





SPARRING & TULS youth, junior and senior



Sporthall Utrecht, Sporthal Nieuw Welgelegen

Grebbenberglaan 13 3527 VX

organization James Tjin-A-Ton

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Sunday 28 October 2012

Place/Time Table

Sportshall Nieuw Welgelegen Utrecht the same as the IIC Netherlands (19-20-21 November 2010) and last year.

Grebbenberglaan 13 3527 VX Utrecht Utrecht, Netherland

Sport hall open: 08.00 hour

Measuring kids and weight inn juniors/ 08.15-09.00 hour

and Adults weight inn

Coach/Umpire meeting: 08.30-09.00 hour

Opening: 09.15 hour Start Kids&Juniors/Adults Pattern 09.30 hour

Sparring time:

Kids: 1 x 1,5 minutes, extension time 30sec.

still a draw than golden point.

Junior/Senior B classes: 1 x 2 minutes Junior/Senior A classes: 1 x 2 minutes

Extension time 1 x 1 minutes, still a draw than golden point

(the organizer has the right to change the time)

<u>Divisions and classes:</u>

A divisions: blue belt and higher (continue syteem)
B divisions: white belt up to green/blue belt (point-systeem)

-There divisions and classes for kids/juniors/seniors

-length and weights

-Knock-out system (1 x 3e place)

-Male/female kids/juniors/seniors are divided in separate classes.

<u>Ages:</u>

Kids male: up to 14 year Kids female: up to 14 year

Junior male: 15 / 16 en 17 year Junior female: 15 / 16 en 17 year

Senior male: 18+ year Senior female: 18+ year

Length Sparring:

Kids male: -130, -140, -150, -160, -170, +170 Kids female: -130, -140, -150, -160, -170, +170

Weight classes Sparring:

Junior female: -45, -50, -55, -60, +60kg Junior male: -52, -58, -63, -70, +70 kg Senior female: -52, -58, -63, -70, +70 kg Senior male: -54, -63, -71, -80, +80 kg Changes in the length/weight classes can be made but will cost €10,- per change. (The organization reverses the right to put divisions together)).

Patterns/Tuls:

2 competitors against each other. Competitors performs one tul. KO system

: up to Chon-Ji - 10 - 9 gup - 8 gup : up to Dan-Gun - 7 gup : up to Do-San - 6 gup : up to Won-Hyo : up to Yul-Gok - 5 gup - 4 gup : up to Joong-Gun 3 qup : up to Toi-Gye : up to Hwa-Rang - 2 gup : up to Choong-Moo - 1 gup - 1 dan : up to Ge-Baek - 2 dan - 3 dan up to Jucheup to Choi-Yong - 4 dan + : up to Moon-Moo

Umpires:

Must wear, blue/black trousers, white shirt long sleeves, blue/black tie, with shoes.

1 up to 7 competitor: 1 umpire 8 up to 15 competitor: 16 + competitor: 2 umpire

3 umpire, one centre referee.

No umpire? There will be a ine of € 75,- for every missing umpire

-For every umpire we have a nice hot meal!!!!

Coaches(only in track suite and with a towel):

1 up to 5 competitors: 1 coach 6 up to 10 competitors: 2 coaches 11 up to 15 competitors: 3 coaches 16 + competitors: 4 coaches

Attention: We want to do also something for the coaches because, they stimulate there participants to compete, train& support them. For every coach (max 4, see list above) we heave a nice hot meal!!!!

Rules:

- -Semi-contact individual points:
 - a. 1 point for all hand techniques head/chest
 - b. 2 points for all kicks at the chest
 - c. 3 points for all licks to the head.
- No open hand safety kicks or boxing gloves are allowed, also for example to thin black "Kwon" safety's.
- -Soft shin protection is allowed,
- -Head guard for the Kids is mandatory.
- -Semi-contact individueel sparring (I.T.F-Taekwon-Do ruls);
- -Tuls (individueel) Knock down systeem.

Points, warnings, minus points and disqualification are recording of the ITF-AETF Taekwon-Do rules see the website::

www.itfeurope.org/competition_rules.html

In case of a dispute the head referee has the final decision. Protest form available at the WOC table fee €50,-

<u>Fee competition:</u>

Entree supporters: \bigcirc 4,- per person The will be no restitution of the entry fee

Deadline for the entry forms is **Sunday 14 October 2012**

Please send the forms to:

Henny van Zon en James Tjin-A-Ton & Liesbeth Willems Dommelseweg 87A 5554 NM Valkenswaard

Tel: +31402070900 / +31654277369 (James)

E-mail: info@sportprijzenvalkenswaard.nl en info@itf-taekwondo.nl

Organisation:

Taekwon-Do IN NAE DO KWAN James Tjin-A-Ton & Liesbeth Willems Henny van Zon (WOC)

Tel: +31(0)6 54 277 369 E-mail: info@itf-taekwondo.nl Web: www.itf-taekwondo.nl

Liability:

Every competitor/school is himself responsible that he/she is taken part without physical or mental restrictions or medical indication in this tournament. The organization is not responsible for any damage as a result of careless acts.

By participation one agrees .

Hotel accommodation:

Website hotels:

www.channels.nl/hotel_index_nl_utrecht.html

By Car:

From Amsterdam, Den Haag and 's Hertogenbosch

- exit 8 A2 follow the sign Papendal/Langerak/Centrum stay on the right side of the road
- Drive straight , after the roundabout 24 oktoberplein, also straight follow the sign Centrum-Jaarbeurs
- Afther 500m you will see an **Shell tankstation** on your right, turn right the street Overste den Oudenlaan
- Traffic lights, straight, you will see the Sport shall on your right
- First street to your right **Grebbenberglaan** sport shall Nieuw Welgelegen

Coming from Arnhem follow direction Ring Utrecht-Nieuwegein

Stay on the right side of the road and please follow the sign Ring Utrecht

- Then follow the exit and sign Jaarbeurs and see above.