



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

**11th I.N.T.A Open I.T.F International Taekwon-Do
Tournament
13th and 14th of March 2010, Dublin, Ireland**

INVITATION

Dear Masters / Instructors,

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 11th I.N.T.A. Open I.T.F International Taekwondo Tournament, to be held on Saturday and Sunday the 13th and 14th of March 2010.

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 13th of March and all Senior events will take place on Sunday the 14th of March.

**Please note it is compulsory for all Junior competitors to wear head gear.
Body armour for 10yrs and under is optional.**

Please send competition applications and queries to Mr. Dave Elson by email at dave.elson@inta.ie or by post at Ash Cottage, Rahood, Nobber, Co. Meath, Ireland.

Looking forward to seeing you in March.

On behalf of Master Brendan O'Toole 8th Degree,
Yours in Taekwon-Do,

Mr. Dave Elson
III Degree
Tournament Director





INTA Open ITF International Taekwon-Do Tournament - Details

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

Date: Saturday 13th March 2010 (9th Kup – II Degree Junior)
Sunday 14th March 2010 (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	€35	€50
Junior (6 – 17)	€10	€25	€30

Family with 2 or more colour belt children €20 each

(All postal orders, cheques or bank drafts to be made payable to I.N.T.A. **NO CASH**)

Entries after 20th of February will not be accepted

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

Trophies: Patterns: 1st 2nd joint 3rd
Sparring: 1st 2nd joint 3rd
Power: 1st (Senior Black Belts only)
Special Technique: 1st (Senior and Junior Black Belts only)
Kids Special Technique: 1st (Male and Female, under 8, under 10 & under 12)

Entries to: Mr. Dave Elson,
Ash Cottage,
Rahood,
Nobber,
Co. Meath,
Ireland.
Email: dave.elson@inta.ie

Accommodation:

Recommended accommodation
The Louis Fitzgerald Hotel
Newlands Cross, Naas Road, Dublin 22, Ireland.
T:+353 (0)1 4033300
Website: <http://www.louisfitzgeraldhotel.com/>
Ask for the “**INTA Competition Rate**”
Shuttle Bus Service available from the Hotel to the Competition venue, €10 return.

Problems booking directly with The Louis Fitzgerald Hotel to be directed to
Mr. Liam Carberry
Email: liamcarberryfps@eircom.net





The following events will take place on Saturday the 13th of March

PATTERNS 1st 2nd JOINT 3rd PLACES

(Male and Female will compete together)

(Competition will take place on Saturday March the 13th)

Junior Colour belt and Black-belts

All Junior Back belts will compete together. 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.

<u>Category</u>	<u>Grade</u>	<u>Pattern</u>
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
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	Red Belt	Pattern of choice
11 to 12yrs	Black Belt	Optional & Designated
13 to 15yrs	Yellow tip	Pattern of choice
13 to 15yrs	Yellow Belt	Pattern of choice
13 to 15yrs	Green Belt	Pattern of choice
13 to 15yrs	Blue Belt	Pattern of choice
13 to 15yrs	Red Belt	Pattern of choice
13 to 15yrs	Black Belt	Optional & Designated
16 to 17yrs	Yellow tip	Pattern of choice
16 to 17yrs	Yellow Belt	Pattern of choice
16 to 17yrs	Green Belt	Pattern of choice
16 to 17yrs	Blue Belt	Pattern of choice
16 to 17yrs	Red Belt	Pattern of choice
16 to 17yrs	Black Belt	Optional & Designated

****Categories may be amalgamated depending on competitor numbers***





The following events will take place on Saturday the 13th of March

SPARRING 1st 2nd JOINT 3rd PLACES

(Separate categories for male and female)

Junior

(Competition will take place on Saturday March the 13th)

(2 Height/Weight Divisions)

Category	Grade
8yrs and Under	Yellow Belt
8yrs and Under	Green Belt
9 to 10yrs	Yellow Belt
9 to 10yrs	Green Belt
9 to 10yrs	Blue belt
9 to 10yrs	Red Belt
11 to 13yrs.	Yellow Belt
11 to 13yrs.	Green Belt
11 to 13yrs.	Blue Belt
11 to 13yrs.	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

****Categories may be amalgamated depending on competitor numbers***





The following events will take place on Sunday the 14th of March

PATTERNS 1st 2nd JOINT 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 JOINT 3rd PLACES

(Competition will take place on Sunday March the 14th)

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

SPARRING 1st 2nd JOINT 3rd PLACES

Senior Male Colour Belt

(Competition will take place on Sunday March the 14th)

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

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





Senior Female Colour Belt
(Competition will take place on Sunday March the 14th)

(3 weight-60kg, -70kg, +70kg)

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

**Categories may be amalgamated depending on competitor numbers*





The following events will take place on Sunday 14th 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 14th)

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

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

Senior Female Black Belt

(Competition will take place on Sunday March the 14th)

(3 weight divisions-60kg,-70kg,+70kg)

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





The Following Events will take place on Sunday the 14th of March

POWER 1st PLACE ONLY

(Senior Power Competition will take place on Sunday March the 14th)

(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 13th & Sunday the 14th of March

SPECIAL TECHNIQUE 1st PLACE ONLY

(Kids Special Technique Competition will take place on Saturday March the 13th)

(Junior Special Technique Competition will take place on Saturday March the 13th)

(Senior Special Technique Competition will take place on Sunday March the 14th)

(ALL BELTS, KIDS 12yrs AND UNDER)

Category	Techniques
Female 8yrs and Under	Overhead Kick
Male 8yrs and Under	Overhead Kick
Female 9 to 10yrs	Overhead Kick
Male 9 to 10yrs	Overhead Kick
Female 11 to 12yrs	Overhead Kick
Male 11 to 12yrs	Overhead Kick

(BLACK BELTS ONLY JUNIOR 14yrs – 17yrs 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

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											
15											
16											

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

Both hard and soft copies of this form must be returned to Mr. Dave Elson, contact details on pg 2

School: _____

CLOSING DATE FOR ENTRIES: 20th February 2010



Irish National Taekwon-Do Association 11th Open ITF Taekwon-Do Tournament 2010

National Basketball Arena, Tymon Park, Tallaght, Dublin 24

Saturday 13th March 2010, 10.00a.m.

Sunday 14th March 2010, 10.00a.m.

Competitor Application Form.

First Name: _____ Family Name: _____

Date of Birth: _____ Age (on 13/03/10): _____ 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 ☐ Sparring ☐ Power ☐ Special Tech ☐
(Black Belt only)

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

Instructors Signature: _____ Date: _____

Closing date for completed entries plus fees to be returned is **Saturday 20th February 2009.**

Entries to be returned to: Mr. Dave Elson, Ash Cottage, Rahood, Nobber, Co. Meath, Ireland.
Email: dave.elson@inta.ie

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