



## SA TAEKWON-DO INSTITUTE

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2019 SATI National Championships  
7 September 2019  
Cullinan Sport Center

### 1. Invitation

It is with great excitement that all the affiliated clubs to the South Africa Taekwon-Do Institute (SATI) are invited to participate in the 2019 SATI National Tournament in Cullinan.

#### Tournament details:

<b>Date:</b>	Saturday, 7 September 2019
<b>Venue:</b>	Cullinan Sport Centre, Corner of Main Road and Range Road, Cullinan
<b>Entrance fee:</b>	R250 per participant
<b>Entries close:</b>	Thursday 22 August 2019 ( <b>Entries and Payment</b> ) <b>No late entries will be accepted</b>
<b>Registration:</b>	07h00 – 08h00
<b>Umpire meeting:</b>	07h30 – 08h00
<b>Opening ceremony:</b>	08h30
<b>Competition start:</b>	09h00

Medals will be awarded to **1<sup>st</sup>**, **2<sup>nd</sup>**, and **3<sup>rd</sup>** place winners at the tournament after each event. The club with the most points will receive the SATI floating trophy.

We encourage you to bring your family and friends to support you on the day.

### 2. Events

This tournament will consist of **patterns**, **sparring**, **power breaking** and **special techniques**

The tournament will cater for categories in the following divisions:

**Belt groups:**

- Novice - Yellow stripe (9<sup>th</sup> gup) to Green belt (6<sup>th</sup> gup),
- Intermediate - Blue stripe (5<sup>th</sup> gup) to Black stripe (1<sup>st</sup> gup),
- Advanced - 1<sup>st</sup> degree Black belt to 5<sup>th</sup> degree Black belt.
- No White belts.

**Age groups:**

- Tigers - 6 to 13 years,
- Juniors - 14 to 17 years,
- Seniors - 18 to 34 years,
- Veterans - 35 years and older.

The number of categories will depend on the number of entrants. Categories may be combined if needed, at the discretion of the Tournament Director.

In order to prevent any bias decisions and keeping the Tournament as fair as possible, we request Umpires from all the various clubs participating to assist during the tournament with umpiring.

Please register umpires on the attached Excel spreadsheet.

An umpire briefing will be given before the tournament, starting at 07h30.

**a) Patterns:**

- Yellow stripe to 6<sup>th</sup> degree Black Belt students are welcome to enter.
- Colour belts: 1 Optional pattern during preliminary rounds. 1 Optional pattern and 1 designated pattern in the final round
- Black belts: 1 Optional pattern and 1 designated pattern during preliminary and final rounds.

**b) Sparring:**

- Yellow stripe students to 6th Degree Black belts are welcome to enter.
- The tournament will follow the rules of the ITF 2002 (This includes point scoring, warnings and fouls with very few exceptions (to be discussed on the day)).
- Once an entrant has been called upon by the table to be present in the ring, a maximum of 2 minutes will be allowed to find that person before he/she will be disqualified.
- Elimination rounds are 1 x 2-minute round, and the final consist of 2 x 2-minute rounds. Veteran and Tiger sparring rounds will be 1 x 1,5-minute round, and the final will be 2 x 1,5 minute rounds.
- Full sparring gear (including groin guard for males, mouth guards for both genders and head gear for all Tigers) is COMPULSORY. Please ensure that gloves used by participants cover all fingers (**following gear not allowed: Macho, Lightning, Dipped foam gloves or boxing gloves and mitts**). Foot gear used must cover the toes and back of the heel **properly**. (Dipped foam footgear allowed)
- For sparring events only one (1) coach per participant is allowed next to the ring.

**c) Power breaking:**

- Power breaking will be contested in the Novice (**Yellow belt** – Green belt), Intermediate (Blue stripe to Black stripe) and Advanced (1st – 6th Degree) divisions for both males and females.
- The tournament will cater for categories in the following divisions:

**Seniors - 18 years to 34 years,**

Male Novice:	Knife-hand strike (2 boards) Turning kick (2 boards) Side piercing kick (3 boards)
Male Intermediate:	Front punch (2 boards) Knife-hand strike (2 boards) Turning kick (2 boards) Side piercing kick (3 boards) Reverse turning kick (2 boards)
Male Advanced:	Front punch (2 boards) Knife-hand strike (2 boards) Turning kick (3 boards) Side piercing kick (3 boards) Reverse turning kick (2 boards)
Female Novice:	Knife-hand strike (1 board) Turning kick (2 boards) Side piercing kick (2 boards)
Female Intermediate:	Knife-hand strike (1 board) Elbow strike (2 boards) Turning kick (2 boards) Side piercing kick (2 boards)
Female Advance:	Knife-hand strike (2 board) Elbow strike (2 boards) Turning kick (2 boards) Side piercing kick (2 boards) Reverse side kick (2 boards)

**Veterans - 35 years and older.**

Male Novice:	Knife-hand strike (2 boards) Reverse side kick (2 boards) Side piercing kick (2 boards)
Male Intermediate:	Knife-hand strike (2 boards) Reverse side kick (2 boards) Side piercing kick (3 boards)
Male Advanced:	Knife-hand strike (2 boards) Reverse side kick (2 boards) Side piercing kick (3 boards)
Female Novice:	Knife-hand strike (1 board)

Intermediate &  
Advanced.

Elbow strike (2 boards)  
Side piercing kick (2 boards)

- Once an entrant has been called upon by the table to be present in the ring, a maximum of 2 minutes will be allowed for the participant to report to the table before he/she will be disqualified.
- Each entrant in the division will be given a qualification break with a technique of his or her own choice in order to qualify to continue to the next round.

**d) Special Techniques:**

- Special techniques will be contested in the Novice (Yellow stripe to Green belt), Intermediate (Blue stripe to Black stripe) and Advanced (1st - 5th Degree) divisions for both males and females.
- The tournament will cater for categories in the following divisions:

**Tigers: 10-13 years**

Male (Novice/Intermediate/Advanced): Flying high kick (1.90m)  
Flying turning kick (1.75m)

Female (Novice/Intermediate/Advanced): Flying high kick (1.80m)  
Flying turning kick (1.75m)

**Juniors - 14 to 17 years**

Male (Novice/Intermediate): Flying high kick (2.30m)  
Flying turning kick (2.00m)  
180° side kick (1.90m)

Male (Advanced): Flying high kick (2.40m)  
Flying turning kick (2.10m)  
180° side kick (2.00m)  
Flying reverse turning kick (2.10m)

Female (Novice/Intermediate): Flying high kick (1.90m)  
Flying turning kick (1.85m)  
180° side kick (1.80m)

Female (Advanced): Flying high kick (2.00m)  
Flying turning kick (1.90m)  
180° side kick (1.85m)

**Seniors/Veterans - 18 years +**

Male Novice: Flying high kick (2.40m)  
Flying turning kick (2.20m)  
Flying 180° side kick (2.10m)

Male Intermediate: Flying high kick (2.45m)  
Flying turning kick (2.25m)  
Flying 180° side kick (2.15m)  
Flying reverse turning kick (2.25m)

Male Advanced: Flying high kick (2.50m)  
Flying turning kick (2.35m)

	Flying 180° side kick (2.25m) Flying reverse turning kick (2.35m)
Female Novice:	Flying high kick (1.95) Flying turning kick (1.90m) Flying 180° side kick (1.85m)
Female Intermediate:	Flying high kick (2.00m) Flying turning kick (1.95m) Flying 180° side kick (1.90m) Flying reverse turning kick (1.95m)
Female Advanced:	Flying high kick (2.10m) Flying turning kick (2.00m) Flying 180° side kick (1.95m) Flying reverse turning kick (2.00m)

- Once an entrant has been called upon by the table to be present in the ring, a maximum of 2 minutes will be allowed for the participant to report to the table before he/she will be disqualified.
- Each entrant in the division will be given a qualification break with a technique of his or her own choice in order to qualify to continue to the next round.

### 3. Results

The result is final. No changes will be considered afterwards. The Jury President with the assistance of the Centre Referee remains the master of the floor. The Tournament Directors' decision in any contested result will be final.

Only a coach can lodge a protest of result **immediately after the match**. Each protest must be completed in writing on the Official Protest form and presented to the Tournament Director. The protest needs to be finalized before the 2 competitors may continue to participate. Video footage may be used in a protest but will not be considered as the final verdict as the footage comes from one angle only. A protest fee of R250 payable to the Tournament Director must accompany the protest. If the protest is valid then the fee will be returned to the coach.

### 4. Registration and Payments

The **full entry fee** of each clubs' participants must be paid into the SATI bank account and proof of payment together with the participants' information be e-mailed to the Tournament Director before closing date, **Friday 1 September 2017**:

#### **SATI Bank Details:**

FNB Olympus Plaza (Faerie Glen)  
Branch code: 258155  
Account number: 62615691905

E-mail address for Proof of payment: [kwethmar@yebo.co.za](mailto:kwethmar@yebo.co.za)

Entries can be submitted on the attached Excel spreadsheet and sent via e-mail to [Stefan.vanderLinde@arcelormittal.com](mailto:Stefan.vanderLinde@arcelormittal.com) or [kodangtkd@gmail.com](mailto:kodangtkd@gmail.com)

## 5. Umpires

We request that all clubs enter as many **black stripe and black belt umpires (16 years and older)** as possible to assist with the umpiring on the day. This is to ensure that the tournament runs smoothly and ends at the projected time. Please enter the umpires from your club on the attached Excel spreadsheet (even if they are not participating).

Umpire dress code: Formal umpire attire.

Navy trousers, white long sleeve collar shirt, navy ITF tie and white martial art shoes.

## 6. Indemnity

Taekwon-Do is a contact sport. Any student entering a sparring, patterns, special techniques and power breaking division does so at his/her own risk and neither the Tournament Director, Tournament Organizer nor the invited organizations can be held liable for any injury sustained no matter what the circumstances. Medical personnel will be on duty should anyone need assistance. Medical personnel will have the final say concerning injuries and the continuance after sustaining injuries.. Find attached an indemnity form to be completed by **all participants** and to be handed in at registration on the morning of the Tournament.

**No student will be allowed to participate without a completed indemnity for or protective gear as prescribed by the Tournament Organizers with no exceptions.**

The SATI Tournament Organizers are looking forward to hearing from you. Please feel free to contact us for more information, updates, directions and any queries.

Yours in Taekwon-Do!

Stefan van der Linde

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# Competitor Entry and Indemnity Form

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Club/Dojang: \_\_\_\_\_

Instructor's name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Age: \_\_\_\_\_

Events competing in: Patterns \_\_\_\_\_  
Sparring \_\_\_\_\_  
Special techniques \_\_\_\_\_  
Power breaking \_\_\_\_\_

Belt: \_\_\_\_\_

Weight: \_\_\_\_\_ kg

Height: \_\_\_\_\_ cm

Gender: Male \_\_\_ Female \_\_\_

In case of emergency:

Contact person – Name: \_\_\_\_\_, Number: \_\_\_\_\_

Medical Aid Fund and number (if applicable): \_\_\_\_\_

Consent of risk:

I the undersigned, understand and agree:

1. That there may be a risk in competing in the SATI National Tournament which may result in serious or fatal injuries.
2. That I understand the risk and agree not to hold SATI, or invited organisations, any of it's Dojangs' Instructors or students liable for any injury whatsoever, that I may sustain while competing.
3. That I agree to abide by the rules and regulations as set out by the Tournament Organizing Committee.
4. That I understand that pictures of me participating in the said tournament may be used for publicity without compensation.
5. That I understand the tournament rules as set out and stipulated by the Tournament Organizing Committee.

Signature of student: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of parent/guardian if student is under age of 18 years: \_\_\_\_\_

**Directions:**

Cullinan Sport Centre: Corner of Main Road and Range Road, Cullinan.

From Pretoria and Nelspruit (N4)

From the N4 take the Cullinan / Rayton off-ramp turn north towards Rayton. Travel on the R515 through Rayton to Cullinan. At the first 4-way stop in Cullinan turn left into Main road (R513) heading towards Cullinan CBD. Turn right into Range Road and left into the entrance road to the Cullinan Sport Centre