

Dowden's Martial Arts Scottish Championships

Dear Grand Masters, Masters, Sabums and Bossabums.

This is designed to be a small beginners entry level event, to help students that have never competed before or could do with practice before entering a more serious national style competition, categories will be fixed, hopefully small so everyone has a fair chance at a medal and getting a good experience, this is also to help give Black Belts the experience of Umpiring or refereeing, and help build confidence.

No charges for spectators.

No group fees.

No coaching fees.

Please note Sparring equipment for hands and feet must be Top Ten style fingers enclosed, 10oz palm enclosed gloves are not compulsory, strictly no Macho or Dyna type (Dipped Foam) will be permitted!

Rules

Rules are ITF Vienna 2005 - 2007 as in the encyclopedia 1999, with the exception of the 2 punch rule, on the day the best pattern should win, "PBRBT".

Children's 3 to 6 and 7 to 11 should be conducted in English, the 12+ years can be English and or Korean, part of this is to help Black Belts practice their Umpire Skills.

Any questions or thoughts please get back to me on

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Yours in TKD

Mr Ashley Dowden VI Degree

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

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

0-6 years 10.gup Mixed sex

7-12 years 10.gup Mixed sex

13-17 years 10.gup Mixed sex

18+ years 10.gup Mixed sex

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

Special Technique

7 to 12 years, 10th Gup to 1st Gup, mixed sex, -135.0cm | 135.1-146.0cm | +146.1cm

12 to 17 years Female, 10th Gup to 1st Kup

12 to 17 years Male, 19th Gup to 1st Kup

13 to 17 years Female, 1st Degree +

13 to 17 years Male, 1st Degree +

Power

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

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

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

Sparring rules

Scoring

1 point

Hand attack to mid or high section

Foot attack to mid section

Flying hand attack to mid section

Perfect defence

2 points

Foot attack to high section

Flying hand attack to high section

Flying foot attack to mid section

3 points

Flying foot attack to high section

Flying 180° kick to mid section

4 points Flying

180° kick to high section

Flying 360° kick to mid section

5 points Flying

360° kick to high section

Sparring - Target Area

Head & neck area at the front & sides (But not the back

of the head)

Trunk of the body from the neck to the navel vertically and from a line drawn from the armpit vertically down to the waist on each side (Excluding the back)

Sparring equipment

Hands and feet must be Top Ten style fingers enclosed, 10oz palm enclosed gloves are not compulsory

Strictly no Macho or Dyna type for hands or feet (Dipped Foam) will be not permitted!

Competitors must have a full set of safety equipment that fits, hands, feet, shin, head guard, gum shield, males must have a groin guard, females must have a chest protector.

Match times

Colour belts

Matches for under 12 years are 60 seconds

Matches for over 12 years are 90 seconds

Black Belt

Matches for under 12 years are 2 rounds of 60 seconds

Matches for over 12 years are 2 rounds of 90 seconds