

YOU AND YOUR CLUB ARE INVITED TO JOIN US:



TAEKWON-DO SA ELITE NATIONAL CHAMPIONSHIPS 2018

Saturday 17 March 2018, Johannesburg

These tournaments are proud to be known for their well organized structure. The smooth flow of events is designed to make it as comfortable as possible for the students.

1. Invitation

We are excited to invite you to this prestigious event. This is aimed to unite the invited clubs & federations in friendly competition. This tournament will help raise the South African standard of Taekwon-Do for international competition. A high standard across all federations brings the name Taekwon-Do to the forefront and is good for all federations.

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

Tournament details:

Date: Saturday 17 March 2018

Venue: Mandeville Sports & Social Centre,
Kensington border Bez Valley, Johannesburg
Cnr 10th st & 7th ave (off Broadway), Bez Valley
(In Kensington, behind Queens High school)
See map on last page.

Entrance fee: Competitors **R230** (pre-paid by instructor eft); R280(on the day); if only Panther course R130 ; Spectators over 12yrs R20

Financially disadvantaged rates: Instructors may apply for exemption or discount for these members.

Registration: To be in by e-mail by latest **7 March 2018**. None accepted on the day.
Please let us know if your club intends on competing **asap**.

Approximate Times:

- 07:45am - Referee meeting/ short course
- 08:15am to 10am - Senior/ Veteran Black Belts (Patterns, Sparring)
- 10am to 13pm - Panthers 5 to 12 year olds (Patterns, Sparring, Special & Panther course)
- 13pm to 17pm - Juniors 13 to 17 (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 & Tiger 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 & 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: norman@tkd.co.za
- 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.
- Kids sparring (5 to 12) will be 1 x 1-minute round, final 2x 1 min rounds. No head contact.
- 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 too the tiger, 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 15-17yrs) will do: 2,3,4,5

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

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

NB! 14yrs 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 from 8yrs catered for.**

- **Techniques:**

- 1) Jumping High Kick
- 2) 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 must begin and end with an L stance forearm guarding block.

The Below Heights may be changed without notice on the day. Below are the Estimated Start Heights

Tigers (7-12 years)

Male

(Novice/ Intermediate/ Advanced): Flying high kick (1.85m) Adjust on the day
Flying turning kick (1.75m) Adjust on the day

Female

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

Juniors (13 to 17 years)

Male

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

(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)

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

Seniors - 18 years to 34 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 (2.45m)
Flying turning kick (2.30m)
Flying 180° side kick (2.20m)
Flying reverse turning kick (2.30m)

Female Novice:

Flying high kick (1.95m)
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 (2.05m)
Flying turning kick (2.00m)
Flying 180° side kick (1.95m)
Flying reverse turning kick (2.00m)

Veterans- 35 +

Male

(Novice/ Intermediate/ Advanced):

Flying high kick (1.95m)
Flying turning kick (1.85m)
Flying Reverse Turning (1.85m)

Female

(Novice/ Intermediate/ Advanced):

Flying high kick (1.85m)
Flying turning kick (1.80m)
Flying Reverse Turning (1.85m)

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 4 to 6 year olds Taekwon-Do event course.**

- The tigers 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 exercises. Once completed all of the participants will receive an award. A full programme of this fun event for the Tigers 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	- 4 to 6 years
Panthers	- 7 to 12 years
Juniors	- 13 to 17 years
Seniors	- 18 years and older

all Yellow stripes to Black belts up to Sixth Dan are welcome to enter.

- The number of categories will depend on the number of entrants and will only be finalized on the day. 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.
- For sparring events only one (1) coach per participant is allowed next to the ring and as per ITF rules may not shout advice. He/she is the only one allowed to present an official protest at a cost of R250.
- 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 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 are forbidden from making protests regarding judging. An instructor may make an official protest at R250. Clear video proof (not cell phone camera) is necessary and unless hugely obvious infringements or warning were not marked, it will not be considered.

4. Registrations & Payment by instructors *(Please note new bank details)

Payment should be made by 7 March 2018. 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 fax or e-mail it back to taekwondosouthafrica@gmail.com or Fax to 086 672 9152

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.

**Instructors please print out the indemnity form and hand out to competitors.
Hand them in on the day of the tournament**

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 it is intended to be. Taekwon-Do should stick together among all of the other martial arts out there!

For Further info: Norman Magua: e-mail- norman@tkd.co.za: cell- 083-226-1836
Info on the tournament:www.taekwon-do.co.za

Hope to have you share this event with us !



MASA

Sincerely,

Norman Magua VI Dan
Tournament Director

Map to the venue:

