

TAE KWON DO



CHAMPIONSHIPS

2023



WORCESTER ARENA
WORCESTER
WR2 5JN
ENGLAND

SATURDAY 25TH NOVEMBER
40TH ANNIVERSARY



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BRITISH CHAMPIONSHIPS 2023

Worcester Arena

Hylton Road, Worcester. WR2 5JN

Saturday 25th November 2023



Dear Instructor.

You and your students are invited to attend the above event.

JUNIORS

Coloured Belts Up to & including 15 years old.

Black Belts Up to & including 14 years old.

CADETS (Black Belts Only)

15 years up to & including 17 years old.

ADULTS

Coloured Belts 16 years & over

Black Belts (Female) 18 years old to 34 years old

Black Belts (Male) 18 years old to 39 years old

EXECUTIVE MALE (Black Belts Only)

40 years old & over (patterns & sparring)

EXECUTIVE FEMALE (Black Belts Only)

35 years old & over (patterns & sparring)

ALL Competitors to arrive by 9.00 A.M.

ENTRY FEES:

Competitor: £15.00 per event (i.e., 3 events £45.00)

Spectators: £10.00 (5 years old & under FREE)

Team Events: £15.00 per 3 person team. To be paid & entered on the day.

Please use the entry forms at the back of this information pack.

INSTRUCTORS INFORMATION:

All instructors who have competitors taking part in these championships should attend themselves or delegate a senior person who is a competitor or official to assist their students in the event of any problems that may arise on the day, this is usually the children. Also, please check that the forms are filled in correctly. This causes a lot of the problems.

Please remind all spectators that they **ARE NOT ALLOWED** onto the competition area.

Only Officials and competitors (who must be wearing their dobok) are allowed on the competition area. Failure to adhere to these rules could result in them being asked to leave the tournament venue.

OFFICIALS.

Officials must be Black Belts who have attended at least part 1 of the TAGB umpire's course.

Officials must wear the official t-shirt with smart grey or black trousers and sports shoes.

DO NOT WEAR A SHIRT & TAGB TIE. Officials' t-shirts can be obtained by emailing GM Donnelly on donnelpaul@btopenworld.com, before the event.

All officials **MUST** register **BEFORE THE TOURNAMENT** by entering their name and qualification on the officials form at the rear of this pack.

This form **MUST** then be submitted to the TAGB along with your competition entries.

All officials **MUST** bring their Black Belt licence book for stamping to record their attendance.

**** YOU MUST ARRIVE BY 8.30 A.M. OTHERWISE YOU WILL BE ASKED TO PAY TO ENTER****

WELFARE OFFICERS:

Any official wishing to attend this competition as a Welfare Officer should apply by completing this [ONLINE Registration form](#) or on your mobile scan the QR code.



FIRST AID:

The TAGB Medic Team will be available in the competition area.

In line with TAGB inclusive policies, **emergency** sanitary products can be obtained from the Medic Team this includes replacement clothing if required.

PHOTOGRAPHY:

NO PUBLIC PHOTOGRAPHY IS PERMITTED ANYWHERE ON THE COMPETITION AREA. OTHER THAN THE OFFICIAL MEDIA TEAM STAFF.

THIS RULE ALSO APPLIES TO OFFICIALS ON THE COMPETITION AREA.

COMPETITORS:

All competitors are permitted to only wear standard white TAGB doboks, the most recent national doboks or TAGB Tiger dobok. **(No club doboks).**

All sparring competitors may wear forearm protectors in addition to their regulation TAGB sparring equipment.

BLACK BELT WEIGH IN:

All Black Belt Divisions (Adults, Cadets & Executives Only) **MUST** weigh in before the closing time or they will be withdrawn from the competition.

The weigh in will close at 10.30am

Thank you for your support

Yours in Tae Kwon-Do

TAGB Council

PATTERN DIVISIONS

Juniors

All junior pattern divisions are as follows.

| | |
|--------|--|
| Yellow | (9 th Kup to 7 th Kup) |
| Green | (6 th Kup to 5 th Kup) |
| Blue | (4 th Kup to 3 rd Kup) |
| Red | (2 nd Kup to 1 st Kup) |
| Black | (All grades together) |

Boys & Girls in separate divisions

Cadets

Cadet pattern divisions are as follows.

Black Belt Only
(All Dan Grades together)

Male & female in separate divisions.

Adults

All adults pattern divisions are as follows.

| | |
|-------------|---|
| Yellow | (9 th Kup to 7 th Kup). |
| Green | (6 th Kup to 5 th Kup) |
| Blue | (4 th Kup to 3 rd Kup) |
| Red | (2 nd Kup to 1 st Kup) |
| Black (1) | (1 ST Dan Only) |
| Black (2+3) | (2 nd & 3 rd Dan) |
| Black (4+) | (4 th Dan and above) |

Male & Female in separate divisions

EXECUTIVE

(Black Belt Only) All grades together.

Male & Female in separate divisions

| Patterns | | | | | | |
|---|---------------------------|------------|------------|-----------|---------|---------|
| All Coloured Belt competitors must perform a pattern up to their grade from their grade group below. | | | | | | |
| All Black Belt competitors must perform a pattern of their grade from their grade group below. | | | | | | |
| BLACK (4+) | BLACK (2+3) | BLACK (1) | RED | BLUE | GREEN | YELLOW |
| 4th DAN | 2nd DAN | Choong Moo | Toi Gye | Yul Gok | Do San | Chon Ji |
| Tong Il | Ko Dang | Kwang Gae | Hwa Rang | Joong Gun | Won Hyo | Dan Gun |
| Ul Ji | Choong Jang | Ge Baek | Choong Moo | Toi Gye | Yul Gok | Do San |
| Se Jong | Eui Am | Po Eun | | | | |
| 5th DAN | 3rd DAN | | | | | |
| Yon Gae | Sam Il | | | | | |
| Moon Moo | Yoo Sin | | | | | |
| So San | Choi Yong | | | | | |

Medals awarded 1 x Gold 1 x Silver 1 x Bronze

TEAM PATTERN COMPETITION

Divisions

Juniors - Boys and Girls in same divisions

Three competitors in a team

Split as follows

9th Kup to 7th Kup

6th Kup to 4th Kup

3rd Kup to 1st Kup

All Dan Grades

Adults - Males and Females in same division

Three competitors in a team

Split as per junior divisions

RULES OF THE COMPETITION

Each team to perform a pattern unison.

Pattern to be scored in the same way as in individual pattern events.

The pattern to be relevant to the most junior grade in the team.

(e.g. A team with a 9th Kup in can only perform Chon Ji and a team with a 3rd Kup in can perform any pattern up to and including Toi Gye)

Scoring to be based on the following: -

1. The correctness of the pattern moves
2. Power, balance, focus, fluidity etc. As per individual pattern competition.
3. Synchronisation of all members when performing the pattern.

Cost £5.00 per competitor. Same as TAG team event.

Entry forms can be downloaded and completed prior to the event and then submitted on the day

ENTRY IS ON THE DAY AT THE TAG TEAM DESK

Medals awarded 1 x Gold 1 x Silver 1 x Bronze

SPARRING DIVISIONS

| Junior Sparring Divisions (Boys & Girls Separate Divisions) | | | | |
|--|---|---|---|---|
| BLACK Continuous | RED Point Stop | BLUE Point Stop | GREEN Point Stop | YELLOW Point Stop |
| | | | TINY TOTS Up to & inc 122cm | TINY TOTS Up to & inc 122cm |
| PEE WEE Over 122cm up to & inc 137cm | PEE WEE Over 122cm up to & inc 137cm | PEE WEE Over 122cm up to & inc 137cm | PEE WEE Over 122cm up to & inc 137cm | PEE WEE Over 122cm up to & inc 137cm |
| LIGHTWEIGHT Over 137cm up to & inc 152cm | LIGHTWEIGHT Over 137cm up to & inc 152cm | LIGHTWEIGHT Over 137cm up to & inc 152cm | LIGHTWEIGHT Over 137cm up to & inc 152cm | LIGHTWEIGHT Over 137cm up to & inc 152cm |
| MIDDLEWEIGHT Over 152cm up to & inc 168cm | MIDDLEWEIGHT Over 152cm up to & inc 168cm | MIDDLEWEIGHT Over 152cm up to & inc 168cm | MIDDLEWEIGHT Over 152cm up to & inc 168cm | MIDDLEWEIGHT Over 152cm up to & inc 168cm |
| HEAVYWEIGHT Over 168cm | HEAVYWEIGHT Over 168cm | HEAVYWEIGHT Over 168cm | HEAVYWEIGHT Over 168cm | HEAVYWEIGHT Over 168cm |

All the above divisions 1 x 1.5 minute rounds. Medals awarded 1 x Gold 1 x Silver 2 x Bronze

| Cadet Female Sparring Divisions (Black Belts Only) |
|---|
| BLACK Continuous |
| LIGHTWEIGHT Up to & inc 50kg |
| MIDDLEWEIGHT Over 50kg up to & inc 55kg |
| LIGHT HEAVY Over 55kg up to & inc 60kg |
| HEAVYWEIGHT Over 60kg |

All the above divisions 1 x 2 minute rounds. Medals awarded 1 x Gold 1 x Silver 2 x Bronze

| Cadet Male Sparring Divisions (Black Belts Only) |
|---|
| BLACK Continuous |
| LIGHTWEIGHT Up to & inc 55kg |
| MIDDLEWEIGHT Over 55kg up to & inc 65kg |
| LIGHT HEAVY Over 65kg up to & inc 75kg |
| HEAVYWEIGHT Over 75kg |

All the above divisions 1 x 2 minute rounds. Medals awarded 1 x Gold 1xSilver 2xBronze

| Adult Female Sparring Divisions | | | | |
|---|---|---|---|---|
| BLACK Continuous | RED Continuous | BLUE Continuous | GREEN Point Stop | YELLOW Point Stop |
| LIGHTWEIGHT Up to & inc 55kg | LIGHTWEIGHT Up to & inc 55kg | LIGHTWEIGHT Up to & inc 55kg | LIGHTWEIGHT Up to & inc 55kg | LIGHTWEIGHT Up to & inc 55kg |
| MIDDLEWEIGHT Over 55kg up to & inc 61kg | MIDDLEWEIGHT Over 55kg up to & inc 61kg | MIDDLEWEIGHT Over 55kg up to & inc 61kg | MIDDLEWEIGHT Over 55kg up to & inc 61kg | MIDDLEWEIGHT Over 55kg up to & inc 61kg |
| LIGHT HEAVY Over 61kg up to & inc 67kg | LIGHT HEAVY Over 61kg up to & inc 67kg | LIGHTHEAVY Over 61kg up to & inc 67kg | LIGHT HEAVY Over 61kg up to & inc 67kg | LIGHT HEAVY Over 61kg up to & inc 67kg |
| HEAVYWEIGHT Over 67kg | HEAVYWEIGHT Over 67kg | HEAVYWEIGHT Over 67kg | HEAVYWEIGHT Over 67kg | HEAVYWEIGHT Over 67kg |

All the above divisions 1 x 2 minute rounds.

Medals awarded 1 x Gold 1 x Silver 2 x Bronze

Black Belt Final 2 x 2 minute rounds.

| Adult Male Sparring Divisions | | | | |
|---|---|---|---|---|
| BLACK Continuous | RED Continuous | BLUE Continuous | GREEN Point Stop | YELLOW Point Stop |
| FLYWEIGHT Up to & inc 58kg | LIGHTWEIGHT Up to & inc 64kg | LIGHTWEIGHT Up to & inc 64kg | LIGHTWEIGHT Up to & inc 64kg | LIGHTWEIGHT Up to & inc 64kg |
| LIGHTWEIGHT Over 58kg up to & inc 64kg | WELTERWEIGHT Over 64kg up to & inc 72kg | WELTERWEIGHT Over 64kg up to & inc 72kg | WELTERWEIGHT Over 64kg up to & inc 72kg | WELTERWEIGHT Over 64kg up to & inc 72kg |
| WELTERWEIGHT Over 64kg up to & inc 70kg | MIDDLEWEIGHT Over 72kg up to & inc 80kg | MIDDLEWEIGHT Over 72kg up to & inc 80kg | MIDDLEWEIGHT Over 72kg up to & inc 80kg | MIDDLEWEIGHT Over 72kg up to & inc 80kg |
| MIDDLEWEIGHT Over 70kg up to & inc 76kg | HEAVYWEIGHT Over 80kg | HEAVYWEIGHT Over 80kg | HEAVYWEIGHT Over 80kg | HEAVYWEIGHT Over 80kg |
| LIGHT HEAVY Over 76kg up to & inc 82kg | | | | |
| HEAVYWEIGHT Over 82kg | | | | |

All the above divisions 1 x 2 minute rounds.

Medals awarded 1 x Gold 1 x Silver 2 x Bronze

Black Belt Final 2 x 2 minute rounds.

| Executive Female Sparring Divisions (Black Belts Only) | |
|---|--|
| BLACK | |
| Point Stop | |
| Light: Up to & inc 55kg | |
| Middle: Over 55kg up to & inc 62kg | |
| Heavy : Over 62kg | |

All the above divisions 1 x 2 minute rounds. Medals awarded 1 x Gold 1 x Silver 2 x Bronze

| Executive Male Sparring Divisions (Black Belts Only) | |
|---|--|
| BLACK | |
| Point Stop | |
| Light: Up to & inc 70kg | |
| Middle: Over 70kg up to & inc 80kg | |
| Heavy: Over 80kg | |

All the above divisions 1 x 2 minute rounds. Medals awarded 1 x Gold 1 x Silver 2 x Bronze

DESTRUCTION (BLACK BELTS ONLY)

Competitors may enter hand, foot or both

| Destruction (Black Belts Only) | | | |
|---|--|---|---|
| MALE HAND | MALE FOOT | FEMALE HAND | FEMALE FOOT |
| Forefist Punch Or Knifehand Stike | Turning Kick Or Reverse Turning Kick | Any hand technique (Including elbow) | Any foot technique (Standing only) |

Medals awarded 1 x Gold Foot destruction

1 x Gold Hand destruction

RULES OF TAG TEAM SPARRING

ALL TEAM EVENTS TO START AFTER THE INDIVIDUAL COMPETITION.

Teams will consist of a 3-person team; bouts will be for 4 minutes. Each time the bout is stopped you can change with a member of your team by tagging your team member's glove. All 3 members must fight at some stage during the bout. All team matches will be point stop.

The same 3 fighters must compete for the duration of event.

Teams who do not have 3 fighters will not be allowed to continue in the competition.

No substitutions due to injury or disqualification.

TAG TEAM SPARRING DIVISIONS

MALE:

3 person team. White/Yellow/Green belts together. No weights.

3 person team. Blue/red belts together. No weights

3 person team. Black belts. No weights.

FEMALE:

3 person team. White/Yellow/green belts together. No weights.

3 person team. Blue/red belts together. No weights.

3 person team. Black belts. No weights.

JUNIOR'S

3-person team. White/Yellow/Green belts together. Must all be from the same division.

3 person team: Blue/Red belts together. Must all be from the same division.

3 person team: Black belts. Must all be from the same division.

* There will be four junior divisions

1. Pee wee.
2. Lightweight.
3. Middleweight.
4. Heavyweight.

* Boys and Girls separate teams

** There are no separate team events for Executive Male & Executive Female or Cadet Male & Cadet Female.

All junior teams are under 16 years old

All senior teams are 16years and over

Students Guide To Entering TAGB Competitions

BEFORE ENTERING: - Please make sure that: -

- You have a current T.A.G.B. / B.T.C. Licence.
- You are training regularly and understand what is expected of you.
- You are wearing a White TAGB suit, a current TAGB 'National' suit or a TAGB Tiger suit.
- You have a full set of TAGB sparring equipment. (i.e., boots, shin guards, groin guards (for men and boys) gloves, headguard and gum shield).
- You have transport to the venue, and you arrive on time.

HOW TO ENTER: - Competitors

All competitors, juniors or adults, whether competing in sparring or patterns or both, must complete a competition entry form. The forms can be obtained from your instructor and must be completed as requested and handed over to your instructor before the closing date stated on the competition information or announced in your class.

PRICES

COMPETITORS (Adults & Juniors) £15 per event **Make sure you are the correct grade as stated on your entry form.**
SPECTATORS £10 **ENTRY FEES ARE NON-REFUNDABLE**

JUNIORS (under 15)

Make sure you are the correct height for your division. You will be height tested on the day and if you are not in the correct height division you will be disqualified from that division.

CADETS (15 – 17 years)

ADULTS (18 years +)

EXECUTIVES (male 40 years +, female 35 years +) Black Belt only patterns & sparring)

Make sure that you are the correct weight for the division you want to compete in. You will be weighed in on the day, and if you are not within your entered weight division you will be disqualified from that division.

In tournaments where there are no cadet divisions, junior divisions are up to 15 years old, and Adults are from 16 years and above.

You will receive a competitor's ticket from your instructor which must be taken to the competition. **Do not forget or lose this ticket.** If you forget or lose this ticket, you will have to pay the spectators fee of £10 to gain access to the competition.

SPECTATORS

You may purchase a ticket from your instructor on request, or you may pay on the door at the competition. There will be a separate queue for spectators. All spectators who purchased a ticket beforehand will generally be allowed into the competition hall before those who are paying on the day.

ON THE DAY OF THE COMPETITION

NO SPECTATORS ARE ALLOWED AROUND THE COMPETITION AREAS – THEY MUST BE SEATED IN THE SEATS PROVIDED, OR THEY MAY BE ASKED TO LEAVE THE HALL.

- The competition will start with the pattern events, first with the juniors and some designated cadet and adult divisions.
- Each competition area will be allocated with an area number that will be indicated by the number on the tablecloth and a numbered signpost. There will also be a coloured sign, signifying the belt colour and category of the current division, situated underneath the numbered signpost at head high level.
- Listen out for an announcement of the start of your division on an allocated area over the Public Address System. (You can also check the running order, which may be displayed on a plasma screen somewhere in the hall, when available.)
- All juniors will be height tested before the sparring competition starts at an allocated area (i.e. all yellow belt boys, all heights).
- All cadets & adults will be weighed in before they spar at the allocated area for that division.

Failure to be height tested / weighed in will result in a competitor not being entered for the sparring event (if they are competing in the sparring event).

You must make sure that you are in the right competition area at the right time.
If you are unsure, then you must ask your instructor or an official.

COMPETITION ENTRY FORM

(Filled in by the student, KEPT by the Instructor)

TAGB SCHOOL..... INSTRUCTOR.....

LICENCE No.....EXPIRY DATE.....ID No.....

SURNAME..... INITIAL.....

STATUS

ENTER IN THE BOX ABOVE

- B for BOY
- G for GIRL
- CM for CADET MALE
- CF for CADET FEMALE
- M for MALE
- L for LADIES
- EM for EXECUTIVE MALE
- EF for EXECUTIVE FEMALE

DIVISION

ENTER IN THE BOX ABOVE

- YE for YELLOW
- GR for GREEN
- BU for BLUE
- RE for RED
- BK for BLACK

WEIGHT

ENTER IN THE BOX ABOVE

- T for TINY TOTS
- P for PEEWEE
- F for FLY
- L for LIGHT
- W for WELTER
- M for MIDDLE
- X for LT / HEAVY
- H for HEAVY

| | | |
|---|--|--|
| PATTERNS (ENTER P) <input style="width: 100%; height: 30px;" type="text"/> | BLACK BELTS (ENTER DAN GRADE) <input style="width: 100%; height: 30px;" type="text"/> | DESTRUCTION: BLACK BELTS ONLY <input style="width: 100%; height: 30px;" type="text"/> <p style="font-size: small; margin-top: 5px;">ENTER: H FOR HAND or F FOR FOOT B FOR BOTH</p> |
|---|--|--|

Declaration

I understand that there is an inherent risk of physical injury in the practice and learning of a contact sport such as Tae Kwon-Do. Whilst the TAGB and Association schools and Instructors will take all reasonable steps to minimise the likelihood of an accident, the risk of physical injury cannot be eliminated. There is particular risk in the context of competitions and grading exercises which by their nature are likely to result in an individual approaching and potentially exceeding the limits of their skills and physical ability. The acceptance of an individual's application to participate in a competition or to undertake a grading exercise does not constitute and should not be considered as constituting any form of confirmation or assurance by the TAGB or any Association School or Instructor to the effect that individual has the necessary skill or physical ability to safely complete such competition or grading exercise, it being the individual's sole responsibility to judge such matters for themselves. If an individual has any doubt whatsoever as to their ability to safely complete any exercise in the context of a competition, grading exercise or otherwise it is the responsibility of the individual to withdraw from the same. The TAGB, and Association schools and Instructors accept no liability for injuries sustained in the course of practicing and learning of Tae Kwon-Do save for injuries attributed to negligence of the TAGB, and Association schools and Instructors. Insurance in respect of such risks is included in your annual membership. In signing this declaration I accept the above recited disclaimer of liability and also agree to abide by the rules of the TAGB as amended from time to time should I be accepted as a participant of this competition.

I clearly understand that my participation in the event is entirely at my own risk,

I certify that the facts stated are correct and I am fit to take part in the event.

COMPETITORS SIGNATURE.....

PARENTS SIGNATURE.....

CLUB INSTRUCTORS SIGNATURE.....

(Tick the box to confirm that the above information is correct before entering onto competition listing)

JUNIORS: Coloured Belts Up to & including 15 years old. **Black Belts** Up to & including 14 years old.

CADETS: (Black Belts Only) 15 years up to & including 17 years old.

ADULTS: Coloured Belts 16 years & over

Black Belts (Female) 18 years to 34 years. **Black Belts (Male)** 18 years to 39 years

EXECUTIVE (Black Belts Only) (sparring only no patterns)

Male: 40 years & over

Female: 35 years & over

| CATEGORY | WEIGHTS | WEIGHT DIVISION | CODE |
|------------------|------------------------------|--------------------------|------|
| JUNIORS | Up & Inc 122cm | TINY TOTS (YE & GR ONLY) | T |
| JUNIORS | Over 122cm up to & inc 137cm | PEE WEE | P |
| JUNIORS | Over 137cm up to & inc 152cm | LIGHTWEIGHT | L |
| JUNIORS | Over 152cm up to & inc 168cm | MIDDLEWEIGHT | M |
| JUNIORS | Over 168cm | HEAVYWEIGHT | H |
| LADIES | Up to & inc 55kg | LIGHTWEIGHT | L |
| LADIES | Over 55kg up to & inc 61kg | MIDDLEWEIGHT | M |
| LADIES | Over 61kg up to & inc 67kg | LIGHT HEAVY WEIGHT | X |
| LADIES | Over 67kg | HEAVYWEIGHT | H |
| MENS COLOUR | up to & inc 64kg | LIGHTWEIGHT | L |
| MENS COLOUR | above 64kg to & inc 72kg | WELTERWEIGHT | W |
| MENS COLOUR | above 72kg to & inc 80kg | MIDDLEWEIGHT | M |
| MENS COLOUR | above 80kg | HEAVYWEIGHT | H |
| MENS BLACK | up to & inc 58kg | FLYWEIGHT | F |
| MENS BLACK | above 58kg to & inc 64kg | LIGHTWEIGHT | L |
| MENS BLACK | above 64kg to & inc 70kg | WELTERWEIGHT | W |
| MENS BLACK | above 70kg to & inc 76kg | MIDDLEWEIGHT | M |
| MENS BLACK | above 76kg to & inc 82kg | LIGHT-HEAVYWEIGHT | X |
| MENS BLACK | above 82kg | HEAVYWEIGHT | H |
| CADET MALE | up to & inc 55kg | LIGHTWEIGHT | L |
| CADET MALE | above 55kg to & inc 65kg | MIDDLEWEIGHT | M |
| CADET MALE | above 65kg to & inc 75kg | LIGHT-HEAVYWEIGHT | X |
| CADET MALE | above 75kg | HEAVYWEIGHT | H |
| CADET FEMALE | up to & inc 50kg | LIGHTWEIGHT | L |
| CADET FEMALE | above 50kg to & inc 55kg | MIDDLEWEIGHT | M |
| CADET FEMALE | above 55kg to & inc 60kg | LIGHT-HEAVYWEIGHT | X |
| CADET FEMALE | above 60kg | LIGHT-HEAVYWEIGHT | H |
| EXECUTIVE MALE | Up to & inc 70kg | LIGHTWEIGHT | L |
| EXECUTIVE MALE | Over 70kg up to & inc 80kg | MIDDLEWEIGHT | M |
| EXECUTIVE MALE | Over 80kg | HEAVYWEIGHT | H |
| EXECUTIVE FEMALE | Up to & inc 55kg | LIGHTWEIGHT | L |
| EXECUTIVE FEMALE | Over 55kg up to & inc 62kg | MIDDLEWEIGHT | M |
| EXECUTIVE FEMALE | Over 62kg | HEAVYWEIGHT | H |