

IRISH TAEKWON-DO ASSOCIATION

아이리쉬 태권도 연합



20th April 2010

Dear Masters and Instructors,

It is my pleasure to invite you and your students, on behalf of Irish Taekwon-Do Association, to the **ITF Taekwon-Do - ITA Irish Cup 2010**. This year's championships will take place on Saturday 29th and Sunday 30th May 2010 in the Baldoyle Badminton Centre, Baldoyle Industrial Estate, Grange Road, Dublin 13.

Saturday 29th is open to Cadets (14 – 17 yrs) and Seniors (18 yrs and over)
Sunday 30th is open to juniors (under 10yrs) and (under 13yrs).

Please note that this is a pre-registration only event. Instructors must email their clubs entries to: entries@taekwondo.ie no later than Monday, the 24th of May. All entries should be done using the attached **Irish Cup Entries Excel Spreadsheet**. Entries will be confirmed by return of email (within 24 hours). If you have not received a confirmation email, your entries have not yet been received. **No entries will be accepted after this date.** Accuracy of information is the responsibility of the instructor and any errors which need to be corrected on the day will incur an administration fine as detailed below.

If you have any questions about this event please email Mr. Richard Park, ITA Tournament Director or contact him on 086 8255986.

We look forward to seeing you in Dublin for this event.

Yours sincerely,

Donal O'Donoghue
Irish Taekwon-Do Association

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General Information

Program:

Competitors and officials should be present at 9.30am and prepare for a punctual 10am start.

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| 9.30am | Club instructors/coaches will receive competitor cards, to be distributed |
| 9.45am | Meeting for officials |
| 10.00 | Tournament start |

There will be ample opportunity for lunch during the day but the competition will not be stopped. All competitors will know their schedule and division start times in advance.

Saturday 29th May

Is open to cadets 14yrs - 17yrs and seniors 18 and over yellow belt to black belt.

Sunday 30th May

Will be for Junior competitors under 10 years yellow belt to red belt and juniors 11yrs to 13 yrs yellow to black belt.

Umpires

Clubs are required to provide one umpire for every ten competitors.

All umpires will receive free lunch and snacks on the day of the competition.

Spectators

Spectators will be charged €5 for Adults / €3 for Children (U16) or €10 for families.

Competition Entrance Fee

€20 juniors and cadets
€25 seniors (over 18 years)

Competition entrance fee shall be collected from instructors on arrival.

Board of Directors: Master Kenneth Wheatley VII Dan (President), Mr. Adrian O'Mahoney VI Dan (Vice President),
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Insurance

All competitors must have adequate insurance for all eventualities.

Coaches

Coaches shall wear a training suit and gymnastic shoes and must accept any result given by the umpires as protest will not be accepted. They should conduct themselves according to the tenets of Taekwon-Do.

Safety Equipment

Juniors (Up to 13 years) must have approved (open palm, enclosed fingers) hand pads, foot pads, shin pads, gumshield and head guard. Males must also have a groin guard.

Cadets are as above but the head guard is optional.

Awards

First, second and third place in each section shall receive an award. Additionally all juniors under 10 yrs who are not placed will receive a commemorative medal.

Weight / Height Control

Weight control for cadets and height control for juniors will take place during the patterns divisions. As each competitor is eliminated they will have their weight / height checked.

Please ensure your competitors are checked in the club and not at home. Instructors must take full responsibility for any incorrect heights or weights and must sign each entry form.

Any category changes due to incorrect competitor information (Gender, age, grade, height, weight) will take place only after a fee of **€5 PER CHANGE** has been paid to the Tournament Administrator. If this is not paid the competitor will be withdrawn and will not compete.

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Please Note:

This competition is for students holding yellow belt (8th Kup) and higher. White belts are not permitted to compete.

The minimum age for promotion to black belt in the ITA is 13 years. For this reason there will be no provision for black belts in the Under 10 yrs sections.

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Competition Divisions/Categories

Divisions / categories must consist of two or more competitors – if there is only one competitor he/she will compete in a higher or lower category as deemed appropriate.

Junior Patterns

All eliminations and finals will be one (1) optional pattern

| | |
|----|--|
| 1 | Patterns Male, Under - 10 Yrs, Yellow Belt |
| 2 | Patterns Male, Under - 10 Yrs, Green Belt |
| 3 | Patterns Male, Under - 10 Yrs, Blue / Red |
| 4 | Patterns Female, Under - 10 Yrs, Yellow Belt |
| 5 | Patterns Female, Under - 10 Yrs, Green Belt |
| 6 | Patterns Female, Under - 10 Yrs, Blue / Red |
| 7 | Patterns Male, 11 - 13 Yrs, Yellow Belt |
| 8 | Patterns Male, 11 - 13 Yrs, Green Belt |
| 9 | Patterns Male, 11 - 13 Yrs, Blue Belt |
| 10 | Patterns Male, 11 - 13 Yrs, Red / Black |
| 11 | Patterns Female, 11 - 13 Yrs, Yellow Belt |
| 12 | Patterns Female, 11 - 13 Yrs, Green Belt |
| 13 | Patterns Female, 11 - 13 Yrs, Blue Belt |
| 14 | Patterns Female, 11 - 13 Yrs, Red / Black |

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Junior Sparring

Junior sections will be one round of one minute and thirty seconds in all eliminations and finals.

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| 32 | Sparring Male, Under 10 - 125 Cm, Yellow / Green |
| 33 | Sparring Male, Under 10 126-135 Cm, Yellow / Green |
| 34 | Sparring Male, Under 10 136-145 Cm, Yellow / Green |
| 35 | Sparring Male, Under 10 + 145 Cm, Yellow / Green |
| 36 | Sparring Female, Under 10 - 125 Cm, Yellow / Green |
| 37 | Sparring Female, Under 10 126-135 Cm, Yellow / Green |
| 38 | Sparring Female, Under 10 136-145 Cm, Yellow / Green |
| 39 | Sparring Female, Under 10 + 145 Cm, Yellow / Green |
| 40 | Sparring Male, Under 10 - 135 Cm, Blue / Red |
| 41 | Sparring Male, Under 10 136-145 , Blue / Red |
| 42 | Sparring Male, Under 10 + 145 Cm, Blue / Red |
| 43 | Sparring Female, Under 10 - 135 Cm, Blue / Red |
| 44 | Sparring Female, Under 10 136-145 Cm, Blue / Red |
| 45 | Sparring Female, Under 10 + 145 Cm, Blue / Red |
| 46 | Sparring Male, 11 -13 yrs -145 Cm, Yellow / Green |
| 47 | Sparring Male, 11 -13 yrs 146-155 Cm, Yellow / Green |
| 48 | Sparring Male, 11 -13 yrs + 155 Cm, Yellow / Green |
| 49 | Sparring Female, 11 -13 yrs -145 Cm, Yellow / Green |
| 50 | Sparring Female, 11 -13 yrs 146-155 Cm, Yellow / Green |

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|----|--|
| 51 | Sparring Female, 11 -13 yrs + 155 Cm, Yellow / Green |
| 52 | Sparring Male, 11 -13 yrs -145 Cm, Blue / Black |
| 53 | Sparring Male, 11 -13 yrs 146-155 Cm, Blue / Black |
| 54 | Sparring Male, 11 -13 yrs + 155 Cm, Blue / Black |
| 55 | Sparring Female, 11 -13 yrs -145 Cm, Blue / Black |
| 56 | Sparring Female, 11 -13 yrs 146-155 Cm, Blue / Black |
| 57 | Sparring Female, 11 -13 yrs + 155 Cm, Blue / Black |

Cadet Patterns

All eliminations and finals will be one (1) optional pattern.

| | |
|----|--|
| 15 | Patterns Male, 14 - 17 Yrs, Yellow / Green |
| 16 | Patterns Female, 14 - 17 Yrs, Yellow / Green |
| 17 | Patterns Male, 14 - 17 Yrs, Blue / Red |
| 18 | Patterns Female, 14 - 17 Yrs, Blue / Red |
| 19 | Patterns Male, 14 - 17 Yrs, Black Belt |
| 20 | Patterns Female, 14 - 17 Yrs, Black Belt |

Cadet Sparring

Cadet sparring bouts will be one round of two (2) minutes for all colour belts. Black belt sparring bouts will be 2 rounds of 2 minutes.

| | |
|----|--|
| 58 | Sparring Male, Under 52 kg, Yellow / Green |
| 59 | Sparring Male, 53 - 58 kg, Yellow / Green |
| 60 | Sparring Male, 59 - 63 kg, Yellow / Green |
| 61 | Sparring Male, 64 - 70 kg, Yellow / Green |
| 62 | Sparring Male, Over 70 kg, Yellow / Green |
| 63 | Sparring Female, Under 45 kg, Yellow / Green |
| 64 | Sparring Female, 46 - 50 kg, Yellow / Green |
| 65 | Sparring Female, 51 - 55 kg, Yellow / Green |

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|----|---|
| 66 | Sparring Female, 56 - 60 kg, Yellow / Green |
| 67 | Sparring Female, Over 60 kg, Yellow / Green |
| 68 | Sparring Male, Under 52 kg, Blue / Red |
| 69 | Sparring Male, 53 - 58 kg, Blue / Red |
| 70 | Sparring Male, 59 - 63 kg, Blue / Red |
| 71 | Sparring Male, 64 - 70 kg, Blue / Red |
| 72 | Sparring Male, Over 70 kg, Blue / Red |
| 73 | Sparring Female, Under 45 kg, Blue / Red |
| 74 | Sparring Female, 46 - 50 kg, Blue / Red |
| 75 | Sparring Female, 51 - 55 kg, Blue / Red |
| 76 | Sparring Female, 56 - 60 kg, Blue / Red |
| 77 | Sparring Female, Over 60 kg, Blue / Red |
| 78 | Sparring Male, Under 52 kg, Black / Belt |
| 79 | Sparring Male, 53 - 58 kg, Black / Belt |
| 80 | Sparring Male, 59 - 63 kg, Black / Belt |
| 81 | Sparring Male, 64 - 70 kg, Black / Belt |
| 82 | Sparring Male, Over 70 kg, Black / Belt |
| 83 | Sparring Female, Under 45 kg, Black / Belt |
| 84 | Sparring Female, 46 - 50 kg, Black / Belt |
| 85 | Sparring Female, 51 - 55 kg, Black / Belt |
| 86 | Sparring Female, 56 - 60 kg, Black / Belt |
| 87 | Sparring Female, Over 60 kg, Black / Belt |

Senior Patterns

All colour Belt eliminations and finals will be one (1) optional pattern black belts will be one optional and one designated pattern.

| | |
|----|---|
| 21 | Patterns Male, 18 & Over Yrs, Yellow / Green |
| 22 | Patterns Male, 18 & Over Yrs, Blue / Red |
| 23 | Patterns Male, 18 & Over Yrs, Black 1 st |
| 24 | Patterns Male, 18 & Over Yrs, Black 2 nd |
| 25 | Patterns Male, 18 & Over Yrs, Black 3 rd |
| 26 | Patterns Male, 18 & Over Yrs, Black 4 th - 6 th |
| 27 | Patterns Female, 18 & Over Yrs, Yellow / Green |
| 28 | Patterns Female, 18 & Over Yrs, Blue / Red |
| 29 | Patterns Female, 18 & Over Yrs, Black 1 st - |

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| | 2 nd |
| 30 | Patterns Female, 18 & Over Yrs, Black 3 rd - 6 th |

Senior Sparring

Senior sparring bouts will be one round of two (2) minutes for all colour belts. Black belt sparring bouts will be 2 rounds of 2 minutes.

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| 89 | Sparring Senior Male, Under 54 kg, Yellow / Green |
| 90 | Sparring Senior Male, 55 - 63 kg, Yellow / Green |
| 91 | Sparring Senior Male, 64 - 71 kg, Yellow / Green |
| 92 | Sparring Senior Male, 72 - 80 kg, Yellow / Green |
| 93 | Sparring Senior Male, Over 80 kg, Yellow / Green |
| 94 | Sparring Senior Female, Under 52 kg, Yellow / Green |
| 95 | Sparring Senior Female, 53 - 58 kg, Yellow / Green |
| 96 | Sparring Senior Female, 59 - 63 kg, Yellow / Green |
| 97 | Sparring Senior Female, 64 - 70 kg, Yellow / Green |
| 98 | Sparring Senior Female, Over 70 kg, Yellow / Green |
| 99 | Sparring Senior Male, Under 54 kg, Blue / Red |
| 100 | Sparring Senior Male, 55 - 63 kg, Blue / Red |
| 101 | Sparring Senior Male, 64 - 71 kg, Blue / Red |
| 102 | Sparring Senior Male, 72 - 80 kg, Blue / Red |
| 103 | Sparring Senior Male, Over 80 kg, Blue / Red |
| 104 | Sparring Senior Female, Under 52 kg, Blue / Red |
| 105 | Sparring Senior Female, 53 - 58 kg, Blue / Red |

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| 106 | Sparring Senior Female, 59 - 63 kg, Blue / Red |
| 107 | Sparring Senior Female, 64 - 70 kg, Blue / Red |
| 108 | Sparring Senior Female, Over 70 kg, Blue / Red |
| 109 | Sparring Senior Male, Under 54 kg, Black / Belt |
| 110 | Sparring Senior Male, 55 - 63 kg, Black / Belt |
| 111 | Sparring Senior Male, 64 - 71 kg, Black / Belt |
| 112 | Sparring Senior Male, 72 - 80 kg, Black / Belt |
| 113 | Sparring Senior Male, Over 80 kg, Black / Belt |
| 114 | Sparring Senior Female, Under 52 kg, Black / Belt |
| 115 | Sparring Senior Female, 53 - 58 kg, Black / Belt |
| 116 | Sparring Senior Female, 59 - 63 kg, Black / Belt |
| 117 | Sparring Senior Female, 64 - 70 kg, Black / Belt |
| 118 | Sparring Senior Female, Over 70 kg, Black / Belt |

2010 ITF Taekwon-Do – ITA Irish Cup Management Team

| | |
|---------------------------|--|
| Host/Organiser: | Mr. Stephen Cooley 6 th Dan Mr. Donal O'Donoghue 4 th Dan |
| Chief Umpire: | Mr. Stephen Ryan 5 th Dan |
| Tournament Director: | Mr. Mark Buckley 6 th Dan |
| Tournament Administrator: | Mr. Richard Park 2 nd Dan |

For general information and queries please email info@taekwondo.ie