



## IRISH NATIONAL TAEKWON-DO ASSOCIATION

(I.N.T.A.)

### 13<sup>th</sup> I.N.T.A Open I.T.F International Taekwon-Do Tournament

10<sup>th</sup> and 11<sup>th</sup> of March 2012, Kilkenny, 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 13<sup>th</sup> I.N.T.A. Open I.T.F International Taekwondo Tournament, to be held on Saturday and Sunday the 10<sup>th</sup> and 11<sup>th</sup> of March.

I hope that you can join us in Kilkenny 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 10<sup>th</sup>.

All black belt events (Senior/Junior) will take place on Sunday the 11<sup>th</sup>.

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

Looking forward to seeing you in March

On behalf of the president of the I.N.T.A Master Brendan O'Toole 8<sup>th</sup> Degree,

Yours in Taekwon-Do,

Master Val Douglas 7<sup>th</sup> Degree email; mastervaldouglas@inta.ie  
Tournament co- ordinator



## INTA Open ITF International Taekwon-Do Tournament - Details

**Venue:** The Watershed Sports centre, Kilkenny      [www.thewatershed.ie](http://www.thewatershed.ie)

**Date:** Saturday 10<sup>th</sup> March 2012 (9<sup>th</sup> Kup 1<sup>st</sup> kup Senior /Junior)  
Sunday 11<sup>th</sup> March 2012 (1<sup>st</sup> Degree – VI Degree Senior /Junior)

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

**Fee:**

	9 <sup>th</sup> Kup	8 <sup>th</sup> Kup – 1 <sup>st</sup> 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 24<sup>th</sup> of February will not be accepted**

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

**Trophies:** Patterns: 1<sup>st</sup> 2<sup>nd</sup> joint 3<sup>rd</sup>  
Sparring: 1<sup>st</sup> 2<sup>nd</sup> joint 3<sup>rd</sup>

Children's Special Technique: 1<sup>st</sup> (Male and Female, under 8, under 10 & under 12)

All entry fees, soft copy and hardcopy forms must be sent to Mr Jeroen Wezelman by 24<sup>th</sup> February 2012, soft copy to; [jeroen.wezelman@inta.ie](mailto:jeroen.wezelman@inta.ie)

**Hardcopies; Address:**  
18 Verschoyle Drive,  
Saggart Abbey,  
Citywest,  
Dublin 24.

**Any entry unpaid by this date will be removed from the competition.**

### Transport to Kilkenny:

There is a public shuttle Bus Service available from Dublin airport to Kilkenny city or alternatively we can arrange a private coach for your group, price will depend on your group size. Contact us for more info on this

### Accommodation:

Information on Hotels and bed and breakfast in the Kilkenny area can be obtained from Ms Miriam Grogan at: [miriamgrogan@gmail.com](mailto:miriamgrogan@gmail.com)



***The following events will take place on Saturday the 10<sup>h</sup> of March***

**PATTERNS 1<sup>st</sup> 2<sup>nd</sup> JOINT 3<sup>rd</sup> PLACES**

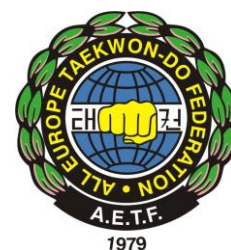
(Male and Female will compete together)

**(Competition will take place on Saturday the 10<sup>th</sup>)**

**Junior Colour belt and Senior Colour belts**

<b><u>Category</u></b>	<b><u>Grade</u></b>	<b><u>Pattern</u></b>
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/Black 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 10<sup>th</sup> of March**

### **SPARRING 1<sup>st</sup> 2<sup>nd</sup> JOINT 3<sup>rd</sup> PLACES**

(Separate categories for male and female)

#### **Junior**

**(Competition will take place on Saturday the 10<sup>th</sup>)**

**(2 Height/Weight Divisions)**

<b>Category</b>	<b>Grade</b>
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 /Black 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 10<sup>h</sup> of March**

**PATTERNS 1<sup>st</sup> 2<sup>nd</sup> JOINT 3<sup>rd</sup> PLACES**

**Senior Colour belt**

(Separate categories for male and female)

**PATTERNS 1<sup>st</sup> 2<sup>nd</sup> JOINT 3<sup>rd</sup> PLACES**

**(Competition will take place on Saturday the 10<sup>th</sup>)**

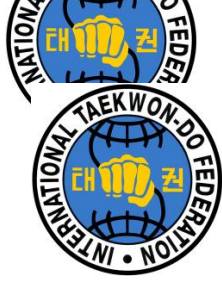
**Senior Male**

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 1<sup>st</sup> 2<sup>nd</sup> JOINT 3<sup>rd</sup> PLACES**

### **Senior Male Colour Belt**

**(Competition will take place on Saturday the 10<sup>th</sup>)**

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

<b>Category</b>	<b>Grade</b>
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 10<sup>th</sup>)**

3 weight division; -60kg, -70kg, + 70kg

<b>Category</b>	<b>Grade</b>
18yrs. and over	Yellow Belt
18yrs. and over	Green Belt
18yrs. and over	Blue Belt
18yrs. and over	Red Belt

**The following events will take place on Sunday 11<sup>th</sup> March**

### **Junior Male Black belt Pattern**

14yrs—17yrs	I Degree	Chon-Ji – Ge-Baek
14yrs----17yrs	II Degree	Chon-Ji – Juche
14yrs -----17yrs	III Degree	Chon-Ji — Choi-Yong

### **Junior Female Black belt Pattern**

14yrs—17yrs	I Degree	Chon-Ji – Ge-Baek
14yrs----17yrs	II Degree	Chon-Ji – Juche
14yrs -----17yrs	III Degree	III:Chon-Ji – Choi-Yong

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



**The following events will take place on Sunday 11<sup>th</sup> March**

**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.

**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 the 11<sup>th</sup>)

(5 weight divisions: -54kg -63kg, -71kg, -80kg, +80kg.)

Category	Grade
18yrs. and over	1 <sup>st</sup> Degree – VI Degree

**Senior Female Black Belt**

(Competition will take place on Sunday the 11<sup>th</sup>)

(5weight divisions -52Kg -58kg-63kg,-70kg, +70kg)

Category	Grade
18yrs. and over	1 <sup>st</sup> Degree – VI Degree



### **Junior Male Black Belt**

(Competition will take place on Sunday the 11<sup>th</sup>)

(4 weight divisions: -58kg -63kg, -70kg, +70kg.)

Category	Grade
14yrs. and over	1 <sup>st</sup> Degree – III Degree

### **Junior Female Black Belt**

(Competition will take place on Sunday the 11<sup>th</sup>)

(4weight divisions -50Kg -55kg-60kg, +60kg)

Category	Grade
14yrs. and over	1 <sup>st</sup> Degree – III Degree

**Please note Black Belt individual junior Sparring Divisions will be run under the pyramid Knock-out system**

**The Following Events will take place on Saturday the 10<sup>h</sup> March**

### **SPECIAL TECHNIQUE 1<sup>st</sup> PLACE ONLY**

(Kids Special Technique Competition will take place on Saturday the 10<sup>th</sup>)

(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





## *Special*

### Over 35's SPARRING 1<sup>st</sup> 2<sup>nd</sup> JOINT 3<sup>rd</sup> PLACES

#### Senior Male /Female black 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



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## 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. Jeroen Wezelman ontact details on pg 2**

School: \_\_\_\_\_

**CLOSING DATE FOR ENTRIES: 24<sup>nd</sup> February 2012**





**Irish National Taekwon-Do Association**  
**13<sup>th</sup> Open ITF Taekwon-Do Tournament 2012**

**The Watershed Sports centre, Kilkenny**

Saturday 10<sup>th</sup> March 2012, 9.00a.m.

Sunday 11<sup>th</sup> March 2012, 9.00a.m.

**Competitor Application Form.**

First Name: \_\_\_\_\_ Family Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age (on 10/3/2012): \_\_\_\_\_ 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 **Friday 24nd February 2012**

**Entries to be returned to: Mr Jeroen Wezelman Address: 18 Verschoyle Drive,  
Saggart Abbey, Citywest, Dublin 24**

**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 / boys 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 holds 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**

<b>STONES</b>	<b>KILOGRAMS</b>
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**

<b>Imperial</b>	<b>Metric (cm)</b>
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