



We would officially like to invite you to our... I.T.S. British Tae kwon do Championships 2010

Our 'All Taekwondo' championships will see a number of major changes from the 2009 event, as well as being Taekwondo only and having the usual individual forms and sparring categories, there will be an internationally themed team event!

The team event will consist of the best I.T.S international competitors from a number of different countries all competing through out the day and battling it out to be crowned '*I.T.S. INTERNATIONAL TEAM CHALLENGE CHAMPIONS!*' Team England, Scotland, Ireland and the U.S.A. have already confirmed their attendance each with 50 member strong squads!

Though competitive, our events are very much family focused and designed for all levels, skills and abilities, we would genuinely like to have your involvement so please have a read through the information pack enclosed, complete & return your entry form and don't hesitate to get in touch if we can help you any further.

We look forward to seeing you in Kidderminster on Sunday 16th May in what will be another great event!

Kindest Regards

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NB. Photographic / video equipment will be in use at this event. Images captured may be used for promotional and / or training purposes. The organisers reserve the right to refuse admission

Payment Structure and Incentives

2010 will see the I.T.S. British Championship categories increase to cater for growth and recent demand. It will see the inclusion of some extra light continuous categories as well as some for the executive's (the +32yrs amongst us!) In addition, we will have an open grand champion category - 1st and 2nd place awarded only!

With the additional categories comes a more competitor focused payment system as well as a discounted incentive for getting your entry forms in early!

Category entered	Before 'Early Bird' Pre-entry deadline of 02/05/10	Before Pre-entry deadline of 09/05/10
1 st Category	£10.00	£12.00
Each additional category is ½ price therefore -	£5.00 each	£6.00 each
Spectators – PRE-PAID TICKETS ONLY	£6.00 per person – under 3's get in free Available from Wyre Forest Glades box office on 01562 515151 or via your club instructor	

The example below is taken from the competitors entry form –

Weight and Height may be checked on the day, so please make sure that the divisions entered on this sheet are correct								
	Name	Weight (kg) Height (cm)	M / F	Age (D.O.B.)	Division Entering (as per categories sheet)	Div. No.	Fee Paid	Official Use
1	Joe Bloggs	78kg / 182cm	M	31 (25/10/77)	Black belt Patterns	12	12.00	
2	Joe Bloggs	78kg / 182cm	M	31 (25/10/77)	Red-Black Belt Points Sparring + 75kg	46	6.00	
3	Joe Bloggs	78kg / 182cm	M	31 (25/10/77)	Light Continuous + 75kg	63	6.00	

If you are unsure of the new categories or costs, please speak to your club instructor or alternatively feel free to contact info@its-taekwondo.co.uk

With the changes to the 2010 schedule, students can potentially enter up to 6 categories and with the demonstrations, an equipment pro-shop and family atmosphere, it has the makings of another action packed fun filled day!

As the event is invitational only, the championship **ENTRY FORMS** are available through your I.T.S. club instructor or alternatively please feel free to contact info@its-taekwondo.co.uk for more information.

We look forward to seeing you there!



Rules and Regulations

... Forms ...

There are both individual patterns / forms divisions as well as international teams. Please note that all individual categories are mixed gender.

TKD Patterns ...

In the individual patterns, competitors will have a choice of pattern, as below –

TKD Patterns (10th – 8th kup) either 4-Directional Punching, Chon-ji or Dan Gun

TKD Patterns (7th – 5th kup) either Dan Gun, Do San, Won Hyo or Yul Gok

TKD Patterns (4th – 2nd kup) either Yul Gok, Joong Gun, Toi Gye or Hwa Rang

TKD Patterns (1st kup and dan grades) either Hwa-Rang, Choong Moo or a choice black belt pattern

Please note – No advantage or disadvantage will be given for use of Sine Wave
Preference / advantage will not be given in scoring for choice of pattern so please ensure you perform the one you feel most comfortable with or are best at!

With all the forms categories - three judges will mark with scores for all grades starting at 9.0 – range being 8.0 to 10.0, the average score of three is taken forward. The competitor (s) with the highest score wins a 1st place medal (s) and second highest a 2nd place medal (s) and third highest a 3rd place medal (s).

CREATIVE Forms ...

DEFINITION - A creative form is an imaginary fight against one or more opponents, in which the performer uses techniques deriving from a martial arts style. Music and weapons are optional but the form will be marked on martial arts content (not just gymnastic ability) as well as creative use of skills.

There is no minimum or maximum time requirement per creative form but 1 minute from the formal introduction and bow is recommended as judges scores may reflect in a too short or too long a performance.



... Point Sparring ... - All SEMI CONTACT

The sparring will consist of individual divisions and international teams – please note that divisions are subject to change as the numbers of event competitors may vary.

Each round is 1 min 30 secs or first to 20 points, if the scores are level at the end of the round 30 secs overtime is to be fought – max of 3 overtime rounds. If a winner has still not been determined first clear point winner system will decide the bout.

Points scoring areas

1 point - Hand technique to the body
1 point - Hand technique to the head
2 points - Kick to body
3 points - Kick to head

N.B. – No leg sweeps

Equipment that must be worn

Gloves
Boots
Head guard
Gum shields, groin and shin guards

N.B. - No glasses – please wear contact lenses or face protector

Warnings and Point Deductions

Heavy Contact
Repetitively leaving matted area
Grabbing, tripping, sweeping
Striking non-scoring areas!

Min. 2 warnings given then minus points or even disqualification to be given @ referee's discretion

The scoring system for Team Sparring is the same as individual points sparring – done on the number of victories (out of 5)

... Light Continuous Sparring ... - All SEMI CONTACT

Scoring is done by 3 separate judges according to ...

Number of points scored
The combination ability
The deliverance of clean techniques and fighting style
Effectiveness of the defence
Equal emphasis on both hand & foot techniques
Physical condition of the fighter during & after the fight

Penalties will be applied for ...

Unclean fighting style
Constant clinching
Constant & continuous ducking
Constant & continuous turning of back
Too few foot techniques – minimum of 6 per round
Excessive contact

Medals will be given for 1st, 2nd and 3rd place (s).

PLEASE NOTE –

Random checks will be made on competitor's height and weight so ensure correct details are submitted!
The Officials reserve the right to [join or overlap divisions](#) - minimum of 3 competitors needed in each category
The referees/umpires decision is **FINAL!**

FORMS Categories

AGE 11 yrs or under

1. TKD Patterns (10th – 8th kup)
2. TKD Patterns (7th – 5th kup)
3. TKD Patterns (4th – 2nd kup)
4. TKD Patterns (1st kup and dan grades)

AGE 12 to 16 yrs

5. TKD Patterns (10th – 8th kup)
6. TKD Patterns (7th – 5th kup)
7. TKD Patterns (4th – 2nd kup)
8. TKD Patterns (1st kup and dan grades)

AGE 17 yrs and over

9. TKD Patterns (10th – 8th kup)
10. TKD Patterns (7th – 5th kup)
11. TKD Patterns (4th – 2nd kup)
12. TKD Patterns (1st kup and dan grades)

AGE 16 yrs or under

13. Creative Forms (Music optional)
14. Weapon based Creative Forms (Music optional)

AGE 17 yrs and over

15. Creative Forms (Music optional)
16. Weapon based Creative Forms (Music optional)

TEAM PATTERNS & POINTS SPARRING

Mixed – Aged 8-11yrs
Girls – Aged 12-16 years
Boys – Aged 12-16 years
Women – Aged 17yrs +
Men – Aged 17yrs +

INVITATION ONLY!

Organising officials reserve the right to cancel or combine any of the categories at any time.

Please presume 10th is a beginner grade and 1st is advanced

No 'live' bladed weapons will be allowed at this event !

JUNIOR SPARRING Categories

POINTS

AGE 11 yrs or under // Under 140cm

17. **BOYS** (10th – 7th grade)
18. **BOYS** (6th – 3rd grade)
19. **BOYS** (2nd grade and up)
20. **GIRLS** (10th – 5th grade)
21. **GIRLS** (4th grade and up)

AGE 11 yrs or under // Over 141cm

22. **BOYS** (10th – 7th grade)
23. **BOYS** (6th – 3rd grade)
24. **BOYS** (2nd grade and up)
25. **GIRLS** (10th – 5th grade)
26. **GIRLS** (4th grade and up)

BOYS AGE 12 to 16 yrs // Under 160cm

27. 10th – 7th grade
28. 6th – 3rd grade
29. 2nd grade and up

BOYS AGE 12 to 16 yrs // Over 161cm

30. 10th – 7th grade
31. 6th – 3rd grade
32. 2nd grade and up

GIRLS AGE 12 to 16 yrs // Under 150cm

33. 10th – 5th grade
34. 4th grade and up

GIRLS AGE 12 to 16 yrs // Over 151cm

35. 10th – 5th grade
36. 4th grade and up

CONTINUOUS

GIRLS AGE 5 – 16yrs OPEN GRADE

37. Under 130cm
38. 131 – 150cm
39. 151cm +

BOYS AGE 5 – 16yrs OPEN GRADE

40. Under 130cm
41. 131 – 150cm
42. 151cm +

SENIOR SPARRING Categories

POINTS

AGE 17 yrs and over // Under 70kg

43. **MENS** (10th – 5th grade)
44. **MENS** (4th grade and up)

AGE 17 yrs and over // 71 - 80kg

45. **MENS** (10th – 5th grade)
46. **MENS** (4th grade and up)

AGE 17 yrs and over // Over 81kg

47. **MENS** (10th – 5th grade)
48. **MENS** (4th grade and up)

AGE 17 yrs and over // Under 65kg

49. **WOMENS** (10th – 3rd grade)
50. **WOMENS** (2nd grade and up)

AGE 17 yrs and over // Over 66kg

51. **WOMENS** (10th – 3rd grade)
52. **WOMENS** (2nd grade and up)

EXECUTIVE WOMEN LADIES AGE 32 + OPEN GRADE

53. Under 64kg
54. Over 65kg

EXECUTIVE MEN AGE 32 + OPEN GRADE

55. Under 74kg
56. Over 75kg

GRAND CHAMPION

57. Open Weight + Open Grade

CONTINUOUS

WOMEN 17yrs and over OPEN GRADE

58. Under 60kg
59. Under 70kg
60. Over 71kg

MEN 17yrs and over OPEN GRADE

61. Under 60kg
62. Under 70kg
63. Under 80kg
64. Over 81kg

All relevant entry forms are available via your I.T.S. club instructor



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