

One Legacy ITF Australian National Championships 2026 INFORMATION PACK

Event Dates: 10 – 11 October 2026

Applies to: Athletes, Coaches, Umpires, Officials, Tournament Committee

Rule hierarchy: Where General Choi Cup rules are stated, they override the One Legacy ITF Tournament Rule. All other matters follow the One Legacy ITF Tournament Rule

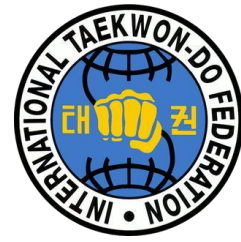
GENERAL RULES & AGE DIVISIONS

Open Participation

- Open to all martial art styles and organisations.
- All participants must strictly follow the One Legacy ITF Australian National Championships Rules and the One Legacy ITF Tournament Rule.
- Failure to comply may result in penalties, removal, or disqualification.

Division Flexibility

- All divisions may merge, split, or expand.
- Decisions are made by the Tournament Committee and Head Umpire based on participation size, safety, and event flow.



Age Determination

- Age is determined by the competitor's age on the first day of the tournament.

Age Divisions (All Events)

- Divisions open for all ages from 4 years old to 61+ year old Applies to all belts (Colour Belts and Black Belts).

INDIVIDUAL & TEAM PATTERNS

Individual Patterns

Ages 4–6: Simple routine with forward punch and backward block (no formal patterns).

Colour Belts (Ages 7–60) -

1 designated pattern.

- Competitors may perform different patterns.

Pattern Lists:

10th–9th Gup: Four Direction Punch, Four Direction Block, Chon-Ji

8th–5th Gup: Dan-Gun, Do-San, Won-Hyo, Yul-Gok

4th–1st Gup: Joong-Gun, Toi-Gye, Hwa-Rang, Choong-Moo

Black Belts

Ages 10–11 and 56–60:

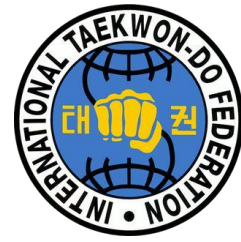
- 1 designated pattern from rank level.
- Both competitors perform the same pattern.

Ages 12–55:

- 2 designated patterns.
- Both competitors perform the same patterns.
- If ranks differ, patterns are based on the lower rank.

Ages 61+:

- Colour Belts and Black Belts merged.
- 1 optional pattern from Chon-Ji to Tong-Il.
- Competitors may perform different patterns.



Team Patterns

- Mixed gender, mixed belt, mixed age allowed.
- Team size: 4–5 competitors.
- 1 optional pattern from Chon-Ji to Ge-Baek.
- Entire team performs the same pattern. - Divisions may merge or split.

PRE-ARRANGED SPARRING

- Open event.
- Team size: 2 competitors.
- Mixed gender, mixed belt, mixed age allowed. - Divisions may merge or split.

INDIVIDUAL & TEAM SPARRING

Individual Sparring

- Divided by gender, age, and weight.
- Approved sparring protective gear is mandatory.
- Refer to the Approved Sparring Gears document.
- Divisions may merge or split based on participation, age, and weight.

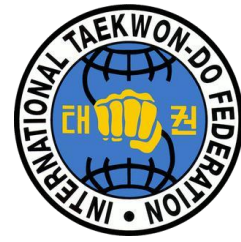
Team Sparring

- Team size: 4–5 competitors.
- Mixed gender NOT allowed.
- Mixed belt allowed.
- Age mixing: all under 18 OR all 18 and above only.
- Divisions may merge or split.

INDIVIDUAL & TEAM SPECIAL TECHNIQUES

Special Techniques

- All age divisions may enter.
- Ages 4–11 and 56+ are restricted to Flying High Front Kick and Flying Overhead Side Kick only.
- Any other technique attempted results in no score.
- Target height is measured from floor to lowest edge of target. - Ages 4–11 and 56+ heights are set by Jury's choice.



Team Special Techniques -

Team size: 4–5 competitors.

- Mixed gender NOT allowed.

- Mixed belt allowed.

- Age mixing: all under 18 OR all 18 and above only.

- Divisions may merge or split.

INDIVIDUAL & TEAM POWER BREAKING

Power Breaking

- Permitted for competitors aged 14 and above only.

- Only athletes who are 14 on the first day may enter.

- Format: 1 Hand + 1 Foot.

- Permitted hand techniques: Knifehand Strike, Forefist Front Punch.

- Permitted foot techniques: Side Piercing Kick, Turning Kick, Reverse Turning Kick.

- Divisions may merge or split.

Team Power Breaking - Team

size: 4–5 competitors.

- Mixed gender NOT allowed.

- Mixed belt allowed.

- Age mixing: all under 18 OR all 18 and above only.

- Divisions may merge or split.