

COLOUR BELT DIVISIONS

Patterns Sections

- 1st, 2nd and 2 X 3rd Place.
- Sections may be combined if numbers are insufficient.

Competition will be in the form of Pyramid system. Competitors will be asked to perform one optional pattern, i.e. Pattern of their choice (any pattern from Chon-Ji Tul up to & including the pattern of their grade). In the event of a draw, competitors may be asked to perform another pattern.

- CP1. 9th Kup Junior Up to 17yrs
- CP2. 9th Kup Adult 18yrs +
- CP3. Yellow Belt up to 11yrs
- CP4. Yellow Belt 12 – 17 yrs
- CP5. Yellow Belt 18 yrs +
- CP6. Green Belt up to 11yrs
- CP7. Green Belt 12 – 17 yrs
- CP8. Green Belt 18 yrs +
- CP9. Blue Belt up to 11yrs
- CP10. Blue Belt 12 – 17 yrs
- CP11. Blue Belt 18 yrs +
- CP12. Red Belt up to 11yrs
- CP13. Red Belt 12 – 17 yrs
- CP14. Red Belt 18 yrs +

Sparring Sections

- Children Sparring (up to 8yrs) – All bouts (incl. Finals) will be 1 X 1 minute rounds.
- Junior Sparring (9 – 17yrs) – All bouts (incl. Finals) will be 1 X 1.5 minute rounds.
- Senior Sparring (18+) – All bouts (incl. Finals) will be 1 X 2 minute rounds.
- Veteran Sparring (40+) – All bouts (incl. Finals) will be 1 X 1.5 minute rounds.
- 1st, 2nd and 2 X 3rd Place.
- Children sparring is all sparring up to and including 8yrs.
- All Children and Junior divisions **MUST** wear Head Safety equipment.
- Sections may be combined if numbers are insufficient.
- Children sparring will take place in a smaller ring. **No head punching is allowed for these sections.**

- CS1. Male Yellow to Red Belt Up to 6 Yrs
- CS2. Female Yellow to Red Belt Up to 6 Yrs
- CS3. Male Yellow to Red Belt 7 - 8yrs Under 125cm
- CS4. Male Yellow to Red Belt 7 - 8yrs 126cm +
- CS5. Male Yellow to Red Belt 9 – 11yrs Under 135cm
- CS6. Male Yellow to Red Belt 9 – 11yrs Under 145cm
- CS7. Male Yellow to Red Belt 9 – 11yrs 146cm +
- CS8. Male Yellow & Red Belt 12 – 14yrs Under 145cm
- CS9. Male Yellow & Red Belt 12 – 14yrs Under 155cm
- CS10. Male Yellow & Red Belt 12 – 14yrs 156cm +
- CS11. Male Yellow & Green Belt 15 – 17yrs Under 60Kgs
- CS12. Male Yellow & Green Belt 15 – 17yrs 61Kgs +
- CS13. Male Yellow & Green Belt 18 yrs + Under 75Kgs
- CS14. Male Yellow & Green Belt 18 yrs + 76Kgs +
- CS15. Male Yellow & Green Belt 40 yrs + (All weights)
- CS16. Female Yellow to Red Belt 7 - 8yrs Under 125cm
- CS17. Female Yellow to Red Belt 7 - 8yrs 126cm +

- CS18. Female Yellow to Red Belt 9 – 11yrs Under 135cm
- CS19. Female Yellow to Red Belt 9 – 11yrs Under 145cm
- CS20. Female Yellow to Red Belt 9 – 11yrs 146cm +
- CS21. Female Yellow & Red Belt 12 – 14yrs Under 145cm
- CS22. Female Yellow & Red Belt 12 – 14yrs Under 155cm
- CS23. Female Yellow & Red Belt 12 – 14yrs 156cm +
- CS24. Female Yellow & Green Belt 15 – 17yrs Under 53Kgs
- CS25. Female Yellow & Green Belt 15 – 17yrs 54Kgs +
- CS26. Female Yellow to Blue Belt 18 yrs + Under 65Kgs
- CS27. Female Yellow to Blue Belt 18 yrs + 66Kgs +
- CS28. Female Yellow to Blue Belt 40 yrs + (All weights)
- CS29. Male Blue & Red Belt 15 – 17yrs Under 60Kgs
- CS30. Male Blue & Red Belt 15 – 17yrs 61Kgs +
- CS31. Male Blue & Red Belt 18 yrs + Under 75Kgs
- CS32. Male Blue & Red Belt 18 yrs + 75Kgs +
- CS33. Male Blue & Red Belt 40 yrs + (All weights)
- CS34. Female Blue & Red Belt 15 – 17yrs Under 53Kgs *
- CS35. Female Blue & Red Belt 15 – 17yrs 54Kgs + *

*(Junior female Black Belts may be included in this section, if numbers are low)

Female Red belts 18yrs+ will be included in the senior female Black belt sparring

Female Red belts 40yrs + will be included in the Veteran female black belt section.

Power / Special Technique Sections

- Special Technique sections for Junior Colour Belts are as follows:

- CST1. Up to 8 yrs Male & Female (all colour belts) Twimyo Nomo Yop Chagi (Flying Kick)
- CST2. Up to 11 yrs Male & Female (all colour belts) Twimyo Nomo Yop Chagi (Flying Kick)
- CST3. 12 - 14 yrs Male & Female (all colour belts) Twimyo Nopi Ap Chagi (Jump High Kick)
- CST4. 15 – 17 yrs Male & Female (all colour belts) Twimyo Nopi Ap Chagi (Jump High Kick)

- Power sections for Senior Colour Belts are as follows:

- CD1. Senior Male Green Belt Power - Knifehand, Front Elbow, Side Piercing Kick, Turning Kick
- CD2. Veteran Male Green Belt Power - Knifehand, Front Elbow, Side Piercing Kick, Turning Kick
- CD3. Senior Male Blue Belt Power - Punch, Knifehand, Turning Kick, Reverse Turning Kick
- CD4. Veteran Male Blue Belt Power - Punch, Knifehand, Turning Kick, Reverse Turning Kick
- CD5. Senior Male Red Belt Power - Reverse Knifehand, Punch, Spot Jumping Side Kick, Reverse Turning Kick
- CD6. Veteran Male Red Belt Power - Reverse Knifehand, Punch, Spot Jumping Side Kick, Reverse Turning Kick
- CD7. Senior Female Power (Green, Blue, Red) - Knifehand, Front Elbow, Turning Kick, Side Piercing Kick.
- CD8. Veteran Female Power (Green, Blue, Red) - Knifehand, Front Elbow, Turning Kick, Side Piercing Kick

- Focus Boards will be used for the Power Sections.
- Male Power (1 white board for hand and 2 white for foot) Female Power (1 white board for hand and 1 white board for foot)
- ITF Procedure as regards measuring, ready position, etc must be followed.
- 1st Place Only (if there is an outright 2nd & 3rd Place then medals will be presented (overall hand and foot combined for each category)
- Each competitor will perform the techniques designated for their grade and will accumulate points accordingly. 3 Points for a break and 1 point if the board is bent.

Power Techniques Male

	Front Elbow	Knifehand	Punch	Reverse Knifehand	Side Kick	Turning Kick	Reverse Turning Kick	Jump Spot Side Kick
Green	1 White Board	1 White Board			2 White Boards	2 White Boards		
Blue		1 White Board	1 White Board			2 White Boards	2 White Boards	
Red			1 White Board	1 White Board			2 White Boards	2 White Boards

Power Techniques Female

	Front Elbow	Knifehand	Side Kick	Turning Kick
Green	1 White Board	1 White Board	1 White Board	1 White Board
Blue	1 White Board	1 White Board	1 White Board	1 White Board
Red	1 White Board	1 White Board	1 White Board	1 White Board

BLACK BELT DIVISIONS

Patterns Sections

Competitors will be required to perform 1 optional pattern, except semi finals and final where the competitors will perform 2 patterns, one optional and one designated.

Optional Pattern will be any pattern from their Dan Patterns.

Designated Pattern will be any pattern from Chon-Ji up to and including their Dan Patterns.

- 1st, 2nd and 2 X 3rd Place.

BP1. Under 18 Yrs I, II, III Degree (Male & Female)

BP2. 18 Yrs and over I & II Degree (Male & Female)

BP3. 40 Yrs and over I & II Degree (Male & Female)*

BP4. 18 Yrs and over III & IV Degree (Male & Female)

BP5. 40 Yrs and over III & IV Degree (Male & Female)*

*Veteran sections may be combined if numbers are insufficient.

Sparring Sections

- Junior Sparring – All bouts will be 1 X 1.5 minute rounds. 2 rounds for Final
- Senior Sparring – All bouts will be 1 X 2 minute rounds. 2 rounds for Final
- Veteran Sparring – All bouts will be 1 X 1.5 minute rounds. 2 rounds for Final
- 1st, 2nd and 2 X 3rd Place.

BS1. Female up to 17 Yrs Under 47 Kgs

BS2. Female up to 17 Yrs Under 53 Kgs

BS3. Female up to 17 Yrs 54 Kgs +

BS4. Male up to 17 Yrs Under 55Kgs

BS5. Male up to 17 Yrs Under 65Kgs

BS6. Male up to 17 Yrs Under 66Kgs +

BS7. Male 18 Yrs and over Under 75Kgs

BS8. Male 18 Yrs and over 75Kgs +

BS9. Male 40 Yrs and over (All weights) *

*(Will be separated if enough competitors or joined with seniors in insufficient numbers)

BS10. Female Red & Black Belt 18 Yrs and over Under 65Kgs

BS11. Female Red & Black Belt 18 Yrs and over 66Kgs +

BS12 Female Red & Black Belt 40 Yrs and over (All weights) *

*(Will be separated if enough competitors or joined with seniors in insufficient numbers)

Power / Special Technique Sections

- Focus Boards will be used for the Power Sections in the individual tournament.
- 3 Point awarded for a clean break, 1 point for a bent board.
- ITF Procedure as regards measuring, ready position, etc must be strictly followed.
- Junior Male & Female will compete in Special Technique.
- 1st Place Only (Unless there is an outright 2nd & 3rd Place.

Special Technique (a) Twimyo nopi apcha busigi (b) Twimyo dollyo chagi (c) Twimyo bandae dollyo chagi (d) Twimyo 360 yopcha jirugi (e) Twiyo nomo chagi

BP1. Female Black Belt 18 Yrs and over (Power Only)

BP2. Male Black Belt 18 Yrs and over (Power Only)

BP3. Female Black Belt 40 Yrs and over (Power Only)

BP4. Male Black Belt 40 Yrs and over (Power Only)

BST5. Male Black Belt Up to 17 Yrs (Special Technique Only)

BST6. Female Black Belt Up to 17 Yrs (Special Technique Only)

Power Techniques Black Belt

	Punch	Knifehand	Side Kick	Turning Kick	Reverse Turning Kick
Male	2 White Boards	2 White Boards	2 White Boards	2 White Boards	2 White Boards

	Front Elbow Strike	Knifehand	Side Kick	Turning Kick	180°Side Kick
Female	1 White Board	1 White Board	1 White Board	1 White Board	1 White Board