



**5th Bulpae Taekwon-Do Academy  
Best of the Best  
Tournament  
2019**

Dear Instructors

Bulpae Taekwon-Do Academy would like to invite you to participate in the 5th Bulpae Taekwon-Do Academy Best of the Best 2019 Tournament.

All referees and judges will be pre-booked.

**Venue:** Primrose Wrestling Hall, Cnr Oak Avenue and Quince Road  
Primrose (Map below)

**Date:** **Saturday 12<sup>th</sup> October 2019**

**Time:** Registration and weigh-in 8:00am to 8.30am  
Tournament starts 9:00am

**Cost:** **IMPORTANT PLEASE READ CAREFULLY**

- All competitors **R300-00 entrance fee**

**EARLY BIRD FEE R270.00 ENTRIES AND PAYMENT BY 27<sup>TH</sup> SEPTEMBER 2019.**

- All Entry fees must be paid into the account below.
- Entry fees and payment must be submitted no later than the 4<sup>th</sup> October 2019.
- No Entries will be accepted at the door.
- All payments must be made as a **dojang payment**. No individual students payments please.

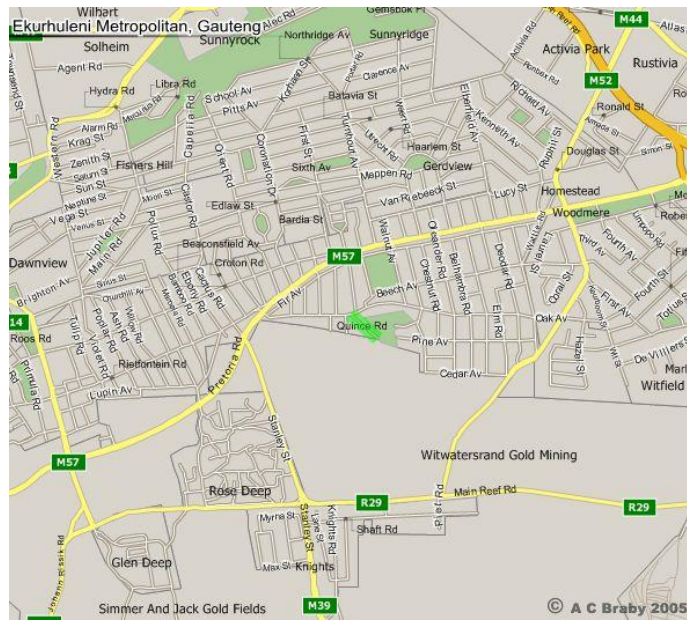
**RSVP:** Please can all instructors send their Dojang entries on the attached spreadsheet no later than Friday 4<sup>th</sup> October 2019 with proof of payment to [michelle@bulpae.co.za](mailto:michelle@bulpae.co.za).

**Payment: Please deposit money into the following account as below:**

Bank: Standard Bank  
Account name: A M Rahl  
Account No.: 10 01 415 2183  
Branch: Alberton code : 051001  
Type of Acc : Savings  
Ref: Example: BBB – Dojang name

**Payments are to be made by dojang and not individually.**

**Map to Hall**



**Competition**

**Events:**

All events will be open from White belt to 4<sup>th</sup> Degree Black Belt. All bracketing is done as per the Tournament Directors discretion.

Age divisions will be as follows:

- Leopards- 4 to 5 years  
6 to 7 years, 8 to 9 years, 10 to 11 years and  
12 to 13 years.
- Juniors – 14 to 17 years
- Adults – 18 to 39 years

- Veterans – 40 years and older
- Silver class (40-49 years old)
  - Gold class (50-59 years old)

**Patterns - Individual Patterns**

One pattern in the knockout stages and two patterns in the final.  
Black Belts two patterns in knockout stages.

Beginner (10<sup>th</sup> Gup to 9<sup>th</sup> Gup)

Lower Novice (8<sup>th</sup> and 7<sup>th</sup> Gup)

Higher Novice (6<sup>th</sup> and 5<sup>th</sup> Gup)

Intermediate (4<sup>th</sup>-1<sup>st</sup> Gup)

Advanced: 1<sup>st</sup> to 4<sup>th</sup> Dan

- Sparring -** This tournament will use the Official Tournament Rules of ITF  
Elimination rounds will consist of 1 x 1.5 minute rounds for Leopards and Veterans. Juniors and Adults will be 1 x 2 minute round.  
Final round will be 2 x 1.5 minute rounds for Leopards and Veterans. Juniors and Adults will be 2 x 2 minute rounds.  
Black Belts will be 2 rounds per elimination round.  
Full sparring gear is required including mouth guards & groin guards for males and chest guards for females (on inside of dobok) (optional)  
Shin pads are compulsory.  
Leopards have the option to wear body guard.  
Head gear is compulsory for Leopards and Juniors, and optional for Adults and Veterans.

**Categories and Weight divisions:**

Beginner (10<sup>th</sup> Gup to 9<sup>th</sup>Gup)

Combined Lower and Higher Novice (8<sup>th</sup> Gup to 5<sup>th</sup> Gup)

Intermediate (4<sup>th</sup> Gup to 1<sup>st</sup> Dan) for Leopards

Intermediate (6<sup>th</sup> gup to 1<sup>st</sup> Gup) for Juniors, Adults and Veterans

Advanced 1<sup>st</sup> Dan and Above

**Age Group with provisional weight divisions for Leopards:  
(Division weight categories may differ depending on entries)**

4 to 5 years: -30kg & +30kg (Maximum 40kg)

6 to 7 years: -35kg & +35kg (Maximum 45kg)

8 to 9 years: - 40kg & +40kg (Maximum 50kg)

10 to 11 years: -50kg & +50kg (Maximum 55kg)

12 to 13 years: -55kg & +55kg

PLEASE NOTE IF A STUDENT (AGED BETWEEN 4 AND 11 YEARS) IS MORE THAN 10KG HEAVIER THAN THEIR COMPETITOR, THEY WILL HAVE TO MOVE TO HIGHER AGE GROUP. THIS IS FOR THE SAFETY OF THE STUDENTS.

E.g. a 7 year old that weighs 45kg cannot compete in the 6 to 7 category for Sparring he will be moved to the 8 to 9 year category WITHOUT confirmation to the instructor.

**Junior weight divisions: age 14 to 15 years old and 16 to 17 years old**

- Junior Male 14-15 years old:  
45kg, -50kg, -55kg, -60kg, -65kg, -70kg, +70kg
- Junior Female 14-15 years old:  
40kg, -45kg, -50kg, -55kg, -60kg, -65kg, +65kg
- Junior Male 16-17 years old:  
45kg, -51kg, -57kg, -63kg, -69kg, -75kg, +75kg
- Junior Female 16-17 years old:  
40kg, -46kg, -52kg, -58kg, -64kg, -70kg, +70kg

**Adult weight divisions:**

- Adult Male:  
52kg, -58kg, -64kg, -71kg, -78kg, -85kg, -92kg, +92kg
- Adult Female:  
47kg, -52kg, -57kg, -62kg, -67kg, -72kg, -77kg, +77kg

**Veteran weight divisions:**

- Veteran Male Silver Class:  
64kg, 73kg, 80kg, 90kg, +90kg
- Veteran Female Silver Class:  
54kg, 61kg, 68kg, 75kg, +75kg
- Veteran Male Gold Class:  
66kg, 80kg, +80kg
- Veteran Female Gold Class:  
60kg, 75kg, +75kg

**Bulpae Best of the Best Open Sparring category is open to all Adults and Veterans only.**

**We reserve the right to merge categories as per entries received.**

**Indemnity:** Taekwon-Do is a contact sport. Any student entering sparring does so at their own risk. Contact is **light** and referees will enforce this. However an indemnity form is attached and must be completed by all Competitors and to be **handed in during registration** at the tournament.

**Food will be on sale:** Please support the caterers.

**Umpires**

- Minimum of 1 Black belt per 7 entries with entries.
- Your clubs need to have dedicated Coaches who are not umpires. Often rings stop running, simply because a judge/referee needs to coach their student.
- Umpire attire:  
All umpires to be wearing correct umpire clothing as follows:  
White trainers, (FORMAL) Navy Blue / Black Trousers with a White long sleeved shirt. Navy Blue tie. Navy Blue blazer optional.
- Coaches to wear Club tracksuit or Taekwon-Do pants with Club T-Shirt. No coaches are allowed to wear umpire uniform.
- There will be an umpire and referee crash course conducted on the morning of the tournament.

Please contact me with any queries.

Yours in Taekwon-Do,

Sabum-nim Michelle Rahl (SA-5-12)  
Bulpae Academy Chief Instructor  
083 602 6092  
[michelle@bulpae.co.za](mailto:michelle@bulpae.co.za)

**\*\* Next Page student entry and indemnity form**

# **Competitor Entry and Indemnity Form**

**Name:** \_\_\_\_\_

**Dojang:** \_\_\_\_\_

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

**Phone number:** \_\_\_\_\_ **Cell number:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Date of birth:** \_\_\_\_\_ **Age:** \_\_\_\_\_

## **Events competing in:**

Sparring \_\_\_\_\_

Patterns \_\_\_\_\_

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

**Weight:** \_\_\_\_\_ **KG**

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

## **Consent of Risk:**

I the undersigned understand and agree:

1. That there may be a risk in competing in the Tournament, which may result in serious or fatal injuries.
2. That I understand the risk and agree not to hold the Bulpae, any of its Dojang's, Instructors, NGB's, venue or students liable for any injury whatsoever, that I may sustain while competing.
3. That I agree to abide by the rules and regulations of Taekwon-Do.

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

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

\_\_\_\_\_