

REPUBLIC OF IRELAND TAEKWON-DO ASSOCIATION
(R.I.T.A. Est. 1972)

ITF IRELAND CUP 2025

SUNDAY, 9th MARCH, 2025

MTU Arena, Munster Technological University, Bishopstown,
Cork, T12 ERX0, Ireland



The banner features a yellow top section with the R.I.T.A. logo on the left and the event title 'ITF Ireland Cup 2025' in large white letters. Below this, a blue background shows two adult taekwondo practitioners in white uniforms and red gear performing a sparring move. In the foreground, four children in white uniforms and protective gear (red and blue helmets) stand with medals around their necks. The International Taekwon-Do Federation logo is visible in the bottom left of the blue section. A white banner at the bottom contains the text 'Black & Colour Belt, Adult, Children & Inclusive Sections' in blue.

ITF Ireland Cup 2025

Sunday 9th March
MTU Arena
Munster Technological University
Bishopstown, Cork

Black & Colour Belt, Adult, Children & Inclusive Sections



Dear Grand Masters, Masters, Instructors and Competitors,

On behalf of the R.I.T.A. Tournament Committee, I would like to invite you to the ITF Ireland Cup 2025, which will be hosted at the **MTU Arena, Munster Technological University, Bishopstown, Cork, T12 ERX0, Ireland.**

The individual events will include:

- Patterns and Sparring for all Junior, Senior, and Veteran competitors.
- Inclusive Sections available - please contact tournaments@rita-itf.org
- Special Technique will only be open to Junior and Senior competitors.
- Power will only be open to Senior and Veteran competitors.

Please note that this is a [pre-register only event](#). All entries should be made using [Kihapp website no later than Monday, 3rd March 2025, 11.59 pm](#). Please remember that accurate information is the responsibility of the instructor, any errors cannot be amended on the day. If you have any questions in relation to this event, please do not hesitate to contact us at tournaments@rita-itf.org.

Further details of the event and Link to the application form are available on www.rita-itf.org

Link to ITF Ireland Cup 2025 registration website:

<https://www.kihapp.com/tournaments/18036-itf-ireland-cup-2025>

It is the participants' responsibility to have full insurance coverage for all eventualities. The organising committee will not be responsible for any injury or loss for participants before, during, and after the Tournament howsoever arising.

We look forward to seeing you at the event.

RITA Tournament Committee



Amendment to the Sparring rules

We would like to bring your attention to the following amendment to our RITA Tournament sparring rules.

Change in rules for Sparring divisions in RITA tournaments

Introduced in 2015, the ITF rule regarding **compulsory technique** for sparring will be implemented for all junior and Senior Sparring divisions in both RITA tournaments, ITF Ireland Cup and Irish Open. Please note, it will not apply to Veteran colour or black belt divisions.

The rule states as follows:

56.2.3 2 points should be deducted from a competitor's score if he or she fails to execute at least midair kick (180' or more) in each round of competition. Only the midair kick (180' or more) which are performed in time of attack and defence or while in contact with the opponent should be recognized as valid points. The midair kicks which are blindly performed in the air should not be recognized.

This rule stipulates that 2 points will be deducted if a competitor fails to execute a midair 180 kick. This will be implemented by starting all competitors with -2 points and adding back the points once the kick is executed. The centre referee will indicate that the kick has been performed to the Jury President who will cancel the point deduction if they agree that the compulsory kick has been performed.

SAFETY EQUIPMENT AND PROTECTIVE WEAR

Please note that all competitors must wear head guards as per Official ITF Rules of Competition.

We believe that by bringing our tournaments in line with International events we will further raise the standard of our competitors and events.



Tournament Details

- Sunday 09th March 2025
- Doors Open at 8.30am
- Umpire Meeting at 8.45am sharp
- Competition starts at 9am sharp
- Please note it is planned that all Black belts (Adult, Veteran and Junior) and Red belts (adults and 14-17 years) will compete in the morning at 9 am and Junior, Senior and Veteran colour belt sections will commence approximately at 10:30 am.

Venue: MTU Arena, Munster Technological University, Bishopstown, Cork, T12 ERX0, Ireland

<u>Medals:</u>	Patterns:	1st, 2nd, Joint 3rd
	Sparring:	1st, 2nd, joint 3rd
	Special Technique:	1st only
	Power Test:	1st only

<u>Awards:</u>	Overall Junior
	Overall Senior
	Overall Veteran
	Overall School

Age:

- 'Junior' refers to any competitor aged 17 years or under on 09/03/2025
- 'Senior' refers to any competitors aged 18 years or over on 09/03/2025



Fees

Individual Fees

Section	Fees
9th Kup – Juniors	€10
9th Kup – Seniors & Veterans	€15
Juniors - Colour & Black Belt	€30
Seniors – Colour & Black Belt	€35
Veterans – Colour & Black Belt	€35

Family Rates

1. The first family member pays full price
2. The second family member is discounted by €5
3. The third family member is discounted by €5
4. Any additional family members are free

Please note this applies to immediate family members only (ie brothers/sisters/parents) which must be verified by their Instructor.

Instructors please email tournaments@rita-itf.org to receive a discount code that can be used at the checkout on Kihapp should you need one.

NB. Please note that it is the lowest price entry fees that will be waived.

Examples:

Family with 1 Adult & 2 Juniors

€35+€30+€30 = €95 less family Rate (€10) = €85.

Family with 1 Adult & 3 Juniors (same price as above)

€35+€30+€30+free Junior = €95 less family Rate (€10) = €85.

Family with 2 Adults & 2 Juniors

€35+€35+€30+Free Junior = €90 less family Rate (€10) = €80.



Payment Options

Please complete all payments via one of below available payment methods.

• **Card on Kihapp website during the registration**

Visa, Mastercard and American Express are accepted. Receipt will be issued to your email once the payment has been completed. Competitors will be automatically entered after payment has been processed.

• **EFT / Online Banking / Bank Transfer**

Fees can be transferred into the bank account details below.

Please email a copy of the receipt or proof of payment to tournaments@rita-itf.org by Monday, 3rd March 2025.

Competitors will not be entered until the entry fees have been received.

Fees & entries must be received by Monday, 3rd March 2025.

Bank Account Details are as follows:

- **Bank Name:** Permanent TSB
- **Account Name:** RITA No. 1 Account
- **Account Number:** 28279895
- **Sort Code:** 990624
- **IBAN:** IE76IPBS99062428279895
- **BIC:** IPBSIE2D
- Please include your shopping cart number (from Kihapp) in the message / reference section and "ITF Ireland Cup" where possible.



General Information

- This tournament is only open to ITF style members (9th Kup to 6th Dan)
(4th Dan – 6th Dan members can wear stripes while competing)
- 9th Kup members may compete in the patterns division and special technique
- Full white TKD Dobok must be worn by all competitors
- For Sparring, approved **hand and foot pads** must be worn. Black Belts may use 10-ounce gloves if they wish to do so (10oz must be displayed on the gloves). **Mouth guards and head guards** are mandatory for all competitors, and groin guards (worn inside the Dobok) are mandatory for male competitors. Chest protectors (worn inside the Dobok) are optional for female competitors.
- **One qualified Umpire (Age 18+) for up to and including every 10 Competitors **MUST** be supplied. This rule will be enforced and schools without the required amount of umpires will not be allowed to compete (Schools can share Umpires to make the numbers)**

Umpires:

- For up to and including every 10 competitors entered, you must provide one qualified **non-competing** umpire. (Example; 6 Competitors = 1 Umpire, 12 Competitors = 2 Umpires)
- **Non-RITA schools should enter their umpires through Kihapp when registering their competitors**
- A qualified umpire is a black belt, over 18 years, who has successfully completed a recognised umpire course
- Umpires must wear the approved umpire's uniform with white running shoes
- Umpires must sign in and attend the Umpires' meeting in the morning and be available to umpire for the whole day. Even if your school is only entering senior competitors. This will help to keep the whole day on schedule
- Schools whose umpires are not present at the Umpire meeting will have their competitors removed from the tournament
- For further information in relation to umpires please contact the R.I.T.A.'s Chief Umpire Master John Jacob (john.jacob@rita-itf.org)

Disputes:

Protests must be made on the official form to the Chief Umpire and be accompanied by a protest fee of €100 which will be refunded only if the protest is upheld. Any protest must be made observing the correct courtesies and protocols. Protests not made in the correct manner will not be entertained.



Competition Divisions/Sections

Each section must consist of two or more competitors. If there is only one competitor in a section, he/she will compete in a higher or lower section as deemed appropriate.

Please note that sparring sections may be subject to adjustments depending on the number of registered competitors. Sections may be merged to ensure adequate competition opportunities for all participants.

Patterns - Colour Belts – Junior, Senior and Veteran:

- Competition will be in the form of a pyramid system.
- Competitors will be asked to perform one optional pattern of their choice. This can be any pattern from Chon-Ji to the pattern of their grade.
- In the event of a draw, competitors will be asked to perform another pattern.

Patterns – Black Belts – Junior, Senior and Veteran:

- Competition will be in the form of a pyramid system.
- Competitors will be required to perform 2 patterns, optional and designated.
 - Optional patterns must be from their Dan Patterns, **with exception of 5th and 6th Dan members, their optional pattern must be a 4th Dan Pattern.**
 - Designated patterns will be any pattern from Chon-Ji up to and including their Dan Patterns (4th Dan Patterns being the highest).

Sparring – Colour Belts:

- Children Sparring (up to 10 yrs) – All bouts will be 1 X 1 minute rounds
- Junior Sparring:
 - a) 11-13 yrs - All bouts will be 1 X 1.5 minute rounds
 - b) 14-17 yrs (Yellow, Green and Blue Belts) – All bouts will be 2 X 1.5 minute rounds with 30 seconds in between rounds
 - c) 14-17 yrs (Red and Black Belts) – All bouts will be 2 X 2 minutes rounds with 60 seconds in between rounds
- Senior Sparring (18yrs +)
 - a) Yellow, Green and Blue Belts – All bouts will be 1 X 2 minute round
 - b) Red and Black Belts – All bouts will be 2 X 2 minutes rounds with 60 seconds in between rounds
- Veteran Sparring (40yrs +) – All bouts will be 1 X 2 minute rounds
- All competitors **MUST** wear Head Safety Equipment



Power/Special Technique:

- Junior and Senior Colour and Black Belt – Special Technique
- Senior Colour, Veteran Colour and Black Belts – Power Only

Power

- White Focus Boards will be used for the Power Sections
- 3 points will be awarded for a Clean Break, and 1 point for a bent board
- ITF procedures regarding measuring, the ready position, etc., must be strictly followed
- Eliminators will take place in all sections

Special Technique

- Special Technique will operate with a minimum starting height for all techniques as the 1st round eliminator. This will then increase during each subsequent round
- Black belt competitors must successfully perform one of the designated techniques as their eliminator in order to proceed to the next stage
- ITF Procedure as regards to measuring, ready position etc must be strictly followed



Patterns

Junior Colour and Black Belt

(Male and Female will compete together)

Section	Grade	Pattern
Up to 10yrs	Yellow Tag	Pattern of Choice
11 – 13yrs	Yellow Tag	Pattern of Choice
14 – 17yrs	Yellow Tag	Pattern of Choice
Up to 10yrs	Yellow Belt	Pattern of Choice
11 – 13yrs	Yellow Belt	Pattern of Choice
14 – 17yrs	Yellow Belt	Pattern of Choice
Up to 10yrs	Green Belt	Pattern of Choice
11 – 13yrs	Green Belt	Pattern of Choice
14 – 17yrs	Green Belt	Pattern of Choice
Up to 10yrs	Blue Belt	Pattern of Choice
11 – 13yrs	Blue Belt	Pattern of Choice
14 – 17yrs	Blue Belt	Pattern of Choice
Up to 10yrs	Red Belt	Pattern of Choice
11 – 13yrs	Red Belt	Pattern of Choice
14 – 17yrs	Red Belt	Pattern of Choice
Under 18yrs	Black Belt	Optional Pattern Designated Pattern



Patterns

Senior / Veteran Colour and Black Belt

(Male and Female will compete together, Senior & Veteran members will compete together unless otherwise stated)

Section	Grade	Pattern
18yrs +	Yellow Tag	Pattern of Choice
18yrs +	Yellow Belt	Pattern of Choice
18yrs +	Green Belt	Pattern of Choice
18yrs +	Blue Belt	Pattern of Choice
18yrs +	Red Belt	Pattern of Choice
40yrs +	All Colour Belts	Pattern of Choice
18yrs +	I & II Degree	Optional Pattern Designated Pattern
40yrs +	I & II Degree	Optional Pattern Designated Pattern
18yrs +	III, IV, V, VI Degree	Optional Pattern Designated Pattern
40yrs +	III, IV, V, VI Degree	Optional Pattern Designated Pattern



Sparring

Junior Colour and Black Belt

*Sections may be merged depending on registration numbers.

Male Sections:

Section	Grade	Height / Weight
Up to 10yrs	All colour belts	-125 cm
Up to 10yrs	All colour belts	126 cm – 135 cm
Up to 10yrs	All colour belts	136 cm – 145 cm
Up to 10yrs	All colour belts	+145 cm
11 – 13yrs	Yellow & Green Belt	-145 cm
11 – 13yrs	Yellow & Green Belt	146 cm – 155 cm
11 – 13yrs	Yellow & Green Belt	+155 cm
11 – 13yrs	Blue, Red & Black Belt	-145 cm
11 – 13yrs	Blue, Red & Black Belt	146 cm – 155 cm
11 – 13yrs	Blue, Red & Black Belt	+155 cm
14 – 17yrs	Yellow, Green & Blue Belt	- 45 kg
14 – 17yrs	Yellow, Green & Blue Belt	45 kg - 51 kg
14 – 17yrs	Yellow, Green & Blue Belt	51 kg - 57 kg
14 – 17yrs	Yellow, Green & Blue Belt	57 kg - 63 kg
14 – 17yrs	Yellow, Green & Blue Belt	63 kg - 69 kg
14 – 17yrs	Yellow, Green & Blue Belt	69 kg - 75 kg
14 – 17yrs	Yellow, Green & Blue Belt	+75 kg
14 – 17yrs	Red & Black Belt	- 45 kg
14 – 17yrs	Red & Black Belt	45 kg - 51 kg
14 – 17yrs	Red & Black Belt	51 kg - 57 kg
14 – 17yrs	Red & Black Belt	57 kg - 63 kg
14 – 17yrs	Red & Black Belt	63 kg - 69 kg
14 – 17yrs	Red & Black Belt	69 kg - 75 kg
14 – 17yrs	Red & Black Belt	+75 kg



Sparring

Junior Colour and Black Belt

*Sections may be merged depending on registration numbers.

Female Sections:

Section	Grade	Weight / Height
Up to 10yrs	All colour belts	-125 cm
Up to 10yrs	All colour belts	126 cm – 135 cm
Up to 10yrs	All colour belts	136 cm – 145 cm
Up to 10yrs	All colour belts	+145 cm
11 – 13yrs	Yellow & Green Belt	-145 cm
11 – 13yrs	Yellow & Green Belt	146 cm – 155 cm
11 – 13yrs	Yellow & Green Belt	+155 cm
11 – 13yrs	Blue & Red Belt	-145 cm
11 – 13yrs	Blue & Red Belt	146 cm – 155 cm
11 – 13yrs	Blue & Red Belt	+155 cm
14 – 17yrs	Yellow, Green & Blue Belt	- 40 Kg
14 – 17yrs	Yellow, Green & Blue Belt	40 kg - 46 kg
14 – 17yrs	Yellow, Green & Blue Belt	46 kg - 52 kg
14 – 17yrs	Yellow, Green & Blue Belt	52 kg - 58 kg
14 – 17yrs	Yellow, Green & Blue Belt	58 kg - 64 kg
14 – 17yrs	Yellow, Green & Blue Belt	64 kg - 70 kg
14 – 17yrs	Yellow, Green & Blue Belt	+70 kg
14 – 17yrs	Red & Black Belt	- 40 Kg
14 – 17yrs	Red & Black Belt	40 kg - 46 kg
14 – 17yrs	Red & Black Belt	46 kg - 52 kg
14 – 17yrs	Red & Black Belt	52 kg - 58 kg
14 – 17yrs	Red & Black Belt	58 kg - 64 kg
14 – 17yrs	Red & Black Belt	64 kg - 70 kg
14 – 17yrs	Red & Black Belt	+70 kg



Sparring

Senior / Veteran Colour and Black Belt Sparring

*Sections may be merged depending on registration numbers.

Male Sections:

Section	Grade	Weight
18yrs +	Yellow, Green & Blue Belt	-52 kg
18yrs +	Yellow, Green & Blue Belt	52 kg - 58 kg
18yrs +	Yellow, Green & Blue Belt	58 kg - 64 kg
18yrs +	Yellow, Green & Blue Belt	64 kg - 71 kg
18yrs +	Yellow, Green & Blue Belt	71 kg - 78 kg
18yrs +	Yellow, Green & Blue Belt	78 kg - 85 kg
18yrs +	Yellow, Green & Blue Belt	85 kg - 92 kg
18yrs +	Yellow, Green & Blue Belt	+92 kg
40yrs +	Yellow, Green & Blue Belt	All Weights
18yrs +	Red & Black Belt	-52 kg
18yrs +	Red & Black Belt	52 kg - 58 kg
18yrs +	Red & Black Belt	58 kg - 64 kg
18yrs +	Red & Black Belt	64 kg - 71 kg
18yrs +	Red & Black Belt	71 kg - 78 kg
18yrs +	Red & Black Belt	78 kg - 85 kg
18yrs +	Red & Black Belt	85 kg - 92 kg
18yrs +	Red & Black Belt	+92 kg
40yrs +	Red & Black Belt	All Weights



Sparring

Senior / Veteran Colour and Black Belt Sparring

*Sections may be merged depending on registration numbers.

Female Sections:

Section	Grade	Weight
18yrs +	Yellow, Green & Blue Belt	- 47 kg
18yrs +	Yellow, Green & Blue Belt	47 kg - 52 kg
18yrs +	Yellow, Green & Blue Belt	52 kg - 57 kg
18yrs +	Yellow, Green & Blue Belt	57 kg - 62 kg
18yrs +	Yellow, Green & Blue Belt	62 kg - 67 kg
18yrs +	Yellow, Green & Blue Belt	67 kg - 72 kg
18yrs +	Yellow, Green & Blue Belt	72 kg - 77 kg
18yrs +	Yellow, Green & Blue Belt	+77 kg
40yrs +	Yellow, Green & Blue Belt	All Weights
18yrs +	Red & Black Belt	- 47 kg
18yrs +	Red & Black Belt	47 kg - 52 kg
18yrs +	Red & Black Belt	52 kg - 57 kg
18yrs +	Red & Black Belt	57 kg - 62 kg
18yrs +	Red & Black Belt	62 kg - 67 kg
18yrs +	Red & Black Belt	67 kg - 72 kg
18yrs +	Red & Black Belt	72 kg - 77 kg
18yrs +	Red & Black Belt	+77 kg
40yrs +	Red & Black Belt	All Weights



Special Technique

Junior Colour and Black Belt Special Technique

Section	Grade	Technique
Up to 10yrs (Male)	All colour belts	Twimyo Nomo Yop Chagi (Flying Kick) (50x100cm)
Up to 10yrs (Female)	All colour belts	Twimyo Nomo Yop Chagi (Flying Kick) (50x90cm)
11 – 13yrs (Male) 14 – 17yrs (Male)	All colour belts	Twimyo Nopi Ap Chagi (Jump High Kick) (190cm) Twimyo Nopi Ap Chagi (Jump High Kick) (210cm)
11 – 13yrs (Female) 14 – 17yrs (Female)	All colour belts	Twimyo Nopi Ap Chagi (Jump High Kick) (180cm) Twimyo Nopi Ap Chagi (Jump High Kick) (200cm)
Up to 17yrs (Male)	Black Belts	1) Twimyo Nopi Aпча Busigi (220 cm) 2) Twimyo Dollyo Chagi (200 cm) 3) Twimyo Bandae Dollyo Chagi (200 cm) 4) Twimyo 360 Yopcha Jirugi (200 cm) 5) Twimyo Nomo Chagi (70cm x 200cm)
Up to 17yrs (Female)	Black Belts	1) Twimyo Nopi Aпча Busigi (200 cm) 2) Twimyo Dollyo Chagi (190 cm) 3) Twimyo Bandae Dollyo Chagi (190cm) 4) Twimyo 360 Yopcha Jirugi (190 cm) 5) Twimyo Nomo Chagi (70 cm X 150cm)



Special Technique

Senior Colour and Black Belt Special Technique

Male Sections:

Section	Grade	Technique
18yrs +	All colour belts (9th Kup+)	Twimyo Nopi Ap Chagi (Jump High Kick) (200cm)
18yrs +	Black Belts	1) Twimyo Nopi Apcha Busigi (220 cm) 2) Twimyo Dollyo Chagi (200 cm) 3) Twimyo Bandae Dollyo Chagi (200 cm) 4) Twimyo 360 Yopcha Jirugi (200 cm) 5) Twimyo Nomo Chagi (70 cm x 200cm)

Female Sections:

Section	Grade	Technique
18yrs +	All colour belts (9th Kup+)	Twimyo Nopi Ap Chagi (Jump High Kick) (190cm)
18yrs +	Black Belts	1) Twimyo Nopi Apcha Busigi (200 cm) 2) Twimyo Dollyo Chagi (200 cm) 3) Twimyo Bandae Dollyo Chagi (200 cm) 4) Twimyo 360 Yopcha Jirugi (200 cm) 5) Twimyo Nomo Chagi (70 cm x 200cm)



Power Test

Senior / Veteran Colour and Black Belt Power

Male Sections

Section	Grade	Technique	Boards (White)
18yrs +	Green & Blue Belt	Knife Hand	1 Board
		Front Elbow	1 Board
		Side Piercing Kick	2 Boards
		Turning Kick	2 Boards
40yrs +	Green & Blue Belt	Knife Hand	1 Board
		Front Elbow	1 Board
		Side Piercing Kick	2 Boards
		Turning Kick	2 Boards
18yrs +	Red Belt	Punch	1 Board
		Reverse Knife Hand	1 Board
		Turning Kick	2 Boards
		Reverse Turning Kick	2 Boards
40yrs +	Red Belt	Punch	1 Board
		Reverse Knife Hand	1 Board
		Turning Kick	2 Boards
		Reverse Turning Kick	2 Boards
18yrs +	Black Belt	Punch	2 Boards
		Knife Hand	2 Boards
		Side Piercing Kick	2 Boards
		Turning Kick	2 Boards
		Reverse Turning Kick	2 Boards
40yrs +	Black Belt	Punch	2 Boards
		Knife Hand	2 Boards
		Side Piercing Kick	2 Boards
		Turning Kick	2 Boards
		Reverse Turning Kick	2 Boards



Power Test

Senior / Veteran Colour and Black Belt Power

Female Sections

Section	Grade	Technique	Boards (White)
18yrs +	Green, Blue, Red	Knife Hand	1 Board
		Front Elbow	1 Board
		Turning Kick	1 Board
		Side Piercing Kick	1 Board
40yrs +	Green, Blue, Red	Knife Hand	1 Board
		Front Elbow	1 Board
		Turning Kick	1 Board
		Side Piercing Kick	1 Board
18yrs +	Black Belt	Knife Hand	1 Board
		Front Elbow	1 Board
		Turning Kick	1 Board
		Side Piercing Kick	1 Board
		180 Side Kick	1 Board
40yrs +	Black Belt	Knife Hand	1 Board
		Front Elbow	1 Board
		Turning Kick	1 Board
		Side Piercing Kick	1 Board
		180 Side Kick	1 Board



PLEASE NOTE ALL WEIGHTS MUST BE GIVEN IN KILOGRAMS

<u>Kilograms</u>	<u>Stones</u>	<u>Kilograms</u>	<u>Stones</u>
27	4.3	72	11.3
28	4.4	74	11.7
30	4.7	78	12
32	5	80	12.6
34	5.4	82	13
36	5.7	84	13.2
38	6	88	13.8
40	6.3	90	14
42	6.6	92	14.4
44	6.9	94	14.8
46	7.2	96	15
48	7.6	98	15.4
50	7.9	100	15.7
52	8.2	101	16
54	8.6	102	16.06
56	8.9	103	16.21
58	9.3	104	16.4
60	9.5	105	16.6
62	9.8	106	16.7
64	10.1	107	16.9
66	10.4	108	17
68	10.7	109	17.2
70	11	110	17.3



PLEASE NOTE THAT ALL HEIGHTS MUST BE GIVEN IN CM's

<u>Feet/Inches</u>	<u>CM</u>	<u>Feet/Inches</u>	<u>CM</u>	<u>Feet/Inches</u>	<u>CM</u>
4 ft 0 Inches	122	5 ft 0 Inches	152	6 ft 0 Inches	182
4 ft 1 Inch	124	5 ft 1 Inch	155	6 ft 1 Inch	185
4 ft 2 Inches	127	5 ft 2 Inches	157	6 ft 2 Inches	188
4 ft 3 Inches	130	5 ft 3 Inches	160	6 ft 3 Inches	190
4 ft 4 Inches	132	5 ft 4 Inches	163	6 ft 4 Inches	193
4 ft 5 Inches	135	5 ft 5 Inches	165	6 ft 5 Inches	195
4 ft 6 Inches	137	5 ft 6 Inches	168	6 ft 6 Inches	198
4 ft 7 Inches	140	5 ft 7 Inches	170	6 ft 7 Inches	200
4 ft 8 Inches	142	5 ft 8 Inches	172	6 ft 8 Inches	203
4 ft 9 Inches	145	5 ft 9 Inches	175	6 ft 9 Inches	205
4 ft 10 Inches	147	5 ft 10 Inches	178	6 ft 10 Inches	208
4 ft 11 Inches	150	5 ft 11 Inches	180	6 ft 11 Inches	210



(Optional Form for Instructors to Collect Competitor Information for Kihapp.com
Registration)

ITF Ireland Cup 2025, Colour & Black Belt Tournament
MTU Arena, Munster Technological University, Bishopstown, Cork, T12 ERX0,
Ireland.
Sunday, March 09th, 2025

Competitor Application Form

First Name: _____ Family Name _____

Taekwon-Do School: _____ Association: _____

Sex: _____ (Male/Female) Date of Birth (DD/MM/YYYY): _____ Age: _____

Sections to compete:

Grade: _____ (Kup / Dan)

Patterns

Weight: _____ kg

Sparring

Height: _____ cm

Special Technique

Power

I confirm that all the information given is true and correct and I agree to abide by the tournament rules and accept the Chief Umpire's decision as final.

I confirm that I am fully insured to take part in this event and understand that the organising committee will not be responsible for any injury or loss for participants before, during, and after the Tournament howsoever arising.

I confirm that I can be given Medical/First Aid treatment if required and that I may be photographed and videoed at the event which may be used for Taekwon-Do promotional purposes.

Signature: _____ (If under 18 Years Parents or Guardians signature)
Please return to your instructor to have your name included on the application form.

Fees:

9th Kup – Juniors : €10

Juniors - Colour & Black Belt : €30

9th Kup – Seniors : €15

Seniors – Colour & Black Belt : €35

Veterans – Colour & Black Belt : €35