

Championship Rules

Date: 10/07/22

Doors Open 9.00am

Starting at 09.30 am.

Venue: Wildcats Arena, Greenwood Rd, Nottingham NG3 7FJ

Competitors: Per event £15.00p (3 or more events £40.00)

Spectators: Adults £10.00p under sixteen half price; under-five's free
(Under sixteen to pay on the door, half price fee will be at the organiser's discretion).

(TAGB white suits or club suits ONLY to be worn at this event, no International TAGB suits)

STRICT CLOSING DATE for postal entries to be received by TAGB Admin is Wednesday 6th July 2022.

Categories: **Adults:** Male and female separate

Children (under 16's): Male and female separate. (Please note there is NO CADETS category).

Executive: Male and female separate. (Black Belts only).

All sparring point stop: Yellow (including yellow stripe), Green, Blue, Red and Black belt. Belt divisions are by belt colour (e.g. green belt includes blue stripe).

Sparring	Ladies	Males	Children
Tiny Tots: (yellow & green belts only, minimum of 4)			up-to 122 cm
Pee Wee:			up to 137 cm
Lightweight:	up-to 55 kg	up-to 67 kg	up to 152 cm
Middleweight	up-to 60 kg	up-to 77 kg	up to 168 cm
Heavyweight	over 60 kg	over 77 kg	over 168 cm

Patterns	Yellow belt:	Green belt:	Blue belt:	Red belt:	Black belt:
	Chon-Ji, Dan-Gun, Do San	Do-San, Won-Hyo, Yul Gok	Yul-Guk, Joong-Gun, Toi Gye	Toi-Gye, Hwa-Rang, Chung Moo	Adults any Black Belt pattern (including Chung Moo). Juniors any Black Belt pattern for their next grading

Destruction	Hand	Foot
Men	Choice (including elbow on black boards)	Choice
Ladies	Choice (including elbow on black boards)	Choice

Executive Pattern & Sparring Knock-out (students entering this event can also pay & enter other black belt events).

Ultimate Striker

Flying Side Kick & Speed Kicking (junior events only)

Tag Team Sparring & Team Patterns (can only be entered & paid for ON THE DAY).

Executives Event Rules

The Executive event will be open to Black Belts, Ladies 35 and over and Men 40 and over.

THIS IS A COMBINED PATTERNS, SPARRING AND STRIKE PAD EVENT.

Ladies and Men will compete separately with no weight divisions. Entrants in this event may also compete in the traditional Black Belt divisions if they wish.

The Pattern section will be run under European pattern knock-out rules, where two competitors will at the same time perform a pattern STRICTLY taken from the three for their next grading, the pattern considered the best performed by the judges, is awarded 2 Points.

In the Sparring section the winner of each 2 min bout will be awarded 2 Points, (1 point to each competitor in the event of a draw).

The event-draw will be made on the day. Each competitor will compete in a minimum of 2 bouts of sparring and patterns.

The final placings will be based on the overall points accumulated for wins in the Sparring and Patterns sections, based on 2 Points for every bout won of Patterns or Sparring. Any competitor receiving a bye will also receive 2 points.

The total pattern points and sparring points, earned for each bout won, will be added up to give the 1st or 2nd, and 3rd highest placed scores for Gold or Silver and Bronze.

The two highest scores will compete a final bout of each, sparring + patterns +power strike pad consecutively (the order decided by the toss of a coin). Highest points of the 3 disciplines the winner. (In the event of a tie, the finalists will be weighed and the lightest awarded the win).

The Ultimate Striker Event Rules

Ultimate Striker: Hand Power Test

Competitors must strike using a back-fist.

The right or left hand may be used.

Each competitor has three attempts.

All three attempts must be made with the same hand.

Competitors may measure before striking; the measure must not touch the target.

The height of the target will be set by the referee, according to the height of the competitor.

The best of the three strikes will be recorded.

Junior Hand Power Test (Up to and inc. 16 - All belts)	
Girls	Boys
LIGHT: Up to & Including 35Kg	LIGHT: Up to & Including 35Kg
MIDDLE: Over 35 up to & Including 55Kg	MIDDLE: Over 35 up to & Including 55Kg
HEAVY: Over 55Kg	HEAVY: Over 55Kg

All the above divisions - Best of 3 back-fist strikes. Medals awarded 1 x Gold 1 x Silver 1 x Bronze

Senior Hand Power Test (Over 16 - All belts)	
Ladies	Men
LIGHT: Up to & including 65Kg	LIGHT: Up to & including 65Kg
MIDDLE: Over 65 up to & including 85Kg	MIDDLE: Over 65 up to & including 85Kg
HEAVY: Over 85Kg	HEAVY: Over 85Kg

All above divisions - Best of 3 back-fist strikes. Medals awarded 1 x Gold 1 x Silver 1 x Bronze

Ultimate Striker: Foot Power Test

Competitors must strike using a turning kick.

The ball or instep of the foot may be used.

The right or left foot may be used.

Each competitor has three attempts.

All three attempts must be made with the same foot.

Competitors may measure before striking; the measure must not touch the target.

The height of the target will be set by the referee, according to the height of the competitor.

The best of the three strikes will be recorded.

Junior Foot Power Test (Up to and inc. 16 - All belts)	
Girls	Boys
LIGHT: Up to & including 35Kg	LIGHT: Up to & including 35Kg
MIDDLE: Over 35 up to & including 55Kg	MIDDLE: Over 35 up to & including 55Kg
HEAVY: Over 55Kg	HEAVY: Over 55Kg

All above divisions - Best of 3 turning-kick strikes. Medals awarded 1 x Gold 1 x Silver 1 x Bronze

Senior Foot Power Test (Over 16 - All belts).	
Ladies	Men
LIGHT: Up to & including 65Kg	LIGHT: Up to & including 65Kg
MIDDLE: Over 65 up to & including 85Kg	MIDDLE: Over 65 up to & including 85Kg
HEAVY: Over 85Kg	HEAVY: Over 85Kg

All above divisions - Best of 3 turning-kick strikes. Medals awarded 1 x Gold 1 x Silver 1 x Bronze

Ultimate Striker: Grand Champ

Competitors may strike using any Tae Kwon Do technique.

Each competitor has five attempts.

Techniques may not be repeated, e.g.

Left hand back-fist and right-hand back-fist are permitted.

Left hand back-fist twice is not permitted.

Competitors may measure before striking; the measure must not touch the target.

The height of the target will be set by the referee for each strike, according to the height of the competitor.

The total of all five strikes will be recorded.

Grand Champ Power Test (All belts)			
Girls	Boys	Ladies	Men
ALL WEIGHTS	ALL WEIGHTS	ALL WEIGHTS	ALL WEIGHTS

All above divisions - Total of 5 strikes.

Medals awarded 1 x Gold

Ultimate Striker: Team Power Test

Teams must include three members, one in each of the following weight divisions:

1. Light: Up to and including 40Kg
2. Middle: Over 40Kg up to and including 80Kg
3. Heavy: Over 80Kg

Each team member must perform three strikes of a different type:

1. Linear technique: Punch, sidekick, front-kick
2. Rotational technique: Back-fist, knife-hand, turning-kick
3. Flying technique

The team can choose which member performs which type of technique.

Competitors may measure before striking; the measure must not touch the target.

The height of the target will be set by the referee for each strike, according to the height of the competitor.

The total of all fifteen strikes will be recorded.

Team Power Test (All belts)
All Teams
1 x LIGHT: Up to & including 65Kg
1 x MIDDLE: Over 65 up to & Including 85Kg
1 x HEAVY: Over 85Kg

Total of 15 strikes (3 for each team member). Medals awarded 1 x Gold

Ultimate Striker: Fight-Fit

Competitors may strike using any combination of Tae Kwon Do techniques.

Competitors have one minute to perform any number of strikes.

The height of the target will be set by the referee for each strike, according to the height of the competitor.

The total of all strikes will be recorded.

Junior Fight-Fit Power Test (Up to and Including 16 - All belts)	
Girls	Boys
LIGHT: Up to & including 35Kg	LIGHT: Up to & including 35Kg
MIDDLE: Over 35 up to & including 55Kg	MIDDLE: Over 35 up to & including 55Kg
HEAVY: Over 55Kg	HEAVY: Over 55Kg

All above divisions – Total score for 1 minute. Medals awarded 1 x Gold

Senior Fight-Fit Power Test (Over 16 - All belts)	
Ladies	Men
LIGHT: Up to & including 65Kg	LIGHT: Up to & including 65Kg
MIDDLE: Over 65 up to & including 85Kg	MIDDLE: Over 65 up to & including 85Kg
HEAVY: Over 85Kg	HEAVY: Over 85Kg

All above divisions – Total score for 1 minute. Medals awarded 1 x Gold

Flying Side Kick Event Rules; Juniors Only

Up to and including 16 years – girls and boys separate divisions

Grade Divisions (As Per Patterns, enter Code Fsk)

Yellow Stripe to Green Stripe
Green Belt & Blue Stripe
Blue Belt & Red Stripe
Red Belt & Black Stripe
Black Belts

All pads will be provided on the day.

The pads will be held by the area officials, at the competitor's SHOULDER HEIGHT

Each competitor will be given the opportunity of one line-up.

The kick can be performed with choice leg and will be judged on:

Presentation
Technique
Balance
Power
Foot-Shape

The competitor can perform the kick from STANDING OR WITH A RUN UP but must not step out of the ring area.

Judges will score using the pattern score cards.

DEDUCTIONS will be made for:

Loss of balance
Stepping out of the ring area before or after the kick
Missing the focus pad completely
The balancing foot must be off the floor at the point of impact on the pad

In the event of a play off for 1st, 2nd, 3rd, places, each competitor will be required to perform the kick with the opposite leg.

AWARDS = 1 X GOLD; 1 X SILVER; 1 X BRONZE

Speed Kicking Event Rules; Juniors Only

How many kicks can the competitor complete in 30 seconds?

Up to and including 16 years – girls and boys separate divisions

Three Grade Divisions Only (Enter Code Sk)

Yellow Stripe to Blue Stripe

Blue Belt to Black Stripe

Black Belts

All pads will be provided on the day.

The pads will be held by the area officials, at the competitor's CHEST HEIGHT

RULES:

The attempt can be with a choice leg (l or r)

All kicks must be with the same leg

The kicks must be with the instep

The kicking foot must touch the floor between each kick

Competitors will be discouraged from kicking with impact force

Kick deductions will be made for:

Any kick missing the pad

The kicking foot not touching the floor between kicks.

In the event of a play-off competitor will perform A SECOND ROUND using the opposite leg

AWARDS = 1 X GOLD PER DIVISION

Tag Team Sparring Event Rules

Teams will consist of a 3-person team.

Bouts will be for 4 minutes.

All team matches will be point stop.

When a bout is stopped, team members can touch gloves to change.

All 3 members must fight at some stage during the bout.

Adult Three Person Team.

Please note there are no weights.

Team Gender & Ranks.

MALE BLACK BELTS.
 RED & BLUE BELTS.
 GREEN & YELLOW BELTS.

FEMALE BLACK BELTS.
 RED & BLUE BELTS.
 GREEN & YELLOW BELTS.

Children Three Person Team.

Please note children must be at least 122 cm, also there are only two height divisions.

From 122 cm to under 152 cm

Over 152 cm

Gender Team Ranks.

BOYS BLACK BELTS.
 RED & BLUE BELTS.
 GREEN & YELLOW BELTS.

GIRLS BLACK BELTS.
 RED & BLUE BELTS.
 GREEN & YELLOW BELTS.

PLEASE NOTE: ENTRY TO THIS EVENT IS ON THE DAY, £15 PER TEAM

Team Pattern Event Rules - 2 Members Per Team

Categories

JUNIORS	Any mix of belts, and mix of boys and girls, BOTH team members must be UNDER 16.
ADULTS	Any mix of belts, and mix of male and female, BOTH team members must be OVER 16.
MIXED JUNIOR + ADULT	Any mix of belts, and mix of men and ladies. One team member MUST be under 16 years & One team member MUST be over 16 years.

Both Team Members – MUST perform the same pattern in unison, from the traditional TAGB patterns list below.

Yellow and Green Belt	Patterns Chon-Ji to Yul Gok.
Blue and Red Belt	Patterns Yul-Gok to Chung Moo.
Black belt	Any Black Belt Pattern (including Chung Moo).

Both team members perform the pattern applicable to the lowest grade in the team.

A competitor can compete in 2 SEPARATE categories but only in ONE TEAM per category

ALL TEAMS TO REGISTER ON THE DAY, £10 PER TEAM.

IF THERE IS ONLY ONE TEAM IN ANY CATEGORY, THEY WILL BE AWARDED GOLD.

AWARDS – 1 x GOLD; 1 X SILVER; 1 X BRONZE (Per Team Member)

North Midlands Area COMPETITION ENTRY FORM

SCHOOL _____	INSTRUCTOR _____
LICENCE NO _____	LICENCE EXPIRY DATE _____
SURNAME _____	INITIAL _____

STATUS	COLOUR DIV	WEIGHT	EXECUTIVE
ENTER IN THE BOX ABOVE	ENTER IN THE BOX ABOVE	ENTER IN THE BOX ABOVE	ENTER IN THE BOX ABOVE
L for LADY	YE for YELLOW	T for TINY TOTS	EM for
M for MEN	GR for GREEN	P for PEE WEE	EXECUTIVE MALE
G for GIRLS	BU for BLUE	L for LIGHT	EL for
B for BOYS	RE for RED	M for MIDDLE	EXECUTIVE LADY
	BK for BLACK	H for HEAVY	

PATTERNS	DESTRUCTION	STRIKE PAD	SPEED KICKING	FLYING SIDE KICK
ENTER P for PATTERN	H for HAND F for FOOT H&F for BOTH	H for HAND F for FOOT H&F for BOTH	JNR ONLY ENTER SK	JNR ONLY ENTER FSK

COMPETITORS SIGNATURE _____

PARENTS SIGNATURE _____

SCHOOL INSTRUCTOR SIGNATURE _____

DATE _____

THE CODE ON THE RIGHT IS TO BE INSERTED IN THE BOX "WEIGHT" ON THE OTHER SIDE OF THIS FORM

CATEGORY	WEIGHTS	CODE
LADY	Up to & Inc 55kg LIGHTWEIGHT	L
LADY	Above 55kg to & inc 60kg. MIDDLEWEIGHT	M
LADY	Above 60kg HEAVYWEIGHT	H
CHILDREN	Up & Inc 122cm TINY TOTS	T
CHILDREN	Above 122cm to & inc 137cm PEE WEE	P
CHILDREN	Above 137cm to & inc 152cm LIGHTWEIGHT	L
CHILDREN	Above 152cm to & inc 168cm MIDDLEWEIGHT	M
CHILDREN	Above 168cm HEAVYWEIGHT	H
MENS	Up to & Inc 67kg LIGHTWEIGHT	L
MENS	Above 67kg to & Inc 77kg MIDDLEWEIGHT	M
MENS	Above 77kg HEAVYWEIGHT	H

I wish to enrol as a competitor in the forthcoming championships and accept that if this application is partially or incorrectly completed, that I may forfeit my right to compete, and state that I will accept the result of the official board. I clearly understand that my participation in the event is entirely at my own risk. I certify that the facts stated are correct and I am fit to take part in the event.

This form must be handed to your Instructor with the appropriate fee. The Instructor should not send off this form; instead the details should be entered on the ENTRY LIST, which then should be sent to the competition organiser.

Please note: Students can pay and enter both the hand & foot in Destruction and also Strike Pad; if you enter the executive event you can also pay and enter other Black Belt events.