

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 pattern, relevant to their section as outlined below. In the event of a draw, competitors may be asked to perform another pattern.

- CP1. 9th Kup Junior (U 18) Chon-Ji Tul
- CP2. 9th Kup Adult (18 +) Chon-Ji Tul
- CP3. Yellow Belt up to 11yrs Dan-Gun Tul
- CP4. Yellow Belt 12 – 17 yrs Dan-Gun Tul
- CP5. Yellow Belt 18 yrs & above Dan-Gun Tul
- CP6. Green Belt up to 11yrs Won-Hyo Tul
- CP7. Green Belt 12 – 17 yrs Won-Hyo Tul
- CP8. Green Belt 18 yrs & above Won-Hyo Tul
- CP9. Blue Belt up to 11yrs Joong-Gun Tul
- CP10. Blue Belt 12 – 17 yrs Joong-Gun Tul
- CP11. Blue Belt 18 yrs & above Joong-Gun Tul
- CP12. Red Belt up to 11yrs Hwa-Rang Tul
- CP13. Red Belt 12 – 17 yrs Hwa-Rang Tul
- CP14. Red Belt 18 yrs & above Hwa-Rang Tul

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.
- Senior Light indicates up to 75kg for males and 60kg for females
- Senior Heavy indicates 76kg & above for males and 61kg & above for females
- 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 & Female Yellow to Red Belt Up to 6 Yrs
- CS2. Male Yellow to Red Belt 7 - 8yrs
- CS3. Male Yellow to Red Belt 9 – 11yrs
- CS4. Male Yellow & Green Belt 12 – 14yrs
- CS5. Male Yellow & Green Belt 15 – 17yrs
- CS6. Male Yellow & Green Belt 18 yrs + (Light)
- CS7. Male Yellow & Green Belt 18 yrs + (Heavy)
- CS8. Male Yellow & Green Belt 40 yrs + (All weights)

- CS9. Female Yellow to Red Belt 7 - 8yrs
- CS10. Female Yellow to Red Belt 9 – 11yrs
- CS11. Female Yellow & Green Belt 12 – 14yrs
- CS12. Female Yellow & Green Belt 15 – 17yrs
- CS13. Female Yellow to Blue Belt 18 yrs + (Light)
- CS14. Female Yellow to Blue Belt 18 yrs + (Heavy)
- CS15. Female Yellow to Blue Belt 40 yrs + (All weights)
- CS16. Male Blue & Red Belt 12 – 14yrs
- CS17. Male Blue & Red Belt 15 – 17yrs
- CS18. Male Blue & Red Belt 18 yrs + (Light)
- CS19. Male Blue & Red Belt 18 yrs + (Heavy)
- CS20. Male Blue & Red Belt 40 yrs + (All weights)
- CS21. Female Blue & Red Belt 12 – 14yrs
- CS22. Female Blue & Red Belt 15 – 17yrs *

**(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. Senior Male Blue Belt Power - Punch, Knifehand, Turning Kick, Reverse Turning Kick

CD3. Senior Male Red Belt Power - Reverse Knifehand, Punch, Spot Jumping Side Kick, Reverse Turning Kick

CD4. Senior 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 Red board for hand and 2 white for foot) Female Power (1 white board for hand and 1 Black board for foot)

• ITF Procedure as regards measuring, ready position, etc must be followed.

• 1st, 2nd & 3rd Place's Only (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.

Children (Upto 8yrs) Obstacle course Sections

- Obstacle course sections for children (up to 8yrs) Colour Belts are as follows:
OC1. Up to & including 6yrs Male & Female (all colour belts)
OC2. Up to & including 8yrs Male & Female (all colour belts)
- Obstacle course will consist of:
 - 10 Punches into a shield
 - 10 Leg swings into a rope shoulder height
 - 5 Hurdle jumps
 - Crawl under 3 hurdles
 - 5 kicks into a shield
 - Sprint for finish line and Break an Easy board to stop the clock.
- Obstacle course will be timed and the fastest 2 times win.
- 1st and 2nd place for each division.

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)

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

BS2. Male up to 17 Yrs

BS3. Male 18 Yrs and over (Light)

BS4. Male 18 Yrs and over (Heavy)

BS5. Male 40 Yrs and over (All weights) (will be separated in enough competitors or joined with seniors in insufficient numbers)

BS6. Female Red & Black Belt 18 Yrs and over (Light)

BS7. Female Red & Black Belt 18 Yrs and over (Heavy)

BS8. Female Red & Black Belt 40 Yrs and over (All weights) (will be separated in 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, 2nd & 3rd Place Only

- Male Power (2 boards for foot, 2 for hand; Female Power 1 boards for foot, 1 for hand.)

Male Power Punch, Knifehand, Side Piercing Kick, Turning Kick, Reverse Turning Kick.

Female Power Knifehand, Front Elbow, Side Piercing Kick, Turning Kick, 180o Side Kick

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 and Special Technique)

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

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

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

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