



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

**12th I.N.T.A Open I.T.F International Taekwon-Do
Tournament
5th and 6th of February 2011, 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 12th I.N.T.A. Open I.T.F International Taekwondo Tournament, to be held on Saturday and Sunday the 5th and 6th of February 2011.

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 colour belt events (Senior /Junior) will take place on Saturday the 5th of February.

All blackbelt events (Senior/Junior) will take place on Sunday the 6th of February.

**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. Colm Ryan by email at Colm.Ryan@inta.ie or by post at 51 Cherbury Park Road Lucan Co. Dublin

Looking forward to seeing you in February

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

Mr. Colm Ryan
III Degree Tournament Director



**Irish National Taekwon-Do Association
(I.N.T.A)
12TH Open ITF International Taekwon-Do
Tournament February 5th & 6th 2011**

**Special Competitor and Supporters
Accommodation Rate**

**€65b&b per single room per night
€75b&b per double/twin room per night
€85b&b per triple room per night**



*Offer available through PHONE BOOKINGS ONLY
Quote "ITF Taekwon-Do" when Booking*

Phone: +353 (0)1-4033300

**Newland's Cross, Naas Road, Dublin 22, Ireland
T: + 353 (0) 1 403 3300 F: + 353 (0) 1 493 3301 E: stay@louisfitzgeraldhotel.com**



INTA Open ITF International Taekwon-Do Tournament - Details

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

Date: Saturday 5th February 2011 (9th Kup 1st kup Senior /Junior)
Sunday 6th February 2011 (1st Degree – VI Degree Senior /Junior)

Time: 9.00 am sharp (8.30am for Referees) both days.

Fee:

	9 th Kup	8 th Kup – 1 st Kup	I – VI Degree
Senior (18+)	€15	€35	€40
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 22nd of January will not be accepted

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

Trophies: Patterns: 1st 2nd joint 3rd
Sparring: 1st 2nd joint 3rd

Childrens Special Technique: 1st (Male and Female, under 8, under 10 & under 12)

Entries to: Mr Colm Ryan
51 Cherbury Park Road,
Lucan,
Co. Dublin

Ireland.
Email: colm.ryan@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 5^h of February

PATTERNS 1st 2nd JOINT 3rd PLACES

(Male and Female will compete together)

(Competition will take place on Saturday the 5th)

Junior Colour belt and Senior Colour belts

<u>Category</u>	<u>Grade</u>	<u>Pattern</u>
8 yrs and under 8 yrs and under 8 yrs and under	Yellow Tip Yellow Belt Green Belt	Pattern of choice Pattern of choice Pattern of choice
9 to 10yrs 9 to 10yrs 9 to 10yrs 9 to 10yrs 9 to 10yrs	Yellow tip Yellow Belt Green Belt Blue Belt Red Belt	Pattern of choice Pattern of choice Pattern of choice Pattern of choice Pattern of choice
11 to 13yrs 11 to 13yrs 11 to 13yrs 11 to 13yrs 11 to 13yrs	Yellow tip Yellow Belt Green Belt Blue Belt Red Belt	Pattern of choice Pattern of choice Pattern of choice Pattern of choice Pattern of choice
14 to 15yrs 14 to 15yrs 14 to 15yrs 14 to 15yrs 14 to 15yrs	Yellow tip Yellow Belt Green Belt Blue Belt Red Belt	Pattern of choice Pattern of choice Pattern of choice Pattern of choice Pattern of choice
16 to 17yrs 16 to 17yrs 16 to 17yrs 16 to 17yrs 16 to 17yrs	Yellow tip Yellow Belt Green Belt Blue Belt Red Belt	Pattern of choice Pattern of choice Pattern of choice Pattern of choice Pattern of choice

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





The following events will take place on Saturday the 5thth of February

SPARRING 1st 2nd JOINT 3rd PLACES

(Separate categories for male and female)

Junior

(Competition will take place on Saturday the 5th)

(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
14 to 15yrs.	Yellow Belt
14 to 15yrs.	Green Belt
14 to 15yrs.	Blue Belt
14 to 15yrs.	Red Belt
.	
16 to 17yrs.	Yellow Belt
16 to 17yrs.	Green Belt
16 to 17yrs.	Blue Belt
16 to 17yrs.	Red Belt

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





The following events will take place on Saturday the 5th of February

PATTERNS 1st 2nd JOINT 3rd PLACES

Senior Colour belt

(Separate categories for male and female)

PATTERNS 1st 2nd JOINT 3rd PLACES

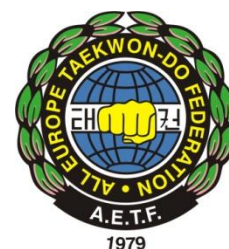
(Competition will take place on Saturday the 5th)

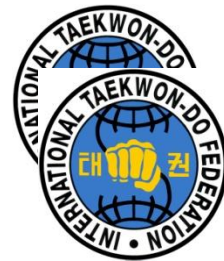
SeniorMale

Category	Grade	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

Senior Female

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





SPARRING 1st 2nd JOINT 3rd PLACES

Senior Male Colour Belt

(Competition will take place on Saturday the 5th)

(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 Saturday the 5th)

3 weight division; -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 Saturday the 5th February

SPECIAL TECHNIQUE 1st PLACE ONLY

(Kids Special Technique Competition will take place on Saturday the 5th)

(ALL BELTS, CHILDREN 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



The following events will take place on Sunday 6th February

Junior Male Black belt Pattern

11-12 yrs	I Degree	I=Chon-Ji – Ge-Baek
13-15yrs	I/II Degree	II=Chon-Ji – Juche
16-17yrs	I/II/III Degree	III=Chon-Ji – Choi-Yong

Grades will compete separately unless competitor numbers are insufficient

Junior Female Black belt Pattern

11-12 yrs	I Degree	Chon-Ji – Ge-Baek
13-15yrs	I/II Degree	Chon-Ji – Juche
16-17yrs	I/II/III Degree	III:Chon-Ji – Choi-Yong

Grades will compete separately unless competitor numbers are insufficient

Senior Male Black belt Pattern

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

Senior Female Black belt Pattern

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

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.

Sparring

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

Junior Black Belt Sparring

(separate male and female divisions)

11-13yrs	2 height /weight divisions
14-15 yrs	2 height /weight divisions
16-17yrs	2 height /weight divisions

Senior Male Black Belt

(Competition will take place on Sunday the 6th)

(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 the 6th)

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

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

New Division!

Over 35's SPARRING 1st 2nd JOINT 3rd PLACES

Senior Male /Female black Belt Belt

(2 weight divisions: -75Kg, +75Kg.)

Category	Grade
35yrs. and over	Male Black Belt
(2 weight divisions)	-70 Kg + 71 Kg
35yrs. and over	Female Black Belt

Will be run as eliminations





Irish National Taekwon-Do Association 12th Open ITF Taekwon-Do Tournament 2011

National Basketball Arena, Tymon Park, Tallaght, Dublin 24

Saturday 5th February 2011, 9.00a.m.

Sunday 6th February 2011, 9.00a.m.

Competitor Application Form.

First Name: _____ Family Name: _____

Date of Birth: _____ Age (on 5/2/ 2011): _____ 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

☐

Special Tech

☐

Children 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 22nd January 2011**

Entries to be returned to: Mr Colm Ryan, 51 Cherbury Park Road Lucan Co. Dublin, Ireland
Email: colm.ryan@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 €100 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