

You and your club are invited to join us:



Taekwon-Do South Africa Elite Gauteng Championships 2020
Saturday, 14th March 2020, Johannesburg

Our Elite Tournaments have been running annually since 2003 & we are proud to be known for their well organized structure. The smooth flow of events is designed to make it as professional for the competitors.

1. Invitation

We are excited to invite you to this prestigious event. This is aimed to unite our invited clubs in friendly competition. Aiming to challenge the competitors and bring about learning and improvement.

There will be food & beverages on sale at the restaurant on site. Contact us for further details

Tournament details:

Date: Saturday, 14th March 2020

Venue: Mandeville Sports & Recreation Centre,
Cnr 10th Street & 7th Avenue (off Broadway), Kensington border Bez Valley,
Johannesburg, (behind Queens High School)

Entrance fee: Competitors - R250 (pre-paid via EFT by 04th March'20);
R350 (paid after 04th March – **No Payment on the day please**);
if **only** doing Panther Challenge - R150 (R200 late fee after 04th March'20)
Spectator's - R20pp; Free (12yrs & under)

If financial cost is an impediment to competing:

One may apply for discounts for these members as we aim to help where we can.
taekwondosouthafrica@gmail.com

Registration: To be in via online entry, [click here](#), by latest **28th February 2020**.
None accepted on the day.
Please let us know if your club intends on competing **asap**.

Approximate Times: We will confirm closer to the time, once the bracketing is done.

07:45am - Referee meeting/ short course

08:15am to 11:15am - Panthers 5yrs to 12yrs (Patterns, Sparring, Special & Panther Challenge)

11:30am to 13:30pm - Senior/ Veteran Black Belts (Patterns, Sparring)

13:30pm to 18:00pm - Juniors 13yrs to 17yrs (Patterns, Sparring, Special & Breaking)
- Seniors & Veterans (Patterns, Sparring, Special & Breaking)

(Please be at the venue an hour before your time slot, this is also to not overload the venue)

Medals will be handed out at the event after the particular event competed in.

Family and friends are all welcome.

2. Events

The Tournament will include Sparring, Patterns, Power Breaking, Special Techniques & Panther course. Basically we want to cater for all ages and belt levels, including black belts.

- a) **Patterns:** I.T.F. Choi Jung Hwa, Chang Hon style Patterns
- 1 Optional pattern during preliminary rounds & 1 or 2 optional patterns in the final round. Children 1 pattern also in the final.
- b) **Sparring:**
- The TSA Invitational will follow the rules of the (Choi Jung Hwa) Canada International Taekwon-Do Federation (I.T.F) (This includes point scoring, warnings, fouls and patterns). Contact Norman for detailed info on points etc: taekwondosouthafrica@gmail.com
 - Once an competitor 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 is 1 x 2 minute round, and the final consist of 2 x 2 minute rounds.
 - Kids sparring (5yrs to 12yrs) will be 1 x 1 minute round, final 2 x 1 minute rounds. No head contact. (From 10yrs possibly light head tap contact to the head guard).
 - Full sparring gear (including hand, foot, shin & (groin guard for males and mouth guards) is COMPULSORY, Head Guard is advised.
 - Sparring rules may be changed by the umpire during or before a match with out notice. Such as stopping head contact if it is deemed necessary or implementing a one or two punch rule, especially but not limited to the Panther, Junior age and Senior novice divisions.
- c) **Power Breaking:**
- **Techniques:**
 - 1) Punch
 - 2) Knife Hand Strike
 - 3) Side Piercing Kick
 - 4) Turning Kick (with ball of foot)
 - 5) Reverse Turning Kick

Male Seniors will do: 1,2,3,4,5

Female Seniors will do: 2,3,4,5

Male Junior (For breaking 15yrs - 17yrs) will do: 2,3,4,5

Female Junior (For breaking 15yrs - 17yrs) will do: 2,3,4,5

Veteran's will do all (they may choose hammer fist strike instead of punch)

NB! 16yrs and below will not take part in power breaking.

There will be a qualification first round with Side Piercing Kick as the qualifier (failure to break on any will result in not continuing to the next techniques) . The starting number of boards will be decided on the day for all divisions. All techniques must begin and end with an L-Stance Forearm Guarding Block.

- **Points:** 2 points for each broken board, 1 point for a cracked or half broken board

d) **Special Techniques: (high & distance kicking) Categories catered from 8yrs:**

- **Techniques:**
 - a. Jumping High Kick
 - b. Jumping Turning Kick
 - 3) Jumping Reverse Turning Kick
 - 4) Jumping Mid air kick (Back kick)
 - 5) Flying long distance Side Piercing Kick

- **Points:**

2 points for a solid touch, 1 point for just touching the target.

There will be a qualification first round with Jumping High Kick as the qualifier (failure to break will result in not continuing to the next techniques) .

All techniques should begin and end with an L-Stance Forearm Guarding Block. Failure to break on the qualifying Jumping High kick qualifier or any will result in not continuing to the next technique. Further info for the breaking and special techniques will be given on the day.

e) Panther Course Taekwon-Do event course (4yrs to 6yrs old)

- The Panthers course will consist of an obstacle type course format with the little ones moving to different Taekwon-Do related exercises. As an example there will be sparring, floor exercises eg coming forward with punches etc, pad work some fun wrestling and fitness & strength exercises. Once completed all of the participants will receive an award. A full programme of this fun event for the Panthers will be sent shortly. The normal sparring & patterns events can also be entered as well.
- Any older kids can also enter if not doing the other events in the competition.

The Tournament will cater for categories in the following divisions:

Any of these and the following can be changed on the day to suit the circumstances.

Panther Cubs	- 4yrs to 6yrs
Panthers	- 7yrs to 12yrs
Juniors	- 13yrs to 17yrs
Seniors	- 18yrs to 35yrs
Veterans	- 36yrs & up (depending on category size, may be combined with Seniors)

all Yellow Stripes to Black Belts up to Sixth (VI) Dan are welcome to enter.

- The number of categories will depend on the number of entrants and will only be finalized the day before. A category must have at least 3 participants. For small categories we could change to Round Robin or losers pool, or for any category. Categories can also be put together in the case of too few entrants.
- There is no coaching at the ring at this tournament. The head coach of a team is the only one allowed to present an official protest at a cost of R280.
- A "Corner judging course" will be given before start of the tournament.

3. Results

The result is final. No changes will be considered afterwards. The referee remains the master of the floor. Disqualifications will be made only by the tournament director only after consultation with the referee and corner judges. The Tournament organizers' decision in any contested result will be final. Parents/ Spectators are forbidden from making protests regarding judging. An instructor may make an official protest at R280. Clear video proof from different angles is necessary and unless hugely obvious infringements or warnings were not marked, it will not be considered.

4. Registrations & Payment:

Payment should be made by 26th February 2020.

The bank details are as follows:

Name: Fighting Fit Gym cc
Bank: Nedbank
Branch: Fourways (168405)
Acc No: acc# 1079237453
Type: Current/Cheque
Reference: Name/ Name of Club

Instructors please fill in the registration form given to you and e-mail it back to taekwondosouthafrica@gmail.com, in same format received please.

Reminder to please complete every single field before sending, to avoid delay in categorising.

5. Indemnity

Taekwon-Do is a contact sport. Any student entering a division does so on his/ her own risk and neither the tournament organizer nor the TSA or other organizations involved can be held liable for any injury sustained no matter what the circumstances. Medical personnel will be on duty in the odd case of an injury. Find attached a compulsory indemnity form to be completed by each participant and to be handed in on the morning of the Tournament.

Please fill in the compulsory Online Registration/ Indemnity form [here](#).

We will announce when online registration is open.

6. Spectators & Coaches Conduct

Spectators are to remain in the designated areas.

All spectators including family and friends are to remember that we are a civilised martial art and no heckling will be allowed. If necessary point deductions, warnings or disqualifications can be given to the competitor for their spectators or coaches behaviour. Positive encouragement like "go", "keep it up" etc are encouraged, provided, it is not done in an elevated, over excited or over powering voice. Clapping in a positive way is also great provided it is not too hard or overpowering, also not at inappropriate times, like for instance points being deducted from the opposing competitor etc.

Keep in mind that Taekwon-Do scoring is not an exact science and the judges do it to the best of their ability.

It is not a life & death event, it is a friendly competition.

Also remember any possible complaints have to be done through your clubs instructor.

No alcohol is to be consumed at the event.

We look forward to having you come and enjoy a great day with us.

7. Conclusion

Let this tournament elevate the name Taekwon-Do. Friendly rivalry is very good in the right spirit and with the end result being improvement by all who participate. This will be strictly for the individuals who compete and an over all club or federation winner will not be awarded as part of the day. This allows for this competition to be seen in the friendly spirit is intended to be. Taekwon-Do should stick together among all of the other martial arts out there!

For Further info: Norman Magua
eMail: taekwondosouthafrica@gmail.com :
Cell: 083-226-1836

Info on the tournament: www.tkd.co.za

Hope to have you share this event with us !



Sincerely,

Norman Magua VI Dan & Tanya Magua IV Dan
Tournament Directors