



11th Annual TAE

Senior/Junior Championships

Saturday 12th October 2019

Dear Masters / Instructor,

It is with great pleasure that you and your students are invited to the 11th Annual TAE Senior/Junior Championships, to be held on Saturday 12th October, 2019 at:

**Sports Central,
Northumbria University**
Newcastle upon Tyne
NE1 8ST
Tel: 0191 243 7348

<https://www.northumbria.ac.uk/about-us/conferencing-and-external-hire/venues/sport-central>

The competition is open to all ITF Taekwon-Do students (Strictly no Kickboxers) white belts and above, adults and juniors from all TAE schools and others by personal invitation only.

The competition will be run using ITF rules with some amendments to accommodate age and competitor levels.

We would appreciate it if all instructors could personally verify the weights and heights of competitors to help us ensure safety and help with the smooth running of the day. All competitors must wear a white ITF Dobok.

Registration will be via www.kihapp.com

This will give the Instructors the opportunity to access and manage their competitors.

To assist with the smooth running of the Tournament, we kindly ask all schools/associations entering the competition to provide officials. It's always a long day for the officials as our competition attracts 300+ competitors from both North & South of the UK. The more Officials we have the more breaks they get and the more rings we have working, which helps towards an early finish for everyone who travel a long way. Ringside refreshments and Officials buffet will be supplied as we are very grateful for your time and support.

Coaches are not a requirement but are welcomed, however we respectfully ask that all coaches are to be colour belt TKD students as Black Belts will be required to officiate.

Please advertise the event at your school using the event poster attached and pass on the relevant entry form or www.kihapp.com registration information/instructions to your students. The closing date for this competition is Saturday 5th October 2019 and all schools/competitors should be registered and payment must be received by this date.

We look forward to working with you all and thank you in advance for your support.

Yours in TaeKwon-Do,

Mr Brett Stronach
6th Degree
Tournament Director
M. (07940) 252 155

1.0 VENUE, DATES AND ACCOMMODATION

1.1 Dates

The competition will be held on Saturday 12th October 2019. **All competitors must be pre-registered and paid by Saturday 5th October 2019.**

1.2 Venue

The competition will be held at:

**Sports Central,
Northumbria University**

Newcastle upon Tyne

NE1 8ST

Tel: 0191 243 7348

1.3 Parking

The Sports facility is in the city centre therefore parking can be an issue.

TAE students (locals) can get public transport as there are Metro stations within walking distance of the venue.

For those traveling by car, we have arranged discounted parking at the nearby NCP multi-storey.

The nearest NCP car parks are:

- John Dobson Street
- New Bridge Street

Discounted parking at John Dobson Street car park is available at a rate of £6.80 per 16 hours. Please take your NCP ticket to the Security Office, Trinity Building to have the discount validated. Please note the rate is the same as the early bird rate offered direct at the car park.

Discounted parking at John Dobson Street car park is also available by registering for ParkPass which gives the following reduced rates:

£6.00 per 16 hours

£10.00 per 24 hours

Visit www.ncp.co.uk/ncpparkpassregister to register using the activation code NU46X6ND. You will need to create an online account and attach a bank card from which your parking charges will be deducted.

You will receive your NCP ParkPass within 6 days.

To qualify for the reduced rates you must always use the pass that is sent to you on entry and exit. Do not take a paper ticket. Payment will be calculated automatically and deducted from the card you register with.

Please note this is only valid at John Dobson Street NCP.

NCP and the University cannot be held responsible for any charges resulting from failure to use the pass as directed.

Please visit the [NCP website](http://www.ncp.co.uk) for parking options.

After parking in the NCP, retain your ticket and ask for it to be stamped at the University reception desk. This will validate your ticket for an all-day price of £5

For those travelling on coach, we have arranged a drop off point within walking distance of the venue. Then all coaches can park in near-by business parking by permission of the University. Please send an email advising the organiser that you will be travelling by coach.

<https://community2.newcastle.gov.uk/apps2/car-parks>

1.4 Accommodation.

The nearest Premier Inn is 10 minutes' walk from the venue

https://www.premierinn.com/gb/en/hotels/england/tyne-and-wear/newcastle/newcastle-city-centre-the-gate.html?cid=GLBC_NEWTHY

Also, there is a wide variety of accommodation in the area to suit all budgets. Visit <http://www.visitnewcastle-gateshead.com> for details and availability

1.5 Schedule

Depending on numbers, the competition will run based on this approximate schedule. Please note times are subject to change:

Where possible, a detailed schedule will be available on the day.

7.00-9.00pm	Friday evening for early registration.
8:00-8:45am	Saturday morning registration
8:30am	Officials Briefing (competitors begin lining up)
8:45am	Opening Ceremony and presentation of participation medals
9:00am	Competition Starts
7.00pm	Competition Finish (Approximately)

2.0 TOURNAMENT ENTRY GUIDELINES

2.1 Competitor / Instructor Entry

Instructors, please register your school at www.kihapp.com

Once you have registered your school to the event, your students may enter on-line.

2.2 Competitor and Spectator Registration

Competitors are to report to the check in desks upon arrival at the competition. The check in desks will be the "Tournament Ring Numbers". Each school/association will be allocated a ring number on arrival. Please ensure all competitors and spectators are wearing their wrist bands before entering the Hall. Spectators will report to a separate check in desk at the entrance.

2.3 Competitor Requirements

Instructors must coach their competitors to the required standard of each event and assume responsibility for the choice of event for each individual. This competition is open to TAE members and other ITF Schools/Associations by personal invitation only. **Strictly no Kickboxers**

All competitors must wear a **White ITF Dobok**. Individual School belt systems (coloured stripes etc.) can be worn however instructors must ensure all students are entered into correct ITF Kup category.

2.4 Injury Liability and Insurance

All competitors must be in possession of a valid TAE/Association licence / insurance coverage as the host is not responsible for any eventuality and / or injury.

Tournament Cover will be in place for the event.

2.5 Registration

On-line registration at www.kihapp.com

Any enquiries please email Tournament organiser at reflextkd@btinternet.com

2.6 Payment and Notification

Instructors only payment. Please pay all fees directly into the TAE account. The banking details are as follows:

A/C Name: Taekwon-Do Association of England
Bank: LloydsTSB Bank
Sort Code: 30-91-94
A/c No.: 00880850

After payment has been made, send an email (see 6.5) to the tournament organiser, confirming when the payment was made (the amount and number of students entered).

All competitors must be pre-registered and payment must be received no later than Saturday 6th October 2018.

2.7 Competitor Fees

Competitor entry fee is: £25 for one and or all events.

2.8 Spectator Fees

The cost for spectators is £5.00 for the whole day.

Under 5 yrs. go free.

Spectators can pay on the day or pre-register. Wrist bands will be issued to each instructor for pre-paid spectators. Please ensure all competitors & spectators wear their wrist band to show at the desk on arrival.

No refunds will be given after the closing date for any reason even if a competitor withdraws or is disqualified.

2.9 Entry Alterations

Please note that alterations made after the closing date will incur a charge of £5.00 per competitor. No refunds will be given if a competitor withdraws.

3.0 EVENTS AND CATEGORIES

3.1 General Rules

The competition will be run in general accordance with the ITF competition rules, except where specified otherwise in this invitation.

The organising committee reserve the right to amalgamate/change events/times on the day of the competition based on the number of entries and level of competitors. We will do our best to accommodate all competitors to ensure a fair and rewarding experience for all.

We will endeavour to separate competitors from the same school competing against each other in the initial rounds.

3.2 Patterns

The pyramid system of elimination will be used with males and females competing together. White belt to Red belt competitors will compete (against same grade) 1 to 1 and will perform simultaneously one optional pattern from their colour belt. The judges will choose the best competitor to go forward to the next round.

Black belt divisions will perform one designated pattern in the preliminary rounds and two designated patterns appropriate to their grade in the final. In the event of a draw then a designated pattern will be performed, until the winner is decided.

One gold, one silver and two bronze medals will be awarded for this event.

3.3 Individual Sparring

Under 12's Sparring bouts will be 1 round of 1 min 30 seconds.

12-14yrs Sparring bouts will be 1 round of 2 min.

15-17yrs Sparring bouts will be 1 round of 2 min.

Adults Colour belt Sparring bout will be 1 round of 2 min.

Adult Black belt Sparring bout will be 1 round of 2 min (2x2min in the final).

Bouts will be separated for male and female except for the under 12yrs. Competitors will be separated in to their respective colour belt grade divisions where possible:

3.4 Weight & Height Categories

The following weight and height categories will apply:

NOTE: Under 9 years category will be divided into Under 7, under 8 & under 9 where appropriate.

Under 7, 8, 9 yrs Sparring Categories (Point Stop Sparring)		Round Duration
Category	Under 9's - Male and Female mixed	1.5 Minutes 30 second additional in event of a draw Then first point
Tot	-120 cm	
Pee-Wee	-130 cm	
Low	-140 cm	
Middle	-150 cm	
High	-160 cm	
Tall	+160 cm	
9-11 yrs Sparring Categories (Point Stop Sparring white/yellow - Continuous Sparring green/black)		Round Duration
Category	9-11 yrs - Male and Female mixed	1.5 Minutes 30 second additional in event of a draw Then first point
Tot	-120 cm	
Pee-Wee	-130 cm	
Low	-140 cm	
Middle	-150 cm	
High	-160 cm	
Tall	+160 cm	

12-14 yrs Sparring Categories (Continuous Sparring)			Round Duration
Category	Male 12-14 yrs	Female 12-14yrs	2.0 Minutes 30 second additional in event of a draw Then first point
Fly	-	-	
Micro	-	-	
Light	-45 kg	-38 kg	
Middle	-52 kg	-45 kg	
Heavy	-60 kg	-50 kg	
Hyper	+60 kg	+50 kg	

15-17 yrs Sparring Categories (Continuous Sparring)			Round Duration
Category	Male 15-17 yrs	Female 15-17 yrs	2.0 Minutes 60 second additional in event of a draw Then first point
Fly	-50 kg	-45 kg	
Micro	-56 kg	-50 kg	
Light	-62 kg	-55 kg	
Middle	-68 kg	-60 kg	
Heavy	-75 kg	-65 kg	
Hyper	+75 kg	+65 kg	

18+ yrs Sparring Categories (Continuous Sparring)			Round Duration
Category	Male 18+ yrs	Female 18+ yrs	2.0 Minutes 60 second additional in event of a draw Then first point. <u>Black Belt Final Only 2x2 minute</u>
Fly	-57 kg	-50 kg	
Micro	-63 kg	-56 kg	
Light	-70 kg	-62 kg	
Middle	-78 kg	-68 kg	
Heavy	-85 kg	-75 kg	
Hyper	+85 kg	+75 kg	

As a reminder, the following points are given in sparring:

Punch to the head/body	1 Point
Kick to the body	2 Points
Kick to the head	3 Points

Jumping/flying makes no difference in the score.

3.5 Safety Equipment for Sparring

The following equipment is mandatory for each age category; otherwise competitors will not be able to take part:

Please Note: No Dipped Foam (Macho) type Hand & Feet pads or Boxing Gloves are allowed.

The tournament organizers will not provide sparring equipment.
Please ensure your competitors arrive ringside prepared.

Under 12's	12 yrs. and over	18 yrs. and over
Head Guard	Head Guard	Mouth Guard
Mouth Guard	Mouth Guard	Closed fingered gloves
Closed fingered gloves	Closed fingered gloves	Groin guard (Male)
Groin guard (Male)	Groin guard (Male)	Feet Pads
Shin Guards	Feet Pads	Head Guard
Feet pads		
Body Armour		

Female Groin guard and Breast Protectors are optional and must be worn under the Dobok

3.6 Special Technique

All divisions (except red and Black) special technique will be overhead kick (twimyo nopi chagi) performed with bicycle motion, males and females competing together and separated by height.

An L-Stance forearm guarding block ready posture must be adopted before and after the attempt to hit the target. The competitor must only hit the target with the correct part of the foot in order to qualify; however, if they fall or touch the ground with any part of their body other than their feet then the attempt will be disallowed.

For divisions other than Red and Black, each competitor will get two attempts. If they are successful with their first attempt, this will be accepted as a successful attempt. One point will be given for a touch and two points if the holder is flipped over. If the competitor touches on the first attempt, they may attempt a second attempt to fully flip the pad. If they are successful with this attempt the higher score will be recorded.

(Special Technique continued)

First attempt touch, second attempt flip over	2 points
First attempt touch, second attempt miss	1 point
First attempt misses, second attempt flip over	2 points
First attempt misses, second attempt touch	1 points
First attempt flips over, (no second attempt given)	2 points

12-14, 15-17 years, Adult Male and Female will be split into separate male and female divisions, separated by height (depending on the number of entries) and will attempt the following techniques:

Special Technique Divisions

Under 12 yrs	12 – 14 yrs		15 – 17 yrs		Adult Colour belt		Red & Black	
All Twimyo Nopi Chagi							Male	Female
Tot	Male	Female	Male	Female	Male	Female	Twimyo Nopi Ap Cha Busigi	
Pee-Wee	cm		cm		cm			
Low	-140 -150 -160 +160		-150cm -160cm -170cm +170cm		-170	-160	Twimyo Nomo Yop Cha Jirugi	
Middle					-180	-170		
High					-190	-180	Twimyo Dollyo Chagi	
Tall	+190	+180						

(Flying High & Flying Turning kick must be performed with bicycle motion).

3.7 Power Test

This event is only open to green belts and above and 14 years of age and over. Males and females will compete separately and will compete in the following groups (depending on the number of entries).

14-17 yrs		14-17 yrs		Adult 18+		Adult 18+	
Green – Blue belt		Red – Black belt		Green – Blue belt		Red – Black belt	
Male	Female	Male	Female	Male	Female	Male	Female

Power Test Procedure.

The competitor must first ensure the height of the holder and will designate how many boards they wish to break. Two points will be given for a complete break and one point for a partial break. The competitor is allowed one measure and may touch the board, followed by an attempt to break the board. The competitor must start in L-stance forearm guarding block, complete the attempt and land in forearm guarding block in one continuous motion. It is permitted to make one step forward, to slide, skip or shift as long as the supporting foot remains in contact with the ground. In the event of a tie, the jury president will select a technique to be attempted as the "tie breaker" and decide how many boards are to be used.

It is compulsory for each competitor to attempt each technique listed for his/her group. The techniques to be performed are as follows:

- Sonkal Taerigi
- Yopcha Jirugi
- Dollyo Chagi

Decisions on awarding gold silver and bronze medals in the special technique and power divisions will be made according to the performance of the students on the day.

4.0 OFFICIALS AND COACHES

All schools/clubs must provide officials to represent their competitors and to assist with the smooth running of the Tournament, we kindly ask that all officials will be able to work for the whole day. Please include school officials on the On-line registration.

Please send as many officials as possible to ensure the smooth running of the competition.

4.1 Officials Attire

Officials must wear a navy blue suit with a white long sleeved shirt, white TKD shoes (not trainers) and either navy blue or ITF Tie.

4.2 Officials Check in.

Officials are to check in at the Officials check in desk and attend the briefing as per the programme of events.

4.3 Coach

A coach is not a requirement and therefore they must pay the entry fee. All coaches must wear training shoes (no heels) and a track suit or School coach 'T'-Shirt (dobok tops should be covered) and be an active colour belt student of TaeKwon-Do. (No Black Belt Coaches please, they should be officiating)

5.0 MEDALS AND TROPHIES

There will be 1 x Gold, 1 x Silver and 1 x Bronze medal presented in special technique and power test.

Decisions on awarding gold silver and bronze medals in the special technique and power divisions will be made according to the performance of the students on the day.

There will be 1 x Gold, 1 x Silver and 2 x Bronze medal presented in patterns and sparring.

Trophies will be awarded to:

- Best under 9
- Best 9-11 yrs
- Best 12-14 yrs
- Best 15-17 yrs Male
- Best 15-17 yrs Female
- Best overall Adult Male
- Best overall Adult Female

6.0 FURTHER INFORMATION

If you have any additional questions please contact us further and we will be happy to assist:

Contact: Mr Brett Stronach
Email: reflextkd@btinternet.com
Tel Mob.: (07940) 252155

Yours in Taekwon-Do,

Mr Brett Stronach
6th Degree
Tournament Director

Sport Central

is a world-class, £30 million complex designed to hold competitive fixtures, international training camps, events, conferences and exhibitions.

Home to British Basketball League Multiple-Champions, Newcastle Eagles, as well as Team Northumbria's Netball Superleague team, the venue is well versed in welcoming top athletes, national media, corporate hospitality guests, and thousands of fans.

Its many features include:

3000-Seat Arena

Sport Central's centrepiece is a highly versatile 3,000 seat arena that can accommodate 360° seating, as well as theatre-style, stage formats, corporate dinners and round table conferences. The arena can also be split into three smaller halls. Although created



with sport in mind (it has been designed to meet the highest international standards in basketball, volleyball, netball and badminton), the arena can also be transformed into a fully carpeted space for non-sporting events and is regularly used for Northumbria University's prestigious graduation ceremonies and congregation dinners. In 2017 it hosted 400 guests for the prestigious [Faster, Higher, Stronger Fundraising Dinner](#).

Sport Facilities

In addition, Sport Central offers a wide range of sports facilities which can be incorporated into an event, or offered for use to residential delegates.

These include:

- State of the art fitness centre
- Swimming pool
- Climbing wall
- Sprint track
- Strength & Conditioning Suite
- Squash Courts



Sport Central has been designed to offer excellent access to athletes and spectators with disabilities, and to afford them the widest range of sporting opportunities.

