



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

14th I.N.T.A Open I.T.F International Taekwon-Do Tournament
9th and 10th of March 2013, 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 14th I.N.T.A. Open I.T.F. International Taekwondo Tournament, to be held on Saturday and Sunday the 9th and 10th of March 2013.

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

The competition will be run under I.T.F. rules, with divisions for male and female, senior and junior, colour belt, A and B class black belt.

All juniors will partake on Saturday the 9th, except "A" class juniors.
All seniors and "A" class juniors will partake on Sunday the 10th.

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,

Jeroen Wezelman, 2nd degree
Tournament Director
+353872901377





INTA Open ITF International Taekwon-Do Tournament - Details

Venue: The Watershed Sports centre, Kilkenny, Ireland.

www.thewatershed.ie

Date: Saturday 9th March 2013 – all Juniorsexcept “A” Class Juniors
Sunday 10th March 2013 – all Seniorsand “A” Class Juniors

Time: 10.00 AM sharp (9.00 AM for Referees) both days.

Rules: I.T.F. Competition Rules

Fee:

	9th Kup	8th-1st Kup	I-VI degree	Special Tech & Power
Junior	€10	€25	€30	€0
Senior	€15	€35	€40	€10 extra

Family discount applies to all entrants: €5 off per family member

Trophies: Patterns: 1st, 2nd and joint 3rd
Sparring: 1st, 2nd and joint 3rd
Children's Special Technique: 1st (Male and Female, under 8, under 10 & under 12)

All soft copy entry forms must be received by Mr Jeroen Wezelmanno later then 22th February 2013.

Late entries will be refused.

All hard copy entry forms & fees must be returned no later than 1st March 2013.

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

Hardcopies and payments to

Mr Jeroen Wezelman
18 Verschoyle Drive
Saggart Abbey Citywest
Dublin 24
Ireland

Soft copy to jeroen.wezelman@inta.ie





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 on request from

jeroen.wezelman@inta.ie

+353872901377





Junior Divisions

PATTERNS

Colour Belts & Black Belts

1st 2nd & Joint 3rd PLACES

(Male and Female will compete together)

Category	Grade	Pattern
8 yrs & Under	Yellow Tip & Yellow Belt	Pattern of choice
8 yrs & Under	Green Belt	Pattern of choice
9 to 11yrs	Yellow tip & Yellow Belt	Pattern of choice
9 to 11yrs	Green Belt	Pattern of choice
11yrs & Under	Blue Belt	Pattern of choice
11yrs & Under	Red Belt	Pattern of choice
12 to 15yrs	Yellow tip & Yellow Belt	Pattern of choice
12 to 15yrs	Green Belt	Pattern of choice
12 to 15yrs	Blue Belt	Pattern of choice
12 to 15yrs	Red Belt	Pattern of choice
12 to 15yrs	Black Belt	Designated & Optional
16 to 17yrs	Yellow tip & 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	Designated & Optional

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



Junior Divisions

SPARRING

Colour Belt

1st 2nd & Joint 3rd PLACES

(Separate categories for male and female)

8 to 13yrs: 2 Height Divisions

14 to 17yrs: 2 Weight Divisions

(Weight & Height Divisions to be decided)

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
11 to 13yrs.	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**



Junior Divisions SPARRING Black Belts 1st 2nd & Joint 3rd PLACES

JUNIOR WEIGHT DIVISIONS

Male:

- | | |
|-----------------|------------------|
| (a) MICRO | Up to 50 kg |
| (b) LIGHT | Over 50 to 56 kg |
| (c) MIDDLE | Over 56 to 62 kg |
| (d) LIGHT HEAVY | Over 62 to 68 kg |
| (e) HEAVY | Over 68 to 75 kg |
| (f) HYPER | Over 75 kg |

Female:

- | | |
|-----------------|------------------|
| (a) MICRO | Up to 45 kg |
| (b) LIGHT | Over 45 to 50 kg |
| (c) MIDDLE | Over 50 to 55 kg |
| (d) LIGHT HEAVY | Over 55 to 60 kg |
| (e) HEAVY | Over 60 to 65 kg |
| (f) HYPER | Over 65 kg |

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

Junior Divisions SPECIAL TECHNIQUE (ALL BELTS, CHILDREN 12yrs AND UNDER) 1st PLACE

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



Senior Devisions PATTERNS Colour Belts and Black-belts 1st 2nd & Joint 3rd PLACES

Black belt competitors must perform 2 Designated patterns, The first designated pattern must be a pattern of their grade, e.g. II Degrees **must** perform Eui-Am, Choong-Jang or Juche. The 2nd designated pattern being from Chon Ji to the current pattern of their grade.

Category	Grade	Designated Pattern
18yrs and over	Yellow tip & 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 Degree	Chon-Ji – Choi-Yong
18yrs. and over	IV – VI Degree	Chon Ji – Moon-Moo





Senior Devisions SPARRING Colour Belts

Male

2 weight divisions: 80Kg, +80Kg

Category	Grade
18yrs. and over	Yellow Belt
18yrs. and over	Green Belt
18yrs. and over	Blue Belt
18yrs. and over	Red Belt
35yrs. and over**	Yellow& Green Belt
35yrs. and over**	Blue & Red Belt

Female

2 weight divisions:70kg,+ 70kg

Category	Grade
18yrs. and over	Yellow Belt
18yrs. and over	Green Belt
18yrs. and over	Blue Belt
18yrs. and over	Red Belt
35yrs. and over**	Yellow& Green Belt
35yrs. and over**	Blue & Red Belt

**Categories may be amalgamated depending on competitor numbers*

*****These categories are not obligatory; a competitor over 35 years old can decide to stay in the over 18s by NOT checking the over 35s box on the competitor application form***



Senior Devisions SPARRING Black Belts

A Class**

SENIOR WEIGHT DIVISIONS

Male:

(a) MICRO	Up to 57 kg
(b) LIGHT	Over 57 to 63 kg
(c) MIDDLE	Over 63 to 70 kg
(d) LIGHT HEAVY	Over 70 to 78 kg
(e) HEAVY	Over 78 to 85 kg
(f) HYPER	Over 85 kg

Female:

(a) MICRO	Up to 50 kg
(b) LIGHT	Over 50 to 56 kg
(c) MIDDLE	Over 56 to 62 kg
(d) LIGHT HEAVY	Over 62 to 68 kg
(e) HEAVY	Over 68 to 75 kg
(f) HYPER	Over 75 kg

**Categories may be amalgamated depending on competitor numbers*

****A class competitors are those who are training for National selection at international events.**

*****B class competitors are those who normally attend only competitions on a national level.**

B Class***

Male

2 weight divisions: 80Kg, +80Kg

Female

2 weight divisions: 70kg, + 70kg

Weigh in for Black Belts:

Saturday 11.00 AM - 12.00 Noon,
4.00 PM - 5.00 PM
Sunday 9.00 AM - 11.00 AM



Senior Devisions SPARRING Black Belts40+*

2 weight divisions: 80Kg, +80Kg

Category	Grade
40yrs. and over	1 st Degree – VI Degree

Senior Female over 40 years Black Belt

2 weight divisions:70kg,+ 70kg

Category	Grade
40yrs. and over	1 st Degree – VI Degree

****These categories are not obligatory; a competitor over 40 years old can decide to stay in the over 18s by NOT checking the over 40s box on the competitor application form***



Junior and Senior Devisions POWER Black Belts

Male and Female Senior Black Belts only.

It is facultative for each competitor to attempt each item listed, for his/her group.

Male

- a. Ap-joomuk Jirugi
- b. Sonkal Taerigi
- c. Yopcha Jirugi
- d. Dollyo Chagi
- e. Bandae Dollyo Chagi

Female

- b. Sonkal Taerigi
- c. Yopcha Jirugi
- d. Dollyo Chagi





Junior and Senior Devisions SPECIAL TECHNIQUE Black Belts

Male and Female Groups.

It is facultative for each competitor to attempt each item listed for his/her group.

Male

- a. Twimyo Nopi Ap Cha Busigi
- b. Twimyo Nomo Yop Cha Jirugi
- c. Twio Dolmyo Yop Cha Jirugi
- d. Twimyo Dollyo Chagi
- e. Twimyo Bandae Dollyo Chagi

Female

- a. Twimyo Nopi Ap Cha Busigi
- b. Twimyo Nomo Yop Cha Jirugi
- c. Twimyo Dollyo Chagi





Irish National Taekwon-Do Association 2013 International Open Championships

The Watershed Sports Centre, Kilkenny (www.thewatershed.ie)

Saturday 9th March 2013 all juniors, 10:00 AM

Sunday 10th March 2013: all seniors, 10.00 AM

Competitor Application Form

First Name: _____ Family Name: _____

Date of Birth: _____ Age (on 09/03/13): _____ Sex (M / F): _____

Rank: _____ KUP/DEGREE Height: _____ cm Weight: _____ kg ITF Membership No: _____

ITF Certificate Number (Black Belts Only): _____ Competitor Class (A / B): _____

Name of Taekwon-Do School: _____

Association Name: _____

Instructors Name: _____ 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 confirm that I am physically fit to participate in this event.

I wish to participate in (please 'X' clearly):

Patterns ☐ Sparring ☐ Special Technique ☐ Power ☐

Colourbelt sparring 35+ ☐ Black belt sparring 40+ ☐

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

Instructors Signature: _____ Date: _____

Completed form plus fees to be returned to my instructor not later then _____ / _____ / 2013

ALL CHEQUES / P.O.s payable to "INTA".

Note: Groin guards (males) and transparent mouth guards (all competitors) as well as fitting hand and foot pads are mandatory for sparring competition. No exceptions will be made to this rule.

All competitors must wear head gear.





DELEGATION ENTRY FORM

Head of Delegation: _____

Country: _____ Association: _____

School: _____

Address: _____

Telephone: _____ Fax: _____ Email: _____

Coach Name: _____ Grade: _____

Umpire List

Name	Saturday and/or Sunday?	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: head guard, 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.

Signature:



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

