



Irish National Taekwon-Do Association [www.inta.ie](http://www.inta.ie)  
22<sup>nd</sup> INTA Open International I.T.F. Taekwon-Do Tournament



## IRISH NATIONAL TAEKWON-DO ASSOCIATION (I.N.T.A.)

**22<sup>nd</sup> INTA Open International I.T.F. Taekwon-Do Tournament**  
**22<sup>nd</sup> & 23<sup>rd</sup> October 2022**  
Gormanston Park, Gormanston, Co. Meath

# *Invitation*

Dear Grand Master, Master, Instructor,

It is with great pleasure that, on behalf of the I.N.T.A., I would like to invite you and your students to the 22<sup>nd</sup> INTA Open International I.T.F. Taekwon-Do Tournament, to be held on 22<sup>nd</sup> & 23<sup>rd</sup> October 2022.

I hope that you can join us in Gormanston, Co. Meath, Ireland, for this event.

The competition will be run under [I.T.F. rules](#), with divisions for male and female, senior and junior, colour belt and black belt.

All competition queries can be sent to [competition@inta.ie](mailto:competition@inta.ie)

Looking forward to seeing you in October.

Yours in Taekwon-Do,

*Master Cormac Llewellyn*

VII degree  
Tournament Director

*Ms Denise Rice*

III Degree  
Assistant Tournament Director

- 1 – The INTA is an Allied Association for the International Taekwon-Do Federation (ITF) in Ireland. Senior Instructors: Grand Master Douglas 9<sup>th</sup> Degree, Master Martin 8<sup>th</sup> Degree, Master Donnelly 8<sup>th</sup> Degree, Master Fagan 7<sup>th</sup> Degree, Master Troy 7<sup>th</sup> Degree, Master Mesina 7<sup>th</sup> Degree, Master Hannigan 7<sup>th</sup> Degree & Master Llewellyn 7<sup>th</sup> degree.



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## DETAILS

Date: 22<sup>nd</sup> & 23<sup>rd</sup> October 2022

Venue: (Franciscan College) Gormanston Park, Gormanston, Co. Meath, K32 NH30 (Eircode)

Start: Saturday 22<sup>nd</sup> October 2022 9:45 a.m. – All junior colour belts up to 13 years of age.

Sunday 23<sup>rd</sup> October 2022 9:45 a.m. – All 14 years and older colour belts and all junior & senior black belts.

Fees:

	9th Kup	8th Kup – 1st Kup	I – VI Degree
Senior (18+)	€17	€35	€40
Junior (6 – 17)	€12	€30	€30

Registration and payment for INTA Open Championships will through the online application Sportsdata. [SET Online Taekwondo ITF \(sportdata.org\)](http://SET Online Taekwondo ITF (sportdata.org)) Then select INTA Open Championships from the list of events.

Closing date for entries **1<sup>st</sup> October**. No further entries will be accepted by Sportsdata after this date. All fees must be paid online. IBAN details are on Sportsdata.

Rules: [I.T.F. competition rules](#)

Trophies: 1st 2nd & Joint 3rd

All competitors must have full insurance cover for this competition and will only be allowed to compete in official ITF dobuks and approved safety equipment: head guard, hand pads covering fingers, foot pads covering all toes and gum shield; men must wear a groin guard.

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## Please read this!

### Running Order:

The running order of this event has been improved to allow younger people to finish their competition first.

Order of events Saturday the 22 <sup>nd</sup> of October		
1	13 years and under	Special Technique
2	8 years and under	Patterns and Sparring
3	9-10 years	Patterns and Sparring
4	11-13 years	Patterns and Sparring

### Weigh In & Height Check:

All competitors of 13 years and under will be measured for their height at the two measuring stations before sparring. When a competitor loses his/her round of patterns, he/she will be directed to the nearest measuring station. He/she must then put the sparring gear on.

All competitors from 14 years and above, who are sparring, can weigh in all day Saturday, or on Sunday. Dress code is either dobuk, or dobuk trousers with a T-shirt. The Weigh-In will be open from 10:00 onwards.

**Any competitor whose height or weight falls in another category other than they are scheduled for will need to pay a €10 fine before partaking. Refusal to do so will lead to disqualification.**

**It is up to the instructor to ensure all measurements on the form are correct.**

### Coaching:

All coaches will need to be pre-registered on Sportsdata. All coaches will get an arm-band. Only coaches with arm-bands will be allowed on the floor.

Dress code is sports attire, track pants, T-Shirt, training shoes & towel (no dobuks, shorts nor umpire attire will be permitted).

We will allow each club to have one coach per ring.

Please inform your coaches regarding rules and regulations. **No parents are allowed on the floor.**

### Umpires (I to VI degree):

Umpire meeting 9 a.m. sharp. **Umpires must be able to attend both days from 09:00 until 18:00.**

All umpires must sign in and must attend the umpire meeting.

Only umpires of 18 years and older will be considered valid in relation to the umpire to competitor ratio for the clubs' minimum requirement for providing umpires.

Each School must have one umpire for every seven competitors, i.e. **1-7 competitors = 1 umpire, 8-14 competitors = 2 umpires, etc.**

If a club/school cannot send an umpire, then a surcharge of €50 per missing umpire must be paid, otherwise the entries cannot be accepted.

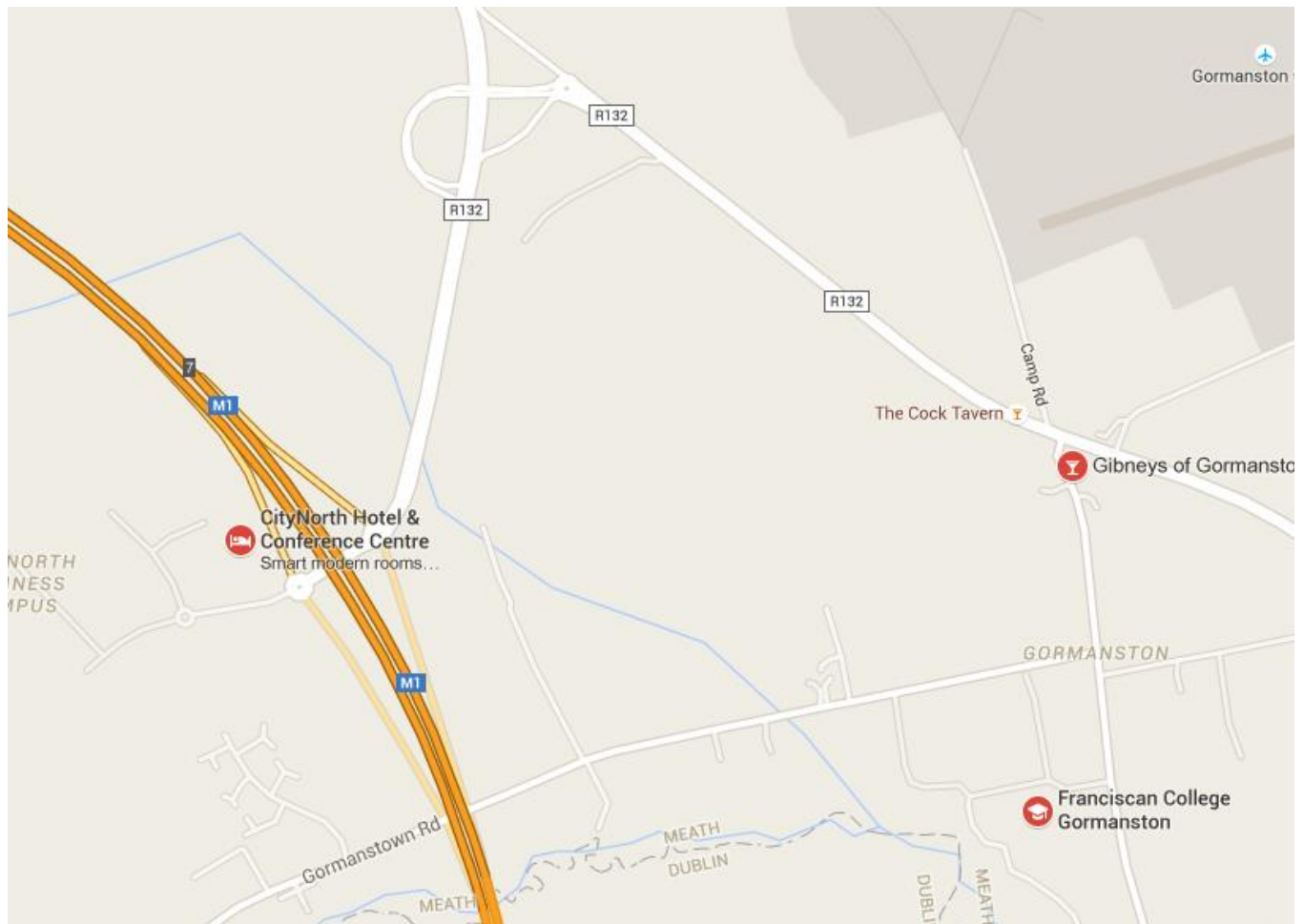


## ACCOMMODATION

All accommodation requests can be made through us. Please send enquiries to [events@inta.ie](mailto:events@inta.ie)  
Most officials will be staying in the [CityNorth Hotel](#). Please contact us before booking as we probably have a deal going.

## LOCATION

Venue: (Franciscan College) Gormanston Park, Gormanston, Co. Meath



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## Special Technique

Colour belts, 13 years and under  
1st Place

Division	Techniques
White to Yellow Belt Female 8 years and under	Flying high front kick
White to Yellow Belt Male 8 years and under	Flying high front kick
White to Green Belt Female 9 to 10 years	Flying high front kick
White to Green Belt Male 9 to 10 years	Flying high front kick
White to Green Belt Female 11 to 13 years	Flying high front kick
White to Green Belt Male 11 to 13 years	Flying high front kick
Green & Blue Belt Female 8 years and under	Flying high front kick
Green & Blue Belt Male 8 years and under	Flying high front kick
Blue & Red Belt Female 9 to 10 years	Flying high front kick
Blue & Red Belt Male 9 to 10 years	Flying high front kick
Blue & Red Belt Female 11 to 13 years	Flying high front kick
Blue & Red Belt Male 11 to 13 years	Flying high front kick

## Junior Patterns

1<sup>st</sup> 2<sup>nd</sup> & Joint 3<sup>rd</sup> Place  
(Male and Female will compete together)

Category	Grade	Pattern	Day
8 years & under	Yellow Tip	Pattern of choice	Saturday
8 years & under	Yellow Belt	Pattern of choice	
8 years & under	Green Belt	Pattern of choice	
8 years & under	Blue Belt	Pattern of choice	
9 & 10 years	Yellow tip	Pattern of choice	Saturday
9 & 10 years	Yellow Belt	Pattern of choice	
9 & 10 years	Green Belt	Pattern of choice	
9 & 10 years	Blue Belt	Pattern of choice	
10 years & under	Red Belt	Pattern of choice	
11 to 13 years	Yellow tip	Pattern of choice	Saturday
11 to 13 years	Yellow Belt	Pattern of choice	Saturday
11 to 13 years	Green Belt	Pattern of choice	Saturday
11 to 13 years	Blue Belt	Pattern of choice	Saturday
11 to 13 years	Red Belt	Pattern of choice	Saturday
13 years & under	Black Belt	2 Designated Patterns	<b>Sunday</b>
14 to 17 years	Yellow tip	Pattern of choice	Sunday
14 to 17 years	Yellow Belt	Pattern of choice	
14 to 17 years	Green Belt	Pattern of choice	
14 to 17 years	Blue Belt	Pattern of choice	
14 to 17 years	Red Belt	Pattern of choice	
14 to 17 years	Black Belt	2 Designated Patterns	





## Junior Sparring Colour Belts

1<sup>st</sup> 2<sup>nd</sup> & Joint 3<sup>rd</sup> Place  
(Separate categories for male and female)

8 to 13 years: Height Divisions  
14 to 17 years: Weight Divisions  
(Weight & Height Divisions to be decided)

Category	Grade	Divisions	Day
8 years & under	Yellow Belt	-130 / 130-140 / 140+ cm	Saturday
8 years & under	Green Belt	-130 / 130-140 / 140+ cm	Saturday
8 years & under	Blue belt	-130 / 130-140 / 140+ cm	Saturday
9 & 10 years	Yellow Belt	-130 / 130-140 / 140-150 / 150+ cm	Saturday
9 & 10 years	Green Belt	-130 / 130-140 / 140-150 / 150+ cm	Saturday
9 & 10 years	Blue belt	-130 / 130-140 / 140-150 / 150+ cm	Saturday
10 years & under	Red Belt	-130 / 130-140 / 140-150 / 150+ cm	Saturday
11 to 13 years	Yellow Belt	-140 / 140-150 / 150-160 / 160-170 / 170+ cm	Saturday
11 to 13 years	Green Belt	-140 / 140-150 / 150-160 / 160-170 / 170+ cm	Saturday
11 to 13 years	Blue Belt	-140 / 140-150 / 150-160 / 160-170 / 170+ cm	Saturday
11 to 13 years	Red Belt	-140 / 140-150 / 150-160 / 160-170 / 170+ cm	Saturday
13 years & under	Black Belt	-140 / 140-150 / 150-160 / 160-170 / 170+ cm	Sunday
14 to 17 years	Yellow Belt	ITF Junior Weight Divisions (as below)	Sunday
14 to 17 years	Green Belt	ITF Junior Weight Divisions (as below)	Sunday
14 to 17 years	Blue Belt	ITF Junior Weight Divisions (as below)	Sunday
14 to 17 years	Red Belt	ITF Junior Weight Divisions (as below)	Sunday
14 to 17 years	Black Belt	ITF Junior Weight Divisions (as below)	Sunday

*\*Categories may be amalgamated depending on competitor numbers*

### JUNIOR WEIGHT DIVISIONS

#### Male:

- |                 |                  |
|-----------------|------------------|
| (a) MICRO       | Up to 50 kg      |
| (b) LIGHT       | Over 50 to 56 kg |
| (c) MIDDLE      | Over 56 to 62 kg |
| (d) LIGHT HEAVY | Over 62 to 68 kg |
| (e) HEAVY       | Over 68 to 75 kg |
| (f) HYPER       | Over 75 kg       |

#### Female:

- |                 |                  |
|-----------------|------------------|
| (a) MICRO       | Up to 45 kg      |
| (b) LIGHT       | Over 45 to 50 kg |
| (c) MIDDLE      | Over 50 to 55 kg |
| (d) LIGHT HEAVY | Over 55 to 60 kg |
| (e) HEAVY       | Over 60 to 65 kg |
| (f) HYPER       | Over 65 kg       |



## **Senior Patterns**

1<sup>st</sup> 2<sup>nd</sup> & Joint 3<sup>rd</sup> Place

Black belt competitors must perform two designated patterns; the first designated pattern must be a pattern of their grade, e.g. a 2<sup>nd</sup> degree black belt must perform Eui-Am, Choong-Jang or Juche.

The second designated pattern being from Chon Ji to the highest pattern within the grade category.

Category	Grade	Designated Pattern
18 years and over	Yellow tip	Pattern of choice
18 years and over	Yellow Belt	Pattern of choice
18 years and over	Green Belt	Pattern of choice
18 years and over	Blue Belt	Pattern of choice
18 years and over	Red Belt	Pattern of choice
18 years and over	I Degree	Chon-Ji – Ge-Baek
18 years and over	II Degree	Chon-Ji – Juche
18 years and over	III Degree	Chon-Ji – Choi-Yong
18 years and over	IV – VI Degree	Chon Ji – Moon-Moo

## **POWER**

### **Senior Black Belts**

1<sup>st</sup> Place

#### **MALE**

- a.- Ap-Joomuk Jirugi
- b.- Sonkal Taerigi
- c.- Yop Cha Jirugi
- d.- Dollyo Chagi
- e.- Bandae Dollyo Chagi

#### **FEMALE**

- a.- Sonkal Taerigi
- b.- Yop Cha Jirugi
- c.- Dollyo Chagi



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## **Senior Sparring Colour Belts**

1<sup>st</sup> 2<sup>nd</sup> & Joint 3<sup>rd</sup> Place

### **Female**

2 weight division; -62kg, 62+kg

<b>Category</b>	<b>Grade</b>
18 years and over	Yellow Belt
18 years and over	Green Belt
18 years and over	Blue Belt
18 years and over	Red Belt

### **Male**

3 weight divisions: -70kg -85Kg, 85+Kg

<b>Category</b>	<b>Grade</b>
18 years and over	Yellow Belt
18 years and over	Green Belt
18 years and over	Blue Belt
18 years and over	Red Belt

*\*Categories may be amalgamated depending on competitor numbers*

### **Senior Female over 40 years (optional)**

1 weight division

### **Senior Male over 40 years (optional)**

1 weight division

<b>Category</b>	<b>Grade</b>
40 years and over	Yellow Belt
40 years and over	Green Belt
40 years and over	Blue Belt
40 years and over	Red Belt

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## **Senior Sparring Black Belts**

1<sup>st</sup> 2<sup>nd</sup> & Joint 3<sup>rd</sup> Place

### **SENIOR WEIGHT DIVISIONS**

#### **Male:**

(a) MICRO	Up to 57 kg
(b) LIGHT	Over 57 to 63 kg
(c) MIDDLE	Over 63 to 70 kg
(d) LIGHT HEAVY	Over 70 to 78 kg
(e) HEAVY	Over 78 to 85 kg
(f) HYPER	Over 85 kg

#### **Female:**

(a) MICRO	Up to 50 kg
(b) LIGHT	Over 50 to 56 kg
(c) MIDDLE	Over 56 to 62 kg
(d) LIGHT HEAVY	Over 62 to 68 kg
(e) HEAVY	Over 68 to 75 kg
(f) HYPER	Over 75 kg

*\*Categories may be amalgamated depending on competitor numbers*

### **Senior Female over 40 years Black Belt (optional)**

(1 weight division)

Category	Grade
40years and over	I Degree – VI Degree

### **Senior Male over 40 years Black Belt (optional)**

(1 weight division)

Category	Grade
40years and over	I Degree – VI Degree