



IRISH NATIONAL TAEKWON-DO ASSOCIATION

(I.N.T.A.)

13th I.N.T.A Open I.T.F International Taekwon-Do Tournament

10th and 11th 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 13th I.N.T.A. Open I.T.F International Taekwondo Tournament, to be held on Saturday and Sunday the 10th and 11th 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 10th.

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

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 8th Degree,

Yours in Taekwon-Do,

Master Val Douglas 7th 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

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

Start Times: Saturday 9.00am (umpire meeting)
Saturday 10.00am (competitor start time)
Sunday 8.30am (umpire meeting)
Sunday 9.00am (competitor start time)

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 24th of February will not be accepted

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

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

Children's Special Technique: 1st (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 24th February 2012, soft copy to; 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



The following events will take place on Saturday the 10th of March

PATTERNS 1st 2nd JOINT 3rd PLACES

(Male and Female will compete together)

(Competition will take place on Saturday the 10th)

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/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 10thth of March

SPARRING 1st 2nd JOINT 3rd PLACES

(Separate categories for male and female)

Junior

(Competition will take place on Saturday the 10th)

(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 /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^h of March

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 10th)

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 1st 2nd JOINT 3rd PLACES

Senior Male Colour Belt

(Competition will take place on Saturday the 10th)

(3 weight divisions: -71Kg, -80Kg, and +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 10th)

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 |

The following events will take place on Sunday 11th 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 11th 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 11th)

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

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

Senior Female Black Belt

(Competition will take place on Sunday the 11th)

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

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



Junior Male Black Belt

(Competition will take place on Sunday the 11th)

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

| Category | Grade |
|-----------------|-------------------------------------|
| 14yrs. and over | 1 st Degree – III Degree |

Junior Female Black Belt

(Competition will take place on Sunday the 11th)

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

| Category | Grade |
|-----------------|-------------------------------------|
| 14yrs. and over | 1 st 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^h March

SPECIAL TECHNIQUE 1st PLACE ONLY

(Kids Special Technique Competition will take place on Saturday the 10th)

(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 1st 2nd JOINT 3rd 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 |
| | |





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 contact details on pg 2

School: _____

CLOSING DATE FOR ENTRIES: 24nd February 2012





Irish National Taekwon-Do Association
13th Open ITF Taekwon-Do Tournament 2012

The Watershed Sports centre, Kilkenny

Saturday 10th March 2012, 10.00a.m.

Sunday 11th 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.
Umpire Meeting = Saturday 10th 9.00am

**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

| 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 |