



V2

13th January 2020

Index

Invitation	Page 3
WITC Contact Details	Page 4
Application Process	Page 4
Travel Visa	Page 4
Accommodation	Page 4
Transportation	Page 4
Tourism & Sightseeing	Page 5
Insurance	Page 5
Venue & Facilities	Page 5
Disclaimer & Waiver	Page 5
Schedule	Page 6
Registration & Verification	Page 6
Weigh In & Height Check	Page 6
Payment & Penalties	Page 7
Early Booking Advised	Page 7
Fees	Page 7-8
Tournament Rules/Categories/Divisions	Page 9-12
Sparring Event	Page 13-18
Pattern Event	Page 19-22
Power Breaking	Page 23-24
Special Technique	Page 25-27
Medal & Trophy Awards	Page 28-30

INVITATION

2020 European Open ITF Taekwon-Do Championships

20th & 21st June 2020

Ravenscraig Regional Sports Facility

1 O'Donnell Way

Wishaw

Motherwell

ML1 2TZ

Scotland

Dear Grandmasters, Masters, Instructors, Coaches, Competitors and Spectators,

The World ITF Taekwon-Do Council is delighted to invite you all to participate in its first ever Open ITF Taekwon-Do European Championship.

This historic event will be held in the Ravenscraig Regional Sports Facility in Wishaw, Scotland. This fantastic venue was built to host many of the indoor events of the 2014 Commonwealth Games hosted in Scotland.

The event will run for 2 days from Saturday 20th to Sunday 21st June 2020 and is open to all Juniors (6-17 years), Adults (18-34 years) and Veterans (35 years & above) who hold the ranks of Green Belt (6th Kup) to Black Belt (6th Degree).

For our participants, the venue is within a very short distance of our major cities (Edinburgh, Glasgow and Stirling) which will allow you to enjoy the very best of Scotland's culture and history.

We look forward to welcoming you all to enjoy a 2 day display of Taekwon-Do skills from some of the very best ITF Taekwon-Do athletes in the World.

Kind regards,

**Grand Master Peter Harkess
President
World ITF Taekwon-Do Council**

WITC CONTACT DETAILS

If you require advice or assistance please email all correspondence to admin@worlditfcouncil.com

APPLICATIONS TO PARTICIPATE AT THE CHAMPIONSHIP

Applications must be made via the official online registration:

<https://www.kihapp.com/tournaments/6344-witc-european-championships-2020>

TRAVEL VISA

Participants requiring a Visa to visit Scotland should contact their nearest consulate. Due to the strict immigration policy in the UK, the World ITF Taekwon-Do Council are unable to give personal invitations to competitors.

ACCOMMODATION

All participants should arrange their own accommodation prior to and during the event.

To view a list of accommodation available and book online please view the following websites:

www.booking.com

www.premierinn.com

www.expedia.com

TRANSPORTATION

All participants should arrange their own transportation to and from the event.

If arriving by **air**, the following airports are close to the event:

Edinburgh International Airport (30 miles from event).

Glasgow International Airport (23 miles from event).

If arriving by **train**, the following train stations are close to the event:

Motherwell Railway Station (3 miles). Wishaw Railway Station (3 miles).

Glasgow – Queen Street Railway Station (16 miles)

Edinburgh – Waverley Railway Station (37 miles)

By **Car or Bus**, the event is close to the M8 and M74 Motorways.

TOURISM & SIGHTSEEING

If travelling to Scotland and wishing to enjoy some sightseeing, Scotland has a wealth of historical monuments, castles, battlefields and religious buildings to visit. From the iconic road and rail bridges close to Edinburgh, the famous streets and buildings of Scotland's capital city, Edinburgh, including the magnificent Edinburgh Castle, the cultural and industrial heritage of Glasgow City, there is so much to see and enjoy about Scotland, a country whose inventors and people have contributed so much to the history of the world.

For a comprehensive guide of what you can do and see in Scotland please visit:

<https://www.visitscotland.com>

INSURANCE

All participants should purchase their own personal insurance cover for their travel and participation at the event.

VENUE & FACILITIES

The championship will be held at the Ravenscraig Regional Sports Facility, Wishaw, Scotland.

First Aid Services will be available to all competitors, coaches and spectators throughout the event.

Limited Food and Drinks will be available in the Facility Café. However, due to the number of potential people visiting the event, **we strongly advise that you bring your own food and water**, especially **the competitors**, as the event runs from **9am to 8pm** and they **should have access to light and healthy food** prior to competing and after.

DISCLAIMER & WAIVER

Taekwon-Do, as with other contact sports, has the risk of injury being sustained by the participants. By completing the application to participate at this Championship, all Adult and Veteran competitors, and all Parents/Guardians completing the application process on behalf of the junior competitors (6 -17 years), are accepting that they are fully aware that accidents and injury can happen at this type of event and agree not to hold the officials, or Championship organiser's, responsible for any accidents or injuries that might happen.

Please note also that the Organising Committee reserve the right to amend the schedule shown in this document where necessary to complete the Championship in the fairest and most efficient way. We also reserve the right to amend the event divisions, including height and weight divisions in the interests of Fair Play and the smooth running of the event. The schedule and categories shown below will be implemented as printed and only amended under exceptional circumstances such as low entry levels in a division or any exceptional circumstance where the quality and fairness of the competition will be improved.

SCHEDULE

Saturday 20th June, 9am-8pm

All Junior Black Belts (Under 18 Years of age) – 1st to 3rd Dan

All Adult Black Belts (18 -34 Years) – 1st to 6th Dan

All Veteran Black Belts (35 Years & Above) – 1st to 6th Dan

Sunday 21st June, 9am-8pm

All Junior Colour Belts – Green Belt, Blue Belt & Red Belt – 6th Kup to 1st Kup (Under 18 Years of age).

All Adult (18 -34 Years) Colour Belts – Green Belt, Blue Belt, & Red Belt – 6th Kup to 1st Kup.

All Veteran (35 Years & Above) Colour Belts – Green Belt, Blue Belt, & Red Belt – 6th Kup to 1st Kup.

REGISTRATION & VERIFICATION

All competitors will be required to register their attendance on the day of the event.

Verification of identity, including date of birth and Taekwon-Do rank must be supplied via recognised documents such as:

Passport

Birth Certificate

Taekwon-Do certificate or membership book showing rank

Failure to prove identity, rank and date of birth will mean automatic disqualification from the Championship.

WEIGH IN & HEIGHT CHECK (Proof of Identity will be required at Registration)

Please note that all Junior sparring events will be based on **height** and not weight. The World ITF Taekwon-Do Council views the practice of young competitors trying to cut their weight before competitions to be detrimental to their health and wellbeing and therefore will implement sparring divisions for juniors based on height.

All Junior competitors participating in the Sparring event will be required to attend the Height Check station at the Venue prior to competing. Competitors can do this from **Friday 19th June** up to the day of their event.

All Adult and Veteran competitors participating in the Sparring event will be required to attend the Weight Check station at the Venue prior to competing. Competitors can do this from **Friday 19th June** up to the day of their event.

PAYMENT & PENALTIES

Payment for competitors, coaches, and spectators should be made online via online registration at:

<https://www.kihapp.com/tournaments/6344-witc-european-championships-2020>

The online registration will require details such as rank (belt), height or weight from each competitor.

Amendments are allowed online up to the closing date of entries. Any competitor wishing to amend their entry details after the closing date for entry can do so at the event, prior to their division commencing, by paying a **£15 amendment fee per individual amendment.**

All fees paid for entry to the event are non-refundable after the closing date for entry has passed.

Requests for refunds will be accepted up to the closing date which will be 31st May 2020 or when the event is sold out, whichever is the earlier date.

EARLY BOOKING ADVISED

Please be advised that this event is expected to be SOLD OUT.

To ensure your place, please book your competitor or coach ticket at your earliest convenience.

Once the maximum capacity for the competition has been reached, there will be no further applications accepted.

FEES

Payment of Coach or Competitor Fees allows access to all days events as a participant or spectator.

Payment online until Closing Date for Registration on 31/5/20.

There will be no applications accepted after 31/5/20.

COMPETITORS - Junior Colour Belts - Green, Blue & Red - 6th Kup to 1st Kup

£90 for 3 events (Pattern, Sparring, Special Technique).

COMPETITORS - Adult & Veteran Colour Belts - Green, Blue & Red - 6th Kup to 1st Kup

£100 for 4 events (Pattern, Sparring, Special Technique, Power Breaking).

COMPETITORS – Junior Black Belts

£100 for 3 events (Juniors)

COMPETITORS – Adult & Veteran Black Belts

£120 for 4 events (Adults & Veterans - Pattern, Sparring, Special Technique, Power Breaking)

COACHES

Access to both days events as Coach: £30

Coaches should register online by 31st May 2020.

Payment for coaches should be made at the venue on the day of the event (cash only)

SPECTATORS (Pay on Day at the Venue – Cash only)

1 Day

Adult Spectators: £15

Child Spectators (5-15 years): £10

Under 5's: Free

Full Competition - 2 Days

Adult Spectators: £25

Child Spectators (5-15 years): £15

Under 5's: Free

TOURNAMENT RULES, CATEGORIES & DIVISIONS

COMPETITORS - TAEKWON-DO UNIFORM (DOBOK)

All competitors should wear a suitable cotton or polycotton Taekwon-Do Dobok as worn in their clubs. Dobok's must consist of full length trousers and tunic must have long sleeves. Club and organisation logos are allowed along with minimal sponsorship displayed via screen print or embroidery.

UMPIRES

All Umpires should have the rank of Black Belt 1st to 8th Degree.

All Umpires will receive training in advance of the competition.

All Umpires should wear the following attire:

Dark Blue Dress/Suit Jacket

Dark Blue Trousers

White Shirt

Dark Blue Tie

White Trainers or Martial Arts Shoes

COACHES

All Coaches should have an appropriate coaching qualification.

All Coaches must wear the following appropriate attire to receive access to the competition area:

Track Suit Top or T-Shirt (with sleeves – no vest tops allowed)

Track Suit Trousers (no shorts allowed)

Trainers or Martial Arts Shoes

COMPETITION AREA – RING

Each ring shall consist of jigsaw mats (minimum 20mm thick, maximum 40mm thick) with a competitive area of 6m x 6m (minimum) to 9m x 9m (maximum) as decided by the Tournament Committee.

SPARRING EQUIPMENT

Sparring equipment must conform to the standards below and be checked and accepted by the Senior Umpire conducting the sparring events:

Headguard – Mandatory for all Junior competitors from 6 to 17 years old. Optional, but highly recommended, for Adults and Veterans. Must be of a suitable standard and size to protect the side, rear, and top of the competitors head with Velcro fastening. No Visors. Should be made from soft dipped foam or PU/leather covered foam.

Gloves – Mandatory. Must be of a suitable standard and size to cover and protect the lower forearm, wrist, back of hand and fingers with Velcro fastening. Suitable closed fingers or open hand gloves can be used. Should be made from soft dipped foam or PU/leather covered foam.

Boots – Mandatory. Must be of a suitable standard and size to cover and protect the instep, toes, side and heel of the foot with Velcro fastening. Should be made from soft dipped foam or PU/leather covered foam.

Shin Guards – Mandatory. Must be of a suitable standard and size to cover and protect the front of the shin with Velcro fastening. Should be made from soft dipped foam or PU/leather covered foam. Must be worn **under** the trousers.

Gum Shield – Mandatory. Must be of a suitable standard and size to cover and protect the teeth and gums. Should consist of a moulded plastic protective cover.

Groin Guard (Male) – Mandatory. Must be of a suitable standard and size to cover and protect the groin. Should consist of a plastic protective cover in a cloth holder. Must be worn **under** the Dobok trousers.

Groin Guard (Female) – Optional. Must be of a suitable standard and size to cover and protect the groin. Should consist of a plastic protective cover in a cloth holder. Must be worn **under** the Dobok trousers.

Chest Guard (Female Only) – Optional but Highly Recommended. Must be of a suitable standard and size to cover the front and side of the chest. Should consist of a plastic protective cover in a cloth holder. Must be worn **under** the Dobok Top.

Eye Protection - No glasses/spectacles to be worn for sparring except prescription safety glasses.

SPARRING RULES

Continuous Sparring

Scoring will be achieved by **Light Touch Contact** to a target area and/or **No Contact** techniques delivered forcefully to a target area and stopped **1cm** from the target.

Target Area

- The face from and sides (excluding the back & neck)
- Frontal area of the trunk of the body from a line drawn from the armpit vertically down to the waist on each side (excluding the back)

Sparring – Scoring Criteria

One Point (1)

- Hand attack directed to mid or high section
- Foot attack directed to mid-section
- Jumping punch directed mid-section (both feet must be off the floor)

Two points (2)

- Jumping punch directed to high section (both feet must be off the floor)
- Foot attack directed to high section
- Jumping foot attack directed to mid-section (both feet must be off the floor)

Three points (3)

- Jumping foot attack directed to high section

Warnings

Warnings will be given for the following:

- Attack to illegal target
- Stepping completely out of the ring (both feet)
- Any part of the body, other than the feet touching the ground
- Pretending to have scored a point by raising one or both hands
- Pretending to be injured
- Avoiding sparring
- Holding or grabbing
- Light Pushing with hands or body
- Intentionally turning the back to avoid combat

Point Deduction

One (1) point will be deducted for every 3 warnings

You can have unlimited warnings.

Fouls (Yellow Card) one point will be deducted for the following offences:

- Heavy contact
- Attacking a fallen opponent
- Attacking an opponent when the referee has stopped the match
- Leg sweeping or tripping
- Insulting an opponent

Disqualification

Disqualification (Red Card) can occur for the following circumstances:

- Misconduct against officials or ignoring instructions
- Uncontrolled or excessive contact
- Being under the influence of alcohol or drugs
- Attacking with head, elbow and knee
- Biting
- Causing an opponent to be unable to compete due to heavy contact
- Receiving 3 Yellow Cards in the same match

Disputes/Protests

In the event that a competitor or coach (or guardian of a child competing) wishes to dispute a result awarded by the championship officials, all protests must be submitted to the Tournament Committee **in writing** by the coach/guardian or competitor within 5 minutes of the end of their bout ending and the result being awarded.

The fee for submitting a protest will be **£50**. Upon completion of an investigation by the Tournament Committee, this fee will be returned to the coach/guardian or competitor if their protest is upheld. If the protest is rejected by the Tournament Committee, the protest fee will be retained and donated to a local charity.

Please note that any video evidence supplied by the coach/guardian or competitor will not be used in the decision process.

SPARRING EVENT (MATSOGI)

Sparring Area – Ring

The sparring ring shall consist of jigsaw mats (minimum 20mm thick, maximum 40mm thick) with a competitive area of 6m x 6m (minimum) to 9m x 9m (maximum) as decided by the Tournament Committee.

Individual Sparring Categories

Separate Green, Blue & Red Belt Divisions.

All Black Belt ranks, 1st Dan to 6th Dan combined.

Male and Female compete in Separate Divisions.

Under 18 years of age Sparring by Height Category.

18 Years and above Sparring by Weight Category.

All Qualifying bouts will be 1 round.

All Finals will be 2 rounds with a 1 minute break in between.

Children 6-9 Years: Female - 6th Kup & 5th Kup (Time 1 x 90 seconds, Final 2 x 90 seconds)

Under 131cm / 131-140.9cm / 141cm-150.9cm / 151cm & over

Children 6-9 Years: Male - 6th Kup & 5th Kup (Time 1 x 90 seconds, Final 2 x 90 seconds)

Under 131cm / 131-140.9cm / 141cm-150.9cm / 151cm & over

Children 6-9 Years: Female - 4th Kup & 3rd Kup (Time 1 x 90 seconds, Final 2 x 90 seconds)

Under 131cm / 131-140.9cm / 141cm-150.9cm / 151cm & over

Children 6-9 Years: Male - 4th Kup & 3rd Kup (Time 1 x 90 seconds, Final 2 x 90 seconds)

Under 131cm / 131-140.9cm / 141cm-150.9cm / 151cm & over

Children 6-9 Years: Female – 2nd Kup & 1st Kup (Time 1 x 90 seconds, Final 2 x 90 seconds)

Under 131cm / 131-140.9cm / 141cm-150.9cm / 151cm & over

Children 6-9 Years: Male – 2nd Kup & 1st Kup (Time 1 x 90 seconds, Final 2 x 90 seconds)

Under 131cm / 131-140.9cm / 141cm-150.9cm / 151cm & over

Children 10-13 Years: Female - 6th Kup & 5th Kup (Time 1 x 2 mins, Final 2 x 2mins)

Under 141cm / 141-150.9cm / 151cm-160.9cm / 161cm-170.9cm / 171cm & over

Children 10-13 Years: Male - 6th Kup & 5th Kup (Time 1 x 2 mins, Final 2 x 2mins)

Under 141cm / 141-150.9cm / 151cm-160.9cm / 161cm-170.9cm / 171cm & over

Children 10-13 Years: Female - 4th Kup & 3rd Kup (Time 1 x 2 mins, Final 2 x 2mins)

Under 141cm / 141-150.9cm / 151cm-160.9cm / 161cm-170.9cm / 171cm & over

Children 10-13 Years: Male - 4th Kup & 3rd Kup (Time 1 x 2 mins, Final 2 x 2mins)

Under 141cm / 141-150.9cm / 151cm-160.9cm / 161cm-170.9cm / 171cm & over

Children 10-13 Years: Female – 2nd Kup & 1st Kup (Time 1 x 2 mins, Final 2 x 2mins)

Under 141cm / 141-150.9cm / 151cm-160.9cm / 161cm-170.9cm / 171cm & over

Children 10-13 Years: Male – 2nd Kup & 1st Kup (Time 1 x 2 mins, Final 2 x 2mins)

Under 141cm / 141-150.9cm / 151cm-160.9cm / 161cm-170.9cm / 171cm & over

Children 10-13 Years: Female – Black Belt (Time 1 x 2 mins, Final 2 x 2mins)

Under 141cm / 141-150.9cm / 151cm-160.9cm / 161cm-170.9cm / 171cm & over

Children 10-13 Years: Male – Black Belt (Time 1 x 2 mins, Final 2 x 2mins)

Under 141cm / 141-150.9cm / 151cm-160.9cm / 161cm-170.9cm / 171cm & over

Youths 14-15 Years: Female - 6th Kup & 5th Kup (Time 1 x 2 mins, Final 2 x 2mins)

Under 151cm / 151-160.9cm / 161-170.9cm / 171cm & over

Youths 14-15 Years: Male - 6th Kup & 5th Kup (Time 1 x 2 mins, Final 2 x 2mins)

Under 151cm / 151-160.9cm / 161-170.9cm / 171-180.9cm / 181cm & over

Youths 14-15 Years: Female - 4th Kup & 3rd Kup (Time 1 x 2 mins, Final 2 x 2mins)

Under 151cm / 151-160.9cm / 161-170.9cm / 171cm & over

Youths 14-15 Years: Male - 4th Kup & 3rd Kup (Time 1 x 2 mins, Final 2 x 2mins)

Under 151cm / 151-160.9cm / 161-170.9cm / 171-180.9cm / 181cm & over

Youths 14-15 Years: Female – 2nd Kup & 1st Kup (Time 1 x 2 mins, Final 2 x 2mins)

Under 151cm / 151-160.9cm / 161-170.9cm / 171cm & over

Youths 14-15 Years: Male – 2nd Kup & 1st Kup (Time 1 x 2 mins, Final 2 x 2mins)

Under 151cm / 151-160.9cm / 161-170.9cm / 171-180.9cm / 181cm & over

Youths 14-15 Years: Female – Black Belt (Time 1 x 2 mins, Final 2 x 2mins)

Under 151cm / 151-160.9cm / 161-170.9cm / 171cm & over

Youths 14-15 Years: Male – Black Belt (Time 1 x 2 mins, Final 2 x 2mins)

Under 151cm / 151-160.9cm / 161-170.9cm / 171-180.9cm / 181cm & over

Youths 16-17 Years: Female - 6th Kup & 5th Kup (Time 1 x 2 mins, Final 2 x 2mins)

Under 151cm / 151-160.9cm / 161-170.9cm / 171cm & over

Youths 16-17 Years: Male - 6th Kup & 5th Kup (Time 1 x 2 mins, Final 2 x 2mins)

Under 151cm / 151-160.9cm / 161-170.9cm / 171-180.9cm / 181cm & over

Youths 16-17 Years: Female - 4th Kup & 3rd Kup (Time 1 x 2 mins, Final 2 x 2mins)

Under 151cm / 151-160.9cm / 161-170.9cm / 171cm & over

Youths 16-17 Years: Male - 4th Kup & 3rd Kup (Time 1 x 2 mins, Final 2 x 2mins)

Under 151cm / 151-160.9cm / 161-170.9cm / 171-180.9cm / 181cm & over

Youths 16-17 Years: Female – 2nd Kup & 1st Kup (Time 1 x 2 mins, Final 2 x 2mins)

Under 151cm / 151-160.9cm / 161-170.9cm / 171cm & over

Youths 16-17 Years: Male – 2nd Kup & 1st Kup (Time 1 x 2 mins, Final 2 x 2mins)

Under 151cm / 151-160.9cm / 161-170.9cm / 171-180.9cm / 181cm & over

Youths 16-17 Years: Female – Black Belt (Time 1 x 2 mins, Final 2 x 2mins)

Under 151cm / 151-160.9cm / 161-170.9cm / 171cm & over

Youths 16-17 Years: Male – Black Belt (Time 1 x 2 mins, Final 2 x 2mins)

Under 151cm / 151-160.9cm / 161-170.9cm / 171-180.9cm / 181cm & over

Adult 18-34 Years: Green Belts (Time 1 x 2 mins, Final 2 x 2mins)

Weight Categories

Female: -50kg , -56kg, -62kg, -68kg, -74kg , -80kg, 80kg+

Male: -57kg, -64kg, -71kg, -78kg, -85kg, -92kg, 92kg +

Adult 18-34 Years: Blue Belts (Time 1 x 2 mins, Final 2 x 2mins)

Weight Categories

Female: -50kg , -56kg, -62kg, -68kg, -74kg , -80kg, 80kg+

Male: -57kg, -64kg, -71kg, -78kg, -85kg, -92kg, 92kg +

Adult 18-34 Years: Red Belts (Time 1 x 2 mins, Final 2 x 2mins)

Weight Categories

Female: -50kg , -56kg, -62kg, -68kg, -74kg , -80kg, 80kg+

Male: -57kg, -64kg, -71kg, -78kg, -85kg, -92kg, 92kg +

Adult 18-34 Years: Black Belts (Time 1 x 2 mins, Final 2 x 2mins)

Weight Categories

Female: -50kg , -56kg, -62kg, -68kg, -74kg , -80kg, 80kg+

Male: -57kg, -64kg, -71kg, -78kg, -85kg, -92kg, 92kg +

Veteran 35 Years & Above : Green Belts (Time 1 x 2 mins, Final 2 x 2mins)

Weight Categories

Female: -60kg , -70kg, +70kg

Male: -70kg , -80kg , +80kg

Veteran 35 Years & Above : Blue Belts (Time 1 x 2 mins, Final 2 x 2mins)

Weight Categories

Female: -60kg , -70kg, +70kg

Male: -70kg , -80kg , +80kg

Veteran 35 Years & Above : Red Belts (Time 1 x 2 mins, Final 2 x 2mins)

Weight Categories

Female: -60kg , -70kg, +70kg

Male: -70kg , -80kg , +80kg

Veteran 35 Years & Above : Black Belts (Time 1 x 2 mins, Final 2 x 2mins)

Weight Categories

Female: -60kg , -70kg, +70kg

Male: -70kg , -80kg , +80kg

PATTERN EVENT (TUL)

Pattern Area – Ring

The pattern ring shall consist of jigsaw mats (minimum 20mm thick, maximum 40mm thick) with a competitive area of 6m x 6m (minimum) to 9m x 9m (maximum) as decided by the Tournament Committee.

Individual Pattern Categories

Male & Female Separate Divisions

1 Optional Pattern per qualifying round which must be within the range of patterns described in each event. Competitors are only allowed to perform up to the pattern associated with their rank. That is to say that competitors are not allowed to perform patterns above the rank of belt they wear eg 4th Kup competitors may not perform patterns associated with 3rd Kup and above, 1st Degree competitors are not allowed to perform 2nd Degree patterns, etc.

In the event of a tie, the Senior Umpire will choose a **Designated Pattern** from all patterns from Chon-Ji up to the highest level of pattern of the lowest rank competitor on the mat.

The Final will consist of 2 Patterns – the Optional Pattern must be within the range of patterns described in each event. The Designated 2nd Pattern will be chosen by the Senior Umpire and will be chosen from all patterns from Chon-Ji up to the highest level of pattern of the lowest rank competitor on the mat.

The Tournament Committee reserve the right to amend the Divisions if deemed necessary.

Children Pattern Division, 6-9 Years

Female – Green Belts – 6th Kup & 5th Kup (Optional Choice – Won-Hyo to Yul-Gok).

Male – Green Belts – 6th Kup & 5th Kup (Optional Choice – Won-Hyo to Yul-Gok).

Female - Blue Belts – 4th Kup & 3rd Kup (Optional Choice - Joong-Gun to Toi-Gye).

Male - Blue Belts – 4th Kup & 3rd Kup (Optional Choice - Joong-Gun to Toi Gye).

Female - Red Belts – 2nd Kup & 1st Kup (Optional Choice – Hwa-Rang to Choong-Moo).

Male - Red Belts – 2nd Kup & 1st Kup (Optional Choice – Hwa Rang to Choong-Moo).

All Designated Patterns in the event of a tie or in the Final will be chosen by the Senior Umpire and will be chosen from all patterns from Chon-Ji up to the highest level of pattern of the lowest rank competitor on the mat.

Children Pattern Division, 10-13 Years

Female – Green Belts – 6th Kup & 5th Kup (Optional Choice – Won-Hyo to Yul-Gok).

Male – Green Belts – 6th Kup & 5th Kup (Optional Choice – Won-Hyo to Yul-Gok).

Female - Blue Belts – 4th Kup & 3rd Kup (Optional Choice - Joong-Gun to Toi-Gye).

Male - Blue Belts – 4th Kup & 3rd Kup (Optional Choice - Joong-Gun to Toi Gye).

Female - Red Belts – 2nd Kup & 1st Kup (Optional Choice – Hwa-Rang to Choong-Moo).

Male - Red Belts – 2nd Kup & 1st Kup (Optional Choice – Hwa Rang to Choong-Moo).

Female - Black Belt 1st & 2nd Degree Combined (Optional Choice - Kwang-Gae to Juche).

1st Degrees can perform Kwang-Gae to Gae-Baek.

2nd Degrees can perform Kwang-Gae to Juche.

Male - Black Belt 1st & 2nd Degree Combined (Optional Choice - Kwang-Gae to Juche).

1st Degrees can perform Kwang-Gae to Gae-Baek.

2nd Degrees can perform Kwang-Gae to Juche.

All Designated Patterns in the event of a tie or in the Final will be chosen by the Senior Umpire and will be chosen from all patterns from Chon-Ji up to the highest level of pattern of the lowest rank competitor on the mat.

Youth Pattern Division, 14-17 Years

Female – Green Belts – 6th Kup & 5th Kup (Optional Choice – Won-Hyo to Yul-Gok).

Male – Green Belts – 6th Kup & 5th Kup (Optional Choice – Won-Hyo to Yul-Gok).

Female - Blue Belts – 4th Kup & 3rd Kup (Optional Choice - Joong-Gun to Toi-Gye).

Male - Blue Belts – 4th Kup & 3rd Kup (Optional Choice - Joong-Gun to Toi Gye).

Female - Red Belts – 2nd Kup & 1st Kup (Optional Choice – Hwa-Rang to Choong-Moo).

Male - Red Belts – 2nd Kup & 1st Kup (Optional Choice – Hwa Rang to Choong-Moo).

All Designated Patterns in the event of a tie or in the Final will be chosen by the Senior Umpire and will be chosen from all patterns from Chon-Ji up to the highest level of pattern of the lowest rank competitor on the mat.

Female - 1st Degree Black Belt (Optional Choice – Kwang-Gae to Gae-Baek).

Male - 1st Degree Black Belt (Optional Choice – Kwang-Gae to Gae-Baek).

All Designated Patterns in the event of a tie or in the Final will be chosen by the Senior Umpire and will be chosen from all patterns from Chon-Ji up to the highest level of pattern of the lowest rank competitor on the mat.

Female - 2nd Degree & 3rd Degree Black Belt Combined (Optional Choice – Eui-Am to Choi-Yong).

Male - 2nd Degree & 3rd Degree Black Belt Combined (Optional Choice – Eui-Am to Choi-Yong).

2nd Degrees can perform Eui-Am to Juche

3rd Degrees can perform Eui-Am to Choi-Yong

All Designated Patterns in the event of a tie or in the Final will be chosen by the Senior Umpire and will be chosen from all patterns from Chon-Ji up to the highest level of pattern of the lowest rank competitor on the mat.

Adult Pattern Division, 18-34 Years

Female – Green Belts – 6th Kup & 5th Kup (Optional Choice – Won-Hyo to Yul-Gok).

Male – Green Belts – 6th Kup & 5th Kup (Optional Choice – Won-Hyo to Yul-Gok).

Female - Blue Belts – 4th Kup & 3rd Kup (Optional Choice - Joong-Gun to Toi-Gye).

Male - Blue Belts – 4th Kup & 3rd Kup (Optional Choice - Joong-Gun to Toi Gye).

Female - Red Belts – 2nd Kup & 1st Kup (Optional Choice – Hwa-Rang to Choong-Moo).

Male - Red Belts – 2nd Kup & 1st Kup (Optional Choice – Hwa Rang to Choong-Moo).

Female - 1st Degree Black Belt (Optional Choice – Kwang-Gae to Gae-Baek).

Male - 1st Degree Black Belt (Optional Choice – Kwang-Gae to Gae-Baek).

Female - 2nd Degree Black Belt (Optional Choice – Eui-Am to Juche).

Male - 2nd Degree Black Belt (Optional Choice – Eui-Am to Juche).

Female – 3rd Degree Black Belt (Optional Choice – Sam-il to Choi-Yong).

Male - 3rd Degree Black Belt (Optional Choice – Sam-il to Choi-Yong).

Female – 4th Degree to 6th Degree Black Belt Combined (Optional Choice – Yon-Gae to Tong-il).

Male – 4th Degree to 6th Degree Black Belt Combined (Optional Choice – Yon-Gae to Tong-il).

4th Degrees can perform Yon-Gae to Moon-Moo

5th Degrees can perform Yon-Gae to So-San

6th Degrees can perform Yon-Gae to Tong-il

All Designated Patterns in the event of a tie or in the Final will be chosen by the Senior Umpire and will be chosen from all patterns from Chon-Ji up to the highest level of pattern of the lowest rank competitor on the mat.

Veteran Pattern Division, 35 Years & Above

Female – Green Belts – 6th Kup & 5th Kup (Optional Choice – Won-Hyo to Yul-Gok).

Male – Green Belts – 6th Kup & 5th Kup (Optional Choice – Won-Hyo to Yul-Gok).

Female - Blue Belts – 4th Kup & 3rd Kup (Optional Choice - Joong-Gun to Toi-Gye).

Male - Blue Belts – 4th Kup & 3rd Kup (Optional Choice - Joong-Gun to Toi Gye).

Female - Red Belts – 2nd Kup & 1st Kup (Optional Choice – Hwa-Rang to Choong-Moo).

Male - Red Belts – 2nd Kup & 1st Kup (Optional Choice – Hwa Rang to Choong-Moo).

Female - 1st Degree Black Belt (Optional Choice – Kwang-Gae to Gae-Baek).

Male - 1st Degree Black Belt (Optional Choice – Kwang-Gae to Gae-Baek).

Female - 2nd Degree Black Belt (Optional Choice – Eui-Am to Juche).

Male - 2nd Degree Black Belt (Optional Choice – Eui-Am to Juche).

Female – 3rd Degree Black Belt (Optional Choice – Sam-il to Choi-Yong).

Male - 3rd Degree Black Belt (Optional Choice – Sam-il to Choi-Yong).

Female – 4th Degree to 6th Degree Black Belt Combined (Optional Choice – Yon-Gae to Tong-il).

Male – 4th Degree to 6th Degree Black Belt Combined (Optional Choice – Yon-Gae to Tong-il).

4th Degrees can perform Yon-Gae to Moon-Moo

5th Degrees can perform Yon-Gae to So-San

6th Degrees can perform Yon-Gae to Tong-il

All Designated Patterns in the event of a tie or in the Final will be chosen by the Senior Umpire and will be chosen from all patterns from Chon-Ji up to the highest level of pattern of the lowest rank competitor on the mat.

POWER BREAKING

Adults & Veterans Only.

Individual event only (Male & Female Separate Divisions).

The Boards to be used will be standard plastic re-breakable boards (Dimensions 30x30x2 cm).

Each individual Competitor will be allowed to choose from 1 hand technique and 1 foot technique.

Each competitor will be allowed 1 measure up (no touch) followed by break.

Each board completely broken will be awarded 1 point.

The techniques allowed with the corresponding multiplication factor awarded will be as follows:

Hand Technique

Elbow x1

Knifehand x2

Fore-Fist Punch x3

Foot Technique

Side Kick x1

Turning Kick x 2

Reverse Turning Kick x3

All individual competitors must state, in writing, their breaking choices (techniques and number of boards) prior to the event starting. No amendments to their choice will be allowed once received by the officials.

The scores will be calculated as **(number of boards x multiplication factor of technique)**.

The competitor with the highest aggregate score from their hand and foot techniques will win.

In the event of a tie, the competitors will be asked to perform a further hand and foot combination from the techniques they have not already performed. This will repeat if necessary for a third combination. If still no winner has been confirmed, then the process will restart with a full choice of all 3 hand and foot techniques again

Individual Power Events

Adult Female Power, 18-34 Years, Green Belts

Adult Male Power, 18-34 Years, Green Belts

Adult Female Power, 18-34 Years, Blue Belts

Adult Male Power, 18-34 Years, Blue Belts

Adult Female Power, 18-34 Years, Red Belts

Adult Male Power, 18-34 Years, Red Belts

Adult Female Power, 18-34 Years, Black Belt

Adult Male Power, 18-34 Years, Black Belt

Veteran Female Power, 35 Years & Above, Green Belts

Veteran Male Power, 35 Years & Above, Green Belts

Veteran Female Power, 35 Years & Above, Blue Belts

Veteran Male Power, 35 Years & Above, Blue Belts

Veteran Female Power, 35 Years & Above, Red Belts

Veteran Male Power, 35 Years & Above, Red Belts

Veteran Female Power, 35 Years & Above, Black Belt

Veteran Male Power, 35 Years & Above, Black Belt

SPECIAL TECHNIQUE

Juniors, Adults & Veterans.

Individual event only (Male & Female Separate Divisions).

The Special Technique will be **exchange** Flying High Kick (Twimyo Nopi Chagi).

When performing Twimyo nopi chagi the competitors should perform an **exchange** Flying High Kick, taking a run-up and jumping on the kicking foot, pulling the other leg to the chest and hitting the target with the ball of the jumping foot while lowering the other leg. Any attempt where any part of the body, other than the feet, touch the ground on landing will not be accepted as a valid scoring attempt.

A Senior Umpire will set the minimum qualifying height of the target. Each competitor will have 3 attempts to hit the target with the ball of the foot and land correctly. Failure to perform the technique successfully will result in elimination from the competition. The height of the target will gradually rise until the highest target is successfully achieved.

Children (6-9 Years) – To be separated in to their height divisions as per sparring

Green Belt (6th Kup & 5th Kup) – Male.

Green Belt (6th Kup & 5th Kup) – Female.

Blue Belts (4th Kup & 3rd Kup) – Male.

Blue Belts (4th Kup & 3rd Kup) – Female.

Red Belts (2nd Kup & 1st Kup) – Male.

Red Belts (2nd Kup & 1st Kup) – Female.

Children (10-13 Years) – To be separated in to their height divisions as per sparring

Green Belt (6th Kup & 5th Kup) – Male.

Green Belt (6th Kup & 5th Kup) – Female.

Blue Belts (4th Kup & 3rd Kup) – Male.

Blue Belts (4th Kup & 3rd Kup) – Female.

Red Belts (2nd Kup & 1st Kup) – Male.

Red Belts (2nd Kup & 1st Kup) – Female.

Black Belts – Male.

Black Belts – Female.

Youths (14-15 Years) – To be separated in to their height divisions as per sparring

Green Belt (6th Kup & 5th Kup) – Male.

Green Belt (6th Kup & 5th Kup) – Female.

Blue Belts (4th Kup & 3rd Kup) – Male.

Blue Belts (4th Kup & 3rd Kup) – Female.

Red Belts (2nd Kup & 1st Kup) – Male.

Red Belts (2nd Kup & 1st Kup) – Female.

Black Belts – Male.

Black Belts – Female.

Youths (16-17 Years) – To be separated in to their height divisions as per sparring

Green Belt (6th Kup & 5th Kup) – Male.

Green Belt (6th Kup & 5th Kup) – Female.

Blue Belts (4th Kup & 3rd Kup) – Male.

Blue Belts (4th Kup & 3rd Kup) – Female.

Red Belts (2nd Kup & 1st Kup) – Male.

Red Belts (2nd Kup & 1st Kup) – Female.

Black Belts – Male.

Black Belts – Female.

Adults (18-34 Years)

Green Belt (6th Kup & 5th Kup) – Male.

Green Belt (6th Kup & 5th Kup) – Female.

Blue Belts (4th Kup & 3rd Kup) – Male.

Blue Belts (4th Kup & 3rd Kup) – Female.

Red Belts (2nd Kup & 1st Kup) – Male.

Red Belts (2nd Kup & 1st Kup) – Female.

Black Belts – Male.

Black Belts – Female.

Veterans (35 Years & Above)

Green Belt (6th Kup & 5th Kup) – Male.

Green Belt (6th Kup & 5th Kup) – Female.

Blue Belts (4th Kup & 3rd Kup) – Male.

Blue Belts (4th Kup & 3rd Kup) – Female.

Red Belts (2nd Kup & 1st Kup) – Male.

Red Belts (2nd Kup & 1st Kup) – Female.

Black Belts – Male.

Black Belts – Female.

MEDAL & TROPHY AWARDS

The following medals will be awarded for each division:

Sparring Final: 1 Gold Medal & 1 Silver Medal

Sparring Semi-Final: 2 Bronze Medals

Pattern Final: 1 Gold Medal & 1 Silver Medal

Pattern Semi-Final: 2 Bronze Medals

Special Technique: 1 Gold Medal

Power Breaking: 1 Gold Medal

The following scoring criteria will be used:

Gold Medal = 3 Points

Silver Medal = 2 Points

Bronze Medal = 1 Point

The following 'Overall Champion Trophies' will be awarded:

Children 6-9 Years

Green Belt – Female

Green Belt – Male

Blue Belt – Female

Blue Belt – Male

Red Belt – Female

Red Belt – Male

Children 10-13 Years

Green Belt – Female

Green Belt – Male

Blue Belt – Female

Blue Belt – Male

Red Belt – Female

Red Belt – Male

Black Belt – Female

Black Belt – Male

Youths 14-15 Years

Green Belt – Female

Green Belt – Male

Blue Belt – Female

Blue Belt – Male

Red Belt – Female

Red Belt – Male

Black Belt – Female

Black Belt – Male

Youths 16-17 Years

Green Belt – Female

Green Belt – Male

Blue Belt – Female

Blue Belt – Male

Red Belt – Female

Red Belt – Male

Black Belt – Female

Black Belt – Male

Adults 18-14 Years

Green Belt – Female

Green Belt – Male

Blue Belt – Female

Blue Belt – Male

Red Belt – Female

Red Belt – Male

Black Belt – Female

Black Belt – Male

Veterans 35 Years & Above

Green Belt – Female

Green Belt – Male

Blue Belt – Female

Blue Belt – Male

Red Belt – Female

Red Belt – Male

Black Belt – Female

Black Belt – Male

The 'EUROPEAN CHAMPIONS' Trophy will be awarded to the Country with the most points accumulated.