



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



16th I.N.T.A. Open I.T.F. International Taekwon-Do Tournament
31st January & 1st February 2015, 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 16th I.N.T.A. Open I.T.F. International Taekwondo Tournament, to be held on Saturday the 31st of January and Sunday the 1st of February 2015.

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

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

All junior colour belts up to 15 years will partake on Saturday 31st January.
All competitors of 16 years and older and all junior black belts will partake on Sunday 1st February.

Looking forward to seeing you in 2015.

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

Yours in Taekwon-Do,

Jeroen Wezelman

3rd degree

Tournament Director



INTA Open ITF International Taekwon-Do Tournament - Details

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

Date: Saturday 31st January 2015 – All junior colour belts up to 15 years of age.
Sunday 1st February 2015 – All competitors of 16 years and older and all junior black belts.

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	Power
Junior	€10	€25	€25	N/A
Senior	€15	€30	€35	€10 extra

Due to a reduction of most fees, the family rate has been abolished.

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 Wezelman *no later than* 10th January 2015! Send the completed attached soft copy to jeroen.wezelman@inta.ie

Late entries will be refused.

All competitor application forms, delegation entry form and fees must be returned no later than 17th January 2015.

Please send to **Mr Jeroen Wezelman**
C/O Blessington Lakes Garden Centre
Glashina
Blessington
Co. Wicklow
Ireland

Any entry unpaid by 17th January will be removed from the competition!



Transport to Basketball Arena:

Dublin bus: <http://www.dublinbus.ie/en/Your-Journey1/Timetables/?searchtype=place&searchquery=National+Basketball+Arena>

Accommodation in Tallaght, Dublin:

<http://www.plazahotel.ie/>
<http://www.maldronhoteltallaght.com/>
<http://www.glashaushotel.ie/>
<http://www.abberley.ie/>

Dublin city offers a whole range of hotels, hostels and B&Bs. Please be aware that a bus journey to the National Basketball Arena in Tallaght can take up to 1 hour 15 minutes.



Junior PATTERNS

Colour Belts & Black Belts

1st 2nd & 3rd PLACES

(Male and Female will compete together)

Category	Day	Grade	Pattern
8 yrs & under	Saturday	Yellow Tip Yellow Belt Green Belt	Pattern of choice Pattern of choice Pattern of choice
9 to 11 yrs 9 to 11 yrs 9 to 11 yrs 11 yrs & under 11 yrs & under	Saturday	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
12 to 15 yrs 12 to 15 yrs 12 to 15 yrs 12 to 15 yrs 12 to 15 yrs 15 yrs & under	Saturday Saturday Saturday Saturday Saturday Sunday	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 2 Designated
16 to 17 yrs	Sunday	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 2 Designated

Black belt competitors male & female compete seperately

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



Junior SPARRING

Colour Belts

1st 2nd & 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	Competition Day	Grade
8yrs & under	Saturday	Yellow Belt
8yrs & under	Saturday	Green Belt
9 to 10yrs	Saturday	Yellow Belt
9 to 10yrs	Saturday	Green Belt
9 to 10yrs	Saturday	Blue belt
9 to 10yrs	Saturday	Red Belt
11 to 13yrs.	Saturday	Yellow Belt
11 to 13yrs.	Saturday	Green Belt
11 to 13yrs.	Saturday	Blue Belt
11 to 13yrs.	Saturday	Red Belt
13yrs & under	Sunday	Black Belt
14 to 15yrs.	Saturday	Yellow Belt
14 to 15yrs.	Saturday	Green Belt
14 to 15yrs.	Saturday	Blue Belt
14 to 15yrs.	Saturday	Red Belt
14 to 15yrs.	Sunday	Black Belt
16 to 17yrs.	Sunday	Yellow Belt
16 to 17yrs.	Sunday	Green Belt
16 to 17yrs.	Sunday	Blue Belt
16 to 17yrs.	Sunday	Red Belt
16 to 17yrs.	Sunday	Black Belt

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



Junior SPARRING

Black Belts

1st 2nd & 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 SPECIAL TECHNIQUE

(COLOUR 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 PATTERNS

Colour Belts and Black-belts

1st 2nd & 3rd PLACES



Colour belt male and female will compete together.

Black belt competitors male and female compete separately:

1. The 1st designated pattern must be a pattern of their grade, e.g. 2nd Degrees **must** perform Eui-Am, Choong-Jang or Juche.
2. The 2nd designated pattern is from Chon Ji to the highest pattern within the grade category.

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 Degree	Chon-Ji – Choi-Yong
18yrs. and over	IV – VI Degree	Chon Ji – Moon-Moo



Senior SPARRING

Colour Belts

1st 2nd & 3rd PLACES



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

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

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



Senior SPARRING **Black Belts**



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***

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 SPARRING

Black Belts 40+*

1st 2nd & 3rd PLACES

Senior Female over 40 years Black Belt

1 weight division

Category	Grade
40yrs. and over	I Degree – VI Degree

Senior Male over 40 years Black Belt

1 weight division

Category	Grade
40yrs. and over	I 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***



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Competitor Application Form

First Name: _____ Family Name: _____

Date of Birth: _____ Age (on 31/01/15): _____ Sex (M / F): _____

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

ITF Certificate Number (Black Belts Only): _____

Name of Taekwon-Do School: _____

Association Name: _____

Instructors Name: _____ Degree: _____

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

Patterns ☐

Sparring ☐

40+ Black belt Sparring ☐

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.

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 to your instructor is ____/____/____
ALL CHEQUES AND POSTAL ORDERS HAVE TO BE MADE PAYABLE TO I.N.T.A.

Note: Mouth guards as well as fitting head, hand and foot pads are mandatory for sparring competition. All males must wear a groin guards during sparring. No exceptions will be made to these rules.

Fees:	9th Kup	8th-1st Kup	I-VI degree	Power
Junior	€10	€25	€25	N/A
Senior	€15	€30	€35	€10 extra



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, C, None)

Each School must have one Qualified 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: _____ Date: _____