league)

Up to 50 kg/ over 50 to 55 kg/ over 55 to 60 kg/ over 60 to 65 kg/ over 65 to 70 kg/ over 70 to 75 kg/ over 75 kg

JUNIOR Black belt Female – 1 round of 120 seconds (league)

Up to 45 kg/ over 45 to 49 kg/ over 49 to 53 kg/ over 53 to 57 kg/ over 57 to 61 kg/ over 61 to 65 kg/ over 65 kg

ADULT Colour Belt Male – 1 round of 120 seconds

Up to 65 kg/ over 65 to 75 kg/ over 75 to 85 kg/ over 85 kg

White/Yellow/Green	Blue/Red
--------------------	----------

ADULT Black Belt Male – 1 round of 120 seconds (league)

Up to 57 kg/ over 57 to 63 kg/ over 63 to 69 kg/ over 69 to 75 kg/ over 75 to 81 kg/ over 81 to 87 kg/ over 87 kg

ADULT Colour Belt Female – 1 round of 120 seconds

Up to 50 kg/ over 50 to 60 kg/ over 60 to 70 kg/ over 70 kg

White/Yellow/Green	Blue/Red
--------------------	----------

ADULT Black Belt Female – 1 round of 120 seconds (league)

Up to 50 kg/ over 50 to 55 kg/ over 55 to 60 kg/ over 60 to 65 kg/ over 65 to 70 kg/ over 70 to 75 kg/ over 75 kg

SENIOR Male – 1 round of 90 seconds

Up to 68 kg/ over 68 to 76 kg/ over 76 to 84 kg/ over 84

White/Yellow/Green	Blue/Red	Black Belts
--------------------	----------	-------------

SENIOR Female – 1 round of 90 seconds

Up to 60 kg/ over 60 to 67 kg/ over 67 to 74 kg/ over 74

White/Yellow/Green	Blue/Red	Black Belts
--------------------	----------	-------------



WEIGH IN & COMPETITOR PROTECTION REQUIREMENTS

WEIGH IN

All competitors must height check/weigh in wearing a T shirt and dobok trousers only. A tolerance of .5kgs is allowed when weighing in. All competitors must be within their height/weight class, it will be possible to edit these details online up until the closing date. Any changes in weight class on the day of competing can incur a £10 charge.

COMPETITOR PROTECTION REQUIREMENTS

This is mandatory for each age category. Groin guards are compulsory for male competitors over 135cms. Glasses cannot be worn during the Sparring event unless they are specific sports glasses for contact sports.

All competitors: Mouth Guard, Head Guard, Closed fingered gloves, Groin guard, Feet Pads

Mouth guards can be any colour and sparring gear does not need to be from an approved supplier, however they must follow the below standards:

- All Sparring gear must be in reasonable condition, if any equipment is falling apart then the competitor will have 3 minutes to change it.
- Closed fingered gloves: The thumb must be securely attached to the rest of the glove.
- No boxing gloves allowed
- No dipped foam sparring gear is allowed except head guards.
- Boots must cover the toes and heel.
- Groin guards must be worn on the inside of the trousers.



CONTACT RULES

CONTACT RULES

Light contact rules apply, contact to the face is allowed in all age categories, however any hard contact to the face or body especially in the 11yrs and under age categories can result in a foul or immediate disqualification. For safety reasons we want to encourage all Child & Cadets to aim towards hitting the headguard rather than the face with light contact. If they do hit to the face however they will not receive a warning as long as it is controlled.

11yrs and under are not allowed to kick in a straight line to the face. This can result in a foul or immediate disqualification if deemed dangerous.

IN THE EVENT OF A DRAW

In the case of a draw there will be no extra time but will instead go immediately to "Golden Point". In round robins flags will be counted, no draws will be allowed, however the number of flags from the round will be used to calculate the overall winners.



SPECIAL TECHNIQUE - FLYING HIGH KICK FOR COLOUR BELTS AND CADET BB'S

CHILD/CADETS COLOUR BELTS

Flying High Kick Starting height is the height category + 10cms (an extra 10cms for +155cms and +165cms)

PLEASE NOTE: 2 attempts allowed one after the other on each round and each technique, no measure (pre-judge).

Child separated Male and Female and by height all grades together
Up to 120cms/125cms/135cms/145cms/155cms/over 155cms

Cadet separated Male and Female and by height all grades together
Up to 125cms/135cms/145cms/155cms/165cms/over 165cms

Pre-Junior Male separated by 3 belt groups W/Y &G/B & Red

TECHNIQUE (starting height)	White/Yellow	Green/Blue	Red
Flying High Front Kick	190cms	200cms	210cms

Pre-Junior Female separated by 3 belt groups W/Y &G/B & Red

TECHNIQUE (starting height)	White/Yellow	Green/Blue	Red
Flying High Front Kick	160cms	170cms	180cms

Junior Male separated by 2 belt groups W/Y/G & Blue/Red

TECHNIQUE (starting height)	White/Yellow/Green	Blue/Red
Flying High Front Kick	210cms	220cms

Junior Female separated by 2 belt groups W/Y/G & Blue/Red

TECHNIQUE (starting height)	White/Yellow/Green	Blue/Red
Flying High Front Kick	190cms	200cms



SPECIAL TECHNIQUE - FLYING HIGH KICK FOR COLOUR BELTS AND CADET BB'S - RULES

RULES - ALL CHILD/CADETS/PRE-JUNIORS/JUNIORS COLOUR BELTS

Each competitor will get two attempts at hitting the flying high kick (using the ball of the foot). 3 points will be awarded if they kick the board all the way back with the high kick. If the board only goes half way then just 1 point will be awarded. Those with the most points go to the next round.

If the competitor misses the target then they will get a 2nd go straight away. If they just move the board half way and the umpires award 1 point then the competitor can choose to go again and better that attempt. If they miss on the second attempt then they will have 1pt for that technique.

The competitors will keep going higher until the winners are decided.



SPECIAL TECHNIQUE - PRE-JUNIOR, JUNIOR AND ADULT BLACK BELTS

PRE-JUNIOR BLACK BELTS

TECHNIQUE (starting height)	Male	Female
Flying High Front Kick	220cms	190cms
Flying Turning Kick	200cms	170cms
Flying Reverse Turning Kick	180cms	160cms
Flying 360 Back Kick	180cms	160cms
Flying High Side Kick	110cms	90cms

JUNIOR BLACK BELTS

TECHNIQUE (starting height)	Male	Female
Flying High Front Kick	240cms	210cms
Flying Turning Kick	220cms	190cms
Flying Reverse Turning Kick	200cms	170cms
Flying 360 Back Kick	200cms	170cms
Flying High Side Kick	120cms	100cms

ADULT BLACK BELTS

TECHNIQUE (starting height)	Male	Female
Flying High Front Kick	250cms	220cms
Flying Turning Kick	230cms	200cms
Flying Reverse Turning Kick	210cms	180cms
Flying 360 Back Kick	210cms	180cms
Flying High Side Kick	130cms	110cms



SPECIAL TECHNIQUE - PRE-JUNIOR, JUNIOR AND ADULT BLACK BELTS - RULES

RULES - ALL UNDER PRE-JUNIOR/JUNIOR/ADULT BLACK BELTS

All Black Belt competitors in the above categories will have 1 measure (pre-judge) then one attempt on each technique. Everyone completes each technique in the above order with the first three techniques in a row i.e. all competitors perform Flying High Front Kick, Flying Turning Kick & Flying Reverse Turning Kick first, then all competitors perform Flying 360 Back Kick and Flying High Side Kick.

In the case of a draw after all techniques have been completed the Jury President will chose one technique at random as the decider for the next round until the winners are decided.



POWER TEST

ADULT MALE SEPARATED 2 BELT GROUPS Y/G/B & BLUE/RED

TECHNIQUE	White/Yellow/ Green	Blue/Red
Front Elbow/Knifehand Side Strike	Secret Choice	Secret Choice
Side Piercing Kick/Side Back Kick	Secret Choice	Secret Choice

ADULT FEMALE SEPARATED 2 BELT GROUPS Y/G/B & BLUE/RED

TECHNIQUE	White/Yellow/ Green	Blue/Red
Front Elbow/Knifehand Side Strike	Secret Choice	Secret Choice
Side Piercing Kick/Side Back Kick	Secret Choice	Secret Choice

SENIOR MALE SEPARATED 2 BELT GROUPS Y/G/B & BLUE/RED

TECHNIQUE	White/Yellow/ Green	Blue/Red
Front Elbow/Knifehand Side Strike	Secret Choice	Secret Choice
Side Piercing Kick/Side Back Kick	Secret Choice	Secret Choice

SENIOR FEMALE SEPARATED 2 BELT GROUPS Y/G/B & BLUE/RED

TECHNIQUE	White/Yellow/ Green	Blue/Red
Front Elbow/Knifehand Side Strike	Secret Choice	Secret Choice
Side Piercing Kick/Side Back Kick	Secret Choice	Secret Choice

SENIOR MALE BLACK BELTS

TECHNIQUE	Black Belt
Forefist Punch/Knifehand Side Strike	Secret Choice
Side Piercing Kick/Side Back Kick	Secret Choice

SENIOR FEMALE BLACK BELTS

TECHNIQUE	Black Belt
Forefist Punch/Knifehand Side Strike	Secret Choice
Side Piercing Kick/Side Back Kick	Secret Choice



POWER TEST - RULES

RULES - ALL UNDER PRE-JUNIOR/JUNIOR/ADULT BLACK BELTS

Adult/Senior Colour Belts and Senior Black Belts select two techniques from the choices, one hand and one foot and they also choose the number of boards secretly to the Centre Referee prior to the start. In the event of a draw, competitors will have to perform the techniques that they have not chosen in the second round and again give the number of boards to the umpire. Both techniques will be required. If there is still a draw then the Jury President will select a technique at random and the number of boards until the winners are decided.



POWER TEST

JUNIOR BLACK BELTS

TECHNIQUE	MALE	TECHNIQUE	FEMALE
Forefist Punch	1 Board	Front Elbow Strike	1 Board
Knifehand Strike	2 Boards	Knifehand Strike	1 Board
Side Piercing Kick	3 Boards	Side Piercing Kick	2 Boards
Turning Kick	2 Boards	Turning Kick	1 Board
Reverse Turning Kick	1 Board	Reverse Turning Kick	1 Board

ADULT BLACK BELTS

TECHNIQUE	MALE	TECHNIQUE	FEMALE
Forefist Punch	2 Boards	Front Elbow Strike	1 Board
Knifehand Strike	2 Boards	Knifehand Strike	1 Board
Side Piercing Kick	3 Boards	Side Piercing Kick	2 Boards
Turning Kick	2 Boards	Turning Kick	2 Boards
Reverse Turning Kick	2 Boards	Reverse Turning Kick	1 Board



POWER TEST - RULES, DRAWS & SPECTATOR INTERFERENCE

RULES - ALL JUNIOR & ADULT BLACK BELT COMPETITORS

All Junior & Adult Black Belt competitors will have 1 measure (pre-judge) then one attempt on each technique. Everyone completes each technique in any order they like.

Medals can only be given out to competitors who have gained some points. 2 Bronzes will only be awarded if the competitors are on the same number of points. If there is only one competitor in the division then they must score points to win the medal. 3 points for a broken board and 1 point for a bent board.

DRAWS

Draws will only be created once all competitors have signed in on the ring as our system changes the draws automatically. You will have access to the schedule for each individual competitor and the number of competitors in each category once everyone is registered through the online portal that will be available at www.itfengland.com

SPECTATOR INTERFERENCE

To ensure smooth running of the competition if any spectators, competitors or coaches are rude towards the organiser, referees or other competitors, then they will be asked to leave the competition venue immediately and risk that the competitor may be disqualified from all events including future ITF England events until further notice.



PROTEST, PHOTOGRAPHY, INSURANCE & CONCUSSION

PROTEST

There will be no protest fee. If a coach wishes to dispute a result please approach one of the Tournament Committee members and we will be happy to discuss it. If coaches are rude towards committee members they will not have the opportunity to put their point across.

Parents cannot dispute a result with the umpires.

PHOTOGRAPHY

We will have the professional photography company DE Photo taking pictures throughout the weekend. ITF England will also have their official photographer present, no other photographers will be allowed access to the floor.

INSURANCE

Participation is at your own risk. The organisation is not responsible for any injuries which might happen during the event. We recommend that your competitors are in possession of an insurance, which covers any problem that might occur during traveling and participation to the event. Every competitor must be licenced with their association.

CONCUSSION

Competitors that have received a concussion within 4 weeks of this event will not be able to participate. Please ensure the competitors are healthy before the closing date. By registering for this event you will be confirming that the competitor is healthy, concussion free and able to compete. You can remove competitors up until the closing on Sunday 2nd February.



WELFARE/SAFEGUARDING & POLITICAL STATEMENTS

WELFARE/SAFEGUARDING

ITF England takes Welfare/Safeguarding very seriously and so we will have Welfare/Safeguarding officers at the event for any issues that may arise. These individuals will be presented at the beginning of the day so participants can recognise who they are.

POLITICAL STATEMENTS

With many conflicts and varied opinions on sensitive subjects around the world we would like to ensure that everyone is comfortable competing in a purely TKD environment devoid of political or religious statements. A Taekwon-Do competition is not a platform for any statement outside of the Taekwon-Do world whatsoever therefore no flags, banners, insensitive T-shirts/clothing or leaflets etc.. will be allowed at this event. Club banners and National flags (without additional wording/logos) are welcome.