



**IRISH NATIONAL TAEKWON-DO ASSOCIATION
(I.N.T.A.)**

**10th Anniversary I.N.T.A Open I.T.F International
Taekwon-Do Tournament
21st and 22nd of March 2009, Dublin, Ireland**

INVITATION

Dear Instructor,

It is with great pleasure that, on behalf of the I.N.T.A., I would like to invite you and your students to the 10th Anniversary I.N.T.A. Open I.T.F International Taekwon-Do Tournament, to be held on Saturday and Sunday the 21st and 22nd of March 2009.

I hope that you can join us in Dublin for this event.

The competition will be run under A.E.T.F. rules, with divisions for male and female, senior and junior, colour belt and black belt. All Junior events will take place on Saturday the 21st of March and all Senior events will take place on Sunday the 22nd of March.

Please note it is compulsory for all Junior competitors to wear head gear.

Please send competition applications and queries to Mr. Niall Jones by email at info@dublintkd.com or by post at **19 Marfield Crescent, Kiltipper, Dublin 24, Ireland.**

Looking forward to seeing you in March.

Yours in Taekwon-Do,
Brendan O'Toole

Master Brendan O'Toole
VII Degree





10th Anniversary INTA Open ITF International Taekwon-Do Tournament - Details

Venue: National Basketball Arena, Tymon Park, Tallagh, Dublin 24.

Date: Saturday 21st March 2009 (9th Kup – II Degree Junior)
Sunday 22nd March 2009 (9th Kup – VI Degree Senior)

Time: 10.00am sharp (9.30am for Referees) both days.

Fee:

	9 th Kup	8 th Kup – 1 st Kup	I – VI Degree
Senior (18+)	€15	€30	€40
Junior (6 – 17)	€10	€20	€20

(All postal orders, cheques or bank drafts to be made payable to I.N.T.A. **NO CASH**
Entries after 28th of February will not be accepted)

Rules: A.E.T.F. Competition Rules

Trophies: Patterns: 1st 2nd 3rd
Sparring: 1st 2nd 3rd 3rd
Power: 1st (Black Belts only)
Special Technique: 1st (Black Belts only)

Entries to: Mr. Niall Jones
19 Marlfield Crescent
Kiltipper,
Dublin 24,
Ireland.
Email: info@dublntkd.com

Accommodation Queries: Mr. Liam Carberry Email: liamcarberryfps@eircom.net





The following events will take place on Saturday the 21st of March

PATTERNS 1st 2nd 3rd PLACES

(Male and Female will compete together)

(Competition will take place on Saturday March the 21st)

Colour Belts

Category	Grade	Pattern
10yrs and under	Yellow tip	Pattern of choice
10yrs and under	Yellow Belt	Pattern of choice
10yrs and under	Green Belt	Pattern of choice
10yrs and under	Blue Belt	Pattern of choice
10yrs and under	Red Belt	Pattern of choice
10yrs and under	Black Belt	Pattern of choice
11 to 12yrs.	Yellow tip	Pattern of choice
11 to 12yrs.	Yellow Belt	Pattern of choice
11 to 12yrs.	Green Belt	Pattern of choice
11 to 12yrs.	Blue Belt	Pattern of choice
11 to 12yrs.	Black Belt	Pattern of choice
13 to 15 yrs.	Yellow tip	Pattern of choice
13 to 15 yrs.	Yellow Belt	Pattern of choice
13 to 15 yrs.	Green Belt	Pattern of choice
13 to 15 yrs	Blue Belt	Pattern of choice
13 to 15 yrs	Black Belt	Pattern of choice
16 to 17 yrs.	Yellow tip	Pattern of choice
16 to 17 yrs.	Yellow Belt	Pattern of choice
16 to 17 yrs.	Green Belt	Pattern of choice
16 to 17 yrs	Blue Belt	Pattern of choice
16 to 17 yrs	Black Belt	Pattern of choice

Categories may be amalgamated depending on competitor numbers





The following events will take place on Saturday the 21st of March

SPARRING 1st 2nd JOINT 3rd PLACES

(Separate categories for male and female)

Junior

(Competition will take place on Saturday March the 21st)

(3 Height/Weight Divisions: to be decided for under 10years)

(2 Height/Weight Divisions: to be decided for 11yrs and over)

Category	Grade
10 yrs and under	Yellow Belt
10 yrs and under	Green Belt
10 yrs and under	Blue belt
10 yrs and under	Red Belt and Black Belt
11 to 13 yrs.	Yellow Belt
11 to 13 yrs.	Green Belt
11 to 13 yrs.	Blue Belt
11 to 13 yrs.	Red Belt and Black Belt
14 to 15yrs.	Yellow Belt
14 to 15yrs.	Green Belt
14 to 15yrs.	Blue Belt
14 to 15yrs.	Red Belt
14 to 15yrs.	Black Belt
16 to 17yrs.	Yellow Belt
16 to 17yrs.	Green Belt
16 to 17yrs.	Blue Belt
16 to 17yrs.	Red Belt
16 to 17yrs.	Black Belt





The following events will take place on Sunday the 22nd of March

PATTERNS 1st 2nd 3rd PLACES

Senior Colour belt and Black-belts

Black belt competitors must perform an optional pattern followed by a designated pattern, the designated pattern must be a pattern of their grade, e.g. a II Degree **must** perform Eui-Am, Choong-Jang or Juche as their optional pattern.

PATTERNS 1st 2nd 3rd PLACES

(Competition will take place on Sunday March the 22nd)

Category	Grade	Designated Pattern
18yrs and over	Yellow tip	Pattern of choice
18yrs and over	Yellow Belt	Pattern of choice
18yrs and over	Green Belt	Pattern of choice
18yrs and over	Blue Belt	Pattern of choice
18 yrs. and over	Red Belt	Pattern of choice
18 yrs. and over	I Degree	Chon-Ji – Ge-Baek
18 yrs. and over	II Degree	Chon-Ji – Juche
18 yrs. and over	III – VI Degree	III:Chon-Ji – Choi-Yong IV:Chon Ji – Moon-Moo

Sparring 1st 2nd 3rd PLACES

Senior Male Colour Belt

(Competition will take place on Sunday March the 22nd)

(3 weight divisions: -71Kg,-80Kg, +8Kg.)

Category	Grade
18 yrs. and over	Yellow Belt
18 yrs. and over	Green Belt
18 yrs. and over	Blue Belt
18 yrs. and over	Red Belt





Senior Female Colour Belt
(Competition will take place on Sunday March the 22nd)

(2 weight divisions: to be decided)

Category	Grade
18 yrs. and over	Yellow Belt
18 yrs. and over	Green Belt
18 yrs. and over	Blue Belt
18 yrs. and over	Red Belt

Categories may be amalgamated depending on competitor numbers





The following events will take place on Sunday 22nd March

Please note Black Belt individual Sparring Divisions will be run under the league system rather than the pyramid Knock-out system

Senior Male Black Belt

(Competition will take place on Sunday March the 22nd)

(4 weight divisions: -65Kg, -71Kg, -80Kg, +80Kg.)

Category	Grade
18 yrs. and over	1 st Degree – VI Degree

Senior Female Black Belt

(Competition will take place on Sunday March the 22nd)

(2 weight divisions: to be decided)

Category	Grade
18 yrs. and over	1 st Degree – VI Degree



The Following Events will take place on Sunday the 22nd of March

POWER 1st PLACE ONLY

(Senior Power Competition will take place on Sunday March the 22nd)

(Separate competition for male / female)

Category	Grade	Techniques
Female 18yrs+	I – VI Degree	Knifehand Strike Side Kick Turning Kick
Male 18yrs+	I – VI Degree	Forefist Punch Knifehand Strike Side Kick Turning Kick Reverse Turning Kick

The Following Events will take place on Saturday the 21st & Sunday the 22^{nds} of March

SPECIAL TECHNIQUE 1st PLACE ONLY

(Junior Special Technique Competition will take place on Saturday March the 21st)
(Senior Special Technique Competition will take place on Sunday March the 22nd)

(BLACK-BELTS ONLY JUNIOR 14yrs – 17 yrs AND SENIOR 18yrs+)

Category	Techniques
Female	Overhead Kick Jump Turning Kick Fly Side Piercing Kick
Male	Overhead Kick Jump Turning Kick Jumping back reverse turning Kick 360 Back piercing Kick Flying Side Piercing Kick





COMPETITORS ENTRY FORM

Please note that height has to be given in cm, weight has to be given in Kg.

Random weight and height checks of juniors will be made on the day.

Incomplete entry forms will be returned

School: _____

	ITF No.	Name	Sex M / F	Age	Rank Kup	Rank Deg	Weight (kg)	Height (cm)	Pattern (v)	Sparring (v)	Power (v)	Special Tech (v)
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												





	ITF No.	Name	Sex M / F	Age	Rank Kup	Rank Deg	Weight (kg)	Height (cm)	Pattern (v)	Sparring (v)	Power (v)	Special Tech (v)
15												
16												
17												
18												
19												
20												
21												
22												
23												
24												
25												
26												
27												
28												
29												
30												

CLOSING DATE FOR ENTRIES: 28th February 2009





Irish National Taekwon-Do Association
10th Open ITF Taekwon-Do Tournament 2009

National Basketball Arena, Tymon Park, Tallagh, Dublin 24
Saturday 21st March 2009, 10.00a.m.
Sunday 22nd March 2009, 10.00a.m.

Competitor Application Form.

First Name: _____ Family Name: _____

Date of Birth: _____ Age (on 21/03/09): _____ Sex (M / F): _____

Rank: ______{KUP/DEGREE} Height: _____cm Weight: _____kg ITF Membership No: _____

ITF Certificate Number (Black Belts Only): _____

Name of TKD School: _____

Association Name: _____

Instructors Name (*Please Print*): _____ Degree: _____

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

I wish to participate in (please 'X' clearly):			
Patterns <input type="checkbox"/>	Sparring <input type="checkbox"/>	Power <input type="checkbox"/> (Black Belt only)	Special Tech <input type="checkbox"/> (Black Belt only)

Competitors Signature: _____ Date: _____
(Parent/Guardian if competitor is under 18 years)

Instructors Signature: _____ Date: _____

Closing date for completed entries to be returned is **Saturday 28th February 2009.**

Entries to be returned to: Mr. Niall Jones, 19 Marlfield Crescent, Kiltipper, Dublin 24, Ireland.
Email info@dublintkd.com

ALL CHEQUES/P.O.s payable to "INTA". Please do not send cash in the post.

Note: Groin guards (males) and mouth guards (all competitors) as well as hand and foot pads are mandatory for sparring competition. No exceptions will be made to this rule. Juniors **must** wear head gear.





DELEGATION ENTRY FORM

Head of Delegation: _____

Country: _____ Association: _____

School: _____

Address: _____

Telephone: _____ Fax: _____ Email: _____

Coach Name: _____ Grade: _____

Umpire List

Name	Grade	Class (A, B, None)

Each School must have one Umpire for every ten competitors:
i.e. 1-10 competitors = 1 umpire, 11-20 competitors = 2 umpires, etc.

If a club/school cannot send a referee then a surcharge of €50 must be paid otherwise the entries cannot be accepted.

All competitors must have full insurance cover for this competition and will be only allowed to compete in official ITF dobuks and approved safety equipment: hand pads covering fingers, foot pads, gum shield; men must wear a groin guard.

MUST BE SIGNED BY HEAD OF DELEGATION

I state that the information given on this entry form and the competitor's entry form is true and correct, and that all the competitors and officials from my delegation hold themselves responsible for any injury they may sustain during this competition and have full insurance cover for any such eventuality.

Signed: _____ Date: _____



Please note all weights to be given in Kilograms

STONES	KILOGRAMS
4.4	28
4.7	30
5	32
5.4	34
5.7	36
6	38
6.3	40
6.6	42
6.9	44
7.2	46
7.6	48
7.9	50
8.2	52
8.5	54
8.8	56
9.1	58
9.5	60
9.8	62
10.1	64
10.6	66
10.10	68
11.00	70

11.5	72
11.9	74
12.00	76
12.4	78
12.8	80
12.13	82
13.3	84
13.8	86
13.12	88
14.2	90
14.7	92
14.11	94
15.2	96
15.6	98
15.10	100
15.12	101
16.1	102
16.3	103
16.5	104
16.7	105
16.10	106
16.12	107
17.0	108
17.2	109
17.4	110

Please note all heights to be given in cm

Imperial	Metric (cm)
4'8"	142
4'9"	144.5
4'10"	147
4'11"	150
5'	152.5
5'1"	155
5'2"	157.5
5'3"	160
5'4"	162.5
5'5"	165
5'6"	167.5
5'7"	170
5'8"	172.5
5'9"	175
5'10"	177.5
5'11"	180
6'	183
6'1"	185.5
6'2"	188
6'3"	190.5
4'8"	142