

SPARRING

Yellow Stripe (9th Kup) are now allowed in competitions. They are in with Yellow Belt (8th Kup) and Green Stripe (7th Kup). They are all in one division coded "YE" on the Entry Form.

JUNIORS

Upto & incl. 14 yrs

ALL POINT STOP ALL BELT COLOURS SEPERATE

| | |
|--------------|--|
| Tiny Tots | Upto & incl. 4ft (yellow & green only) |
| Pee Wee | Upto & incl 4'6" |
| Lightweight | Upto & incl 5' |
| Middleweight | Upto & incl 5'6" |
| Heavyweight | Over 5'6" |

CADET MALE

15 yrs & up to & including 17 yrs

Yellow/Greens together Point Stop.

Blue/Red together & Black belts separate. Continuous Sparring.

| | |
|-------------------|-------------------|
| Lightweight | Upto & incl. 55kg |
| Middleweight | Upto & incl 65kg |
| Light Heavyweight | Upto & incl 75kg |
| Heavyweight | Over 75kg |

CADET FEMALE

15 yrs & upto & incl. 17 yrs

Yellow/Green belts together Point Stop

Blue/Red together & Black separate. Continuous sparring.

| | |
|-----------------------|-------------------|
| Lightweight | Upto & incl 50kg |
| Middleweight | Upto & incl. 55kg |
| Heavyweight | Over 55kg |
| Yellow/Green together | Blue/Red together |
| Black belts separate | |

COLOURED BELT MEN

Yellow/Green point stop. Blue/Red continuous

All belt colours separate divisions

| | |
|--------------|----------------------------|
| Lightweight | Upto & incl 64kg |
| Welterweight | Over 64kg upto & incl 72kg |
| Middleweight | Over 72kg upto & inc 80kg |
| Heavyweight | Over 80kg |

COLOURED BELT LADIES

Yellow/Green Point Stop. Blue/Red continuous

All belts separate.

| | |
|--------------|----------------------------|
| Lightweight | Upto & incl 56kg |
| Middleweight | Over 56kg upto & incl 60kg |
| Heavyweight | Over 60kg |

BLACK BELT MEN

Continuous Sparring

| | |
|-------------------|-----------------------------|
| Flyweight | Upto & incl. 58kg |
| Lightweight | Over 58kg upto & incl. 64kg |
| Welterweight | Over 64kg upto & incl. 70kg |
| Middleweight | Over 70kg upto & incl. 76kg |
| Light Heavyweight | Over 76kg upto & incl. 82kg |
| Heavyweight | Over 82kg |

BLACK BELT LADIES

Continuous Sparring

| | |
|-------------------|-----------------------------|
| Lightweight | Upto & incl. 52kg |
| Middleweight | Over 52kg upto & incl. 57kg |
| Light Heavyweight | Over 57kg upto & incl 62kg |
| Heavyweight | Over 62kg |

EXECUTIVE MEN

Point Stop sparring

Yellow & green belts together, Blue/Red belts together

Black belts separate.

EXECUTIVE LADIES

Point stop sparring

Yellow & green belts together. Blue/Red belts together

Black belts separate.

| | | | |
|----------------------|--------|-------------------------|--------|
| <u>EXECUTIVE MEN</u> | | <u>EXECUTIVE LADIES</u> | |
| Lightweight | -75kg | Lightweight | -60kg |
| Heavyweight | + 75kg | Heavyweight | + 60kg |

DESTRUCTION – BLACK BELTS ONLY

Male Hand: Forefist Punch.

Male Foot: Standing reverse side kick

Female Hand any hand technique (no elbow)

Female Foot -any foot rear leg only (no stepping)

PATTERNS

Yellow Stripe (9th Kup) are now allowed in competitions. They are in with Yellow belt (8th Kup) and Green stripe (7th Kup). They are all in one division coded "YE" on the entry form.

JUNIORS

Upto 16 yrs old

Boys & Girls Separate Divisions

Yellow Stripe. Yellow Belt/Green Stripe Together

| | |
|---------------|---------------------------------------|
| Yellow Stripe | Chon Ji only |
| Yellow Belt | Chon Ji or Dan Gun |
| Green Belt | Do San or Won Hyo |
| Blue Belt | Yul Gok or Joong Gun |
| Red Belt | Toi Gye or Hwa Rang |
| Black Belt | Any pattern of grade (see list below) |

COLOURED BELT MEN (16 & over)

| | |
|---------------|----------------------|
| Yellow Stripe | Chon Ji only |
| Yellow Belt | Chon Ji or Dan Gun |
| Green Belt | Do San or Won Hyo |
| Blue Belt | Yul Gok or Joong Gun |
| Red Belt | Toi Gye or Hwa Rang |

BLACK BELT MEN

| | |
|------------------------------|-------------------------------------|
| 1 st Dans | Any pattern of Grade See List Below |
| 2 nd Dans & above | Any pattern of Grade See List Below |

BLACK BELT PATTERNS LIST.

| | |
|---------------------|-------------------------------------|
| 1 st Dan | Choong Moo/Kwang Gae/Po-Eun/Ge-Baek |
| 2 nd Dan | Choong Jan/Ko-Dang/Eui-Am |
| 3 rd Dan | Choi Young/Yoo-Sin/Sam-Il |
| 4 th Dan | Tong-Il/Ul-Ji/Se-Jong |
| 5 th Dan | Yon-Ge/Moon-Moo/So San |

BLACK BELT WEIGH IN: WILL BE STRICTLY BETWEEN 11 A.M. & 12 NOON. NOBODY WILL BE ALLOWED TO WEIGH IN AFTER THESE TIMES, AND YOU WILL FORFIET YOUR ENTRY.

****** YOU MUST MAKE SURE YOUR COMPETITORS ARE IN THE RIGHT DIVISIONS, AS FAILURE TO DO SO WILL CAUSE PROBLEMS FOR YOUR STUDENT, YOURSELF, YOUR POCKET (I.E. A FINE FOR CHANGING DIVISION) AND THE TOURNAMENT ORGANISERS.**

NO SPECTATORS ARE ALLOWED ONTO THE COMPETITION AREA.

ALL COMPETITOR LICENCE NUMBERS MUST BE ON THE FORMS. THESE WILL BE CHECKED TO MAKE SURE THAT ALL STUDENTS ARE FULLY INSURED FOR THE EVENT.

COLOURED BELT LADIES (16 & over)

| | |
|---------------|----------------------|
| Yellow Stripe | Chon Ji only |
| Yellow Belt | Chon Ji or Dan Gun |
| Green Belt | Do San or Won Hyo |
| Blue Belt | Yul Gok or Joong Gun |
| Red Belt | Toi Gye or Hwa Rang |

BLACK BELT LADIES

| | |
|------------------------------|---------------------------------------|
| 1 st Dans | Any patterns of Grade. See List Below |
| 2 nd Dans & above | Any patterns of Grade. See list below |