

2005 RITA National ITF Championships

**NUI Maynooth, Co Kildare.
Saturday 12th November.**

Tournament Information



Important Information

Tournament Date: Saturday 12th November 2005.

Venue: Sports hall, NUI Maynooth, Co Kildare.

Start Times: Individual Tournament Starts at 10.30a.m.
Umpires Meeting at 10.00a.m. *sharp*.

Entry Fees: **€20.00 All Competitors**

Closing Date for receipt of entries: **Monday 7th November 2005.**
Entries must be accompanied by the enclosed School Cover Sheet fully completed or they will NOT be accepted.

Officials/Umpires: **Each school must provide at least 1 *qualified* umpire per 10 students i.e. a Black Belt over the age of 18 who has successfully completed an officially approved Umpires Course. To ensure smooth running of the Tournament please encourage as many of your qualified Umpires to attend.**

Officials/Umpires must wear officially approved umpires outfit, i.e. blue suit with white long sleeve shirt, official tie and white running shoes.

Coaches must wear Tracksuit, no coaches in doboks will be allowed.

UMPIRES/OFFICIALS ARE NOT PERMITTED TO COACH COMPETITORS DURING THE TOURNAMENT.

***For further information regarding the event, please contact:
Mr. Stephen Doyle, Tournament Administrator. 01-4625252 or 087-6986491***

TOURNAMENT SECTIONS*

* *The organiser reserves the right to amend / cancel sections if there are insufficient numbers of competitors.*

Colour Belt Divisions

Patterns Section

- Competitors will be asked to perform one pattern, i.e. pattern of their grade as outlined below. In the event of a tie, they may be asked another pattern from a lower grade.
- Males & females will compete together in Colour Belt Patterns.
- 1st, 2nd, and 1 X 3rd Place

Divisions as follows:

| | |
|-----------------------------------|---------------|
| 1. 9 th Kups all ages | Chon-ji Tul |
| 2. Yellow Belt 12 years and under | Dan-Gun Tul |
| 3. Yellow Belt 13-17 years | Dan-Gun Tul |
| 4. Senior Yellow Belt | Dan-Gun Tul |
| 5. Green Belt 12 years and under | Won-Hyo Tul |
| 6. Green Belt 13-17 years | Won-Hyo Tul |
| 7. Senior Green Belt | Won-Hyo Tul |
| 8. Blue Belt 12 years and under | Joong-Gun Tul |
| 9. Blue Belt 13-17 years | Joong-Gun Tul |
| 10. Senior Blue Belt | Joong-Gun Tul |
| 11. Red Belt 12 years and under | Hwa-Rang Tul |
| 12. Red Belt 13-17 years | Hwa-Rang Tul |
| 13. Senior Red Belt | Hwa-Rang Tul |

Sparring Section

- Please advise your students that **no contact** will be permitted in sparring competition.
- Electronic scoring (“Fight System”) will be used.
- Competitors must be 6th Kup (green belt) or higher to compete in sparring.
- Junior Sparring – All bouts (incl finals) will be 1 X 1.5 minute rounds
- Senior Sparring – All bouts (incl finals) will be 1 X 2 minute rounds
 - 1st, 2nd, and 2 X 3rd Place
- Senior Male Sparring

| | |
|--------------|------------|
| Lightweight: | up to 75kg |
| Heavyweight: | over 75 kg |
- Senior Female Sparring

| | |
|--------------|------------|
| Lightweight: | up to 60kg |
| Heavyweight: | over 60kg |

Divisions as follows:**1. Male Green – Red Belt up to 11 yrs**

2. Female Green – Red belt up to 11 yrs
3. Male Green – Red Belt 12-14 yrs
4. Female Green – Red Belt 12-14 yrs
5. Male Green Belt 15-17 yrs
6. Male Blue – Red Belt 15-17 yrs
7. Female Green-Red Belt 15-17 yrs
8. Male Green Belt 18 yrs and above (Light)
9. Male Green Belt 18 yrs and above (Heavy)
10. Male Blue-Red Belt 18 yrs and above (Light)
11. Male Blue-Red Belt 18 yrs and above (Heavy)
12. Female Green-Red Belt 18 yrs and above (Light)
13. Female Green-Red Belt 18 yrs and above (Heavy)

Power Sections

- Focus Boards will be used for the power sections.
- ITF Procedure as regards measuring, ready position etc must be followed.
- 1st Place only (overall hand and foot combined for each category).
- Each competitor will perform the techniques designated for their grade and will accumulate points accordingly.
- Competitors must be 18 years or over and green belt or higher to compete in this event.

Divisions as follows:

1. Male Green Belt
2. Male Blue Belt
3. Male Red Belt
4. Female Green-Red Belt

Techniques:

| Grade (Kup) | Male | | | | Female | | |
|---|------|-----|-----|--|--------|-----|-----|
| | 1-2 | 3-4 | 5-6 | | 1-2 | 3-4 | 5-6 |
| HAND | | | | | | | |
| Backfist | X | | | | | | |
| Punch | X | X | | | | | |
| Knifehand | | X | X | | X | X | |
| Elbow | | | X | | | | X |
| FOOT | | | | | | | |
| Jumping Side Piercing Kick (from parallel ready stance) | X | | | | X | | |
| Reverse Turning Kick | X | X | | | X | X | |
| Turning Kick | | X | X | | | X | X |
| Side Piercing Kick | | | X | | | | X |

Black Belt Divisions

Patterns Section

- Competitors will be required to perform 2 patterns, one optional and one designated. The **optional pattern must be from their present degree**, while the designated may be any pattern from Chon-Ji Tul up to and including their present degree patterns.
- 1st, 2nd, and 1 X 3rd Place

Divisions as follows:

1. Under 18 Years I, II, III Degree (Male & Female)
2. 18 Years and over I and II Degree (Male & Female)
3. 18 Years and over III and IV Degree (Male & Female)

Sparring Section

- Please advise your students that **no contact** will be permitted in sparring competition
- Electronic scoring (“Fight System”) will be used.
- Junior Sparring – All bouts (except finals) will be 1 X 1.5 minute rounds. Finals will be 2 X 1.5 minute rounds.
- Senior Sparring – All bouts (except finals) will be 1 X 2 minute rounds. Finals will be 2 X 2 minute rounds.
- 1st, 2nd, and 2 X 3rd Place
 - Senior Male Sparring Lightweight: up to 75kg
 Heavyweight: over 75kg
 - Senior Female Sparring Lightweight: up to 60kg
 Heavyweight: over 60kg

Divisions as follows:

1. Male up to 17 yrs
2. Female up to 17 yrs
3. Male 18 yrs and over (Light)
4. Male 18 yrs and over (Heavy)
5. Female 18 yrs and over (Light)
6. Female 18 yrs and over (Heavy)

Power Sections

- Focus Boards will be used for the power sections.
- ITF Procedure as regards measuring, ready position etc must be followed.
- 1st Place only (overall hand and foot combined for each category)
- Competitors must be 18 years or over to compete in this event.

Divisions as follows:

1. Senior Male Power: Forefist/Knifehand Strike/Side Piercing Kick/Turning Kick/Reverse Turning Kick.
2. Senior Female Power: Knifehand Strike/Side Piercing Kick/Turning Kick

SCHOOL DECLARATION 2005 RITA National Championships

On Saturday 12th November 2005
At Sports Hall, NUI Maynooth, Co Kildare.

SCHOOL DETAILS

Name of Your Taekwon-Do School: _____

Association Name: _____

Name of Your Instructor: _____ Degree: _____

| Competitor Numbers | Fees included |
|------------------------|---------------|
| Total _____ @ €20 each | _____ |

Umpire List

| Name: | Dan: | Qualification: | Competing? |
|----------|------|----------------|------------|
| 1. _____ | / | / | / |
| 2. _____ | / | / | / |
| 3. _____ | / | / | / |
| 4. _____ | / | / | / |
| 5. _____ | / | / | / |
| 6. _____ | / | / | / |

For more information contact Mr Stephen Doyle
01-4625252 or 087-6986491 E-mail: maynooth@rita-itf.org

ALL PAYMENTS IN EURO TO: RITA
SEND TO: 73 The Crescent, Millbrook Lawns, Tallaght, Dublin 24
Late entries may be rejected. Forms with missing information may be rejected.

CLOSING DATE FOR RECEIPT OF APPLICATIONS MONDAY 7th NOVEMBER 2005

APPLICATION TO COMPETE 2005 RITA National Championships

On Saturday 12th November 2005
At Sports Hall, NUI Maynooth, Co Kildare.

APPLICANT DETAILS – Please Print

First Name: _____ Family Name: _____

Grade: _____ Degree/Kup Date of Birth: _____ Age: _____

Height: (cm) _____ Weight: (kg) _____

ITF/RITA Membership Number: _____

ITF Certificate Number: _____ (Black Belts only)

Name of Your Taekwon-Do School: _____

Association Name: _____

Name of Your Instructor: _____ Degree: _____

Sex: Male Female Events entered: Patterns Sparring Power

Belt Colour: Yellow Green Blue Red Black Belt Degree: 1st 2nd 3rd 4th

- I accept that my group may be amended or cancelled if there are insufficient competitors in my category.
- I will wear approved ITF type protection on my head, hands, feet & teeth also if male a groin guard.
- I am fully aware that participation in the event is entirely at my own risk
- I agree that I may be disqualified if any of the information on this form is found to be incorrect.

Applicant's Signature: _____ Date: _____

(Parent or Guardian if applicant is under 18 years)

Instructors Signature: _____ Date: _____

Entry Fee: €20.00 All Competitors

ALL PAYMENTS IN EURO TO: RITA.

SEND TO: 73 The Crescent, Millbrook Lawns, Tallaght, Dublin 24

Late entries may be rejected. Forms with missing information may be rejected.

CLOSING DATE FOR RECEIPT OF APPLICATIONS MONDAY 7th NOVEMBER