



Irish National Taekwon-Do Association www.inta.ie
INTA National Championships I.T.F. Taekwon-Do Tournament



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

INTA National Championships I.T.F. Taekwon-Do Tournament

11th March 2023

St. Partick's Classical School, Moatlands, Abbeyland South, Navan, 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 INTA National Championships I.T.F. Taekwon-Do Tournament, to be held on 11th March 2023.

I hope that you can join us in St. Partick's Classical School, Moatlands, Abbeyland South, Navan, 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.

This is an invitation-only event. Please do not spread this invitation.

All competition queries can be sent to competitions@inta.ie

Looking forward to seeing you in March.

Yours in Taekwon-Do,

Master Cormac Llewellyn

VII degree
Tournament Director

Ms Denise Rice

IV Degree
Assistant Tournament Director

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



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DETAILS

Date: 11th March 2023

Venue: St. Partick's Classical School, Moatlands, Abbyland South, Navan, Co. Meath, C15 CT95 (Eircode)

Start: Saturday 11th March 2023 9:45 a.m. – All junior and senior colour belt and black belts

Fees:

	9th Kup	8th Kup – 1st Kup	I – VI Degree
Senior (18+)	€20	€35	€40
Junior (6 – 17)	€15	€30	€30

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

Closing date for entries 28th February. No further entries will be accepted by Sportsdata after this date.
All fees must be paid through Sportsdata. Paypal details are on Sportdata.

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

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:

Order of events Saturday the 11 th of March		
Junior Events starting from 9:45		
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
5	14-17years	Patterns and Sparring
Senior Events starting from 9:45		
6	18years +	Patterns, Sparring, Power

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 Saturday morning.
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 VIII degree):

Umpire meeting 9 a.m. sharp.

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.**

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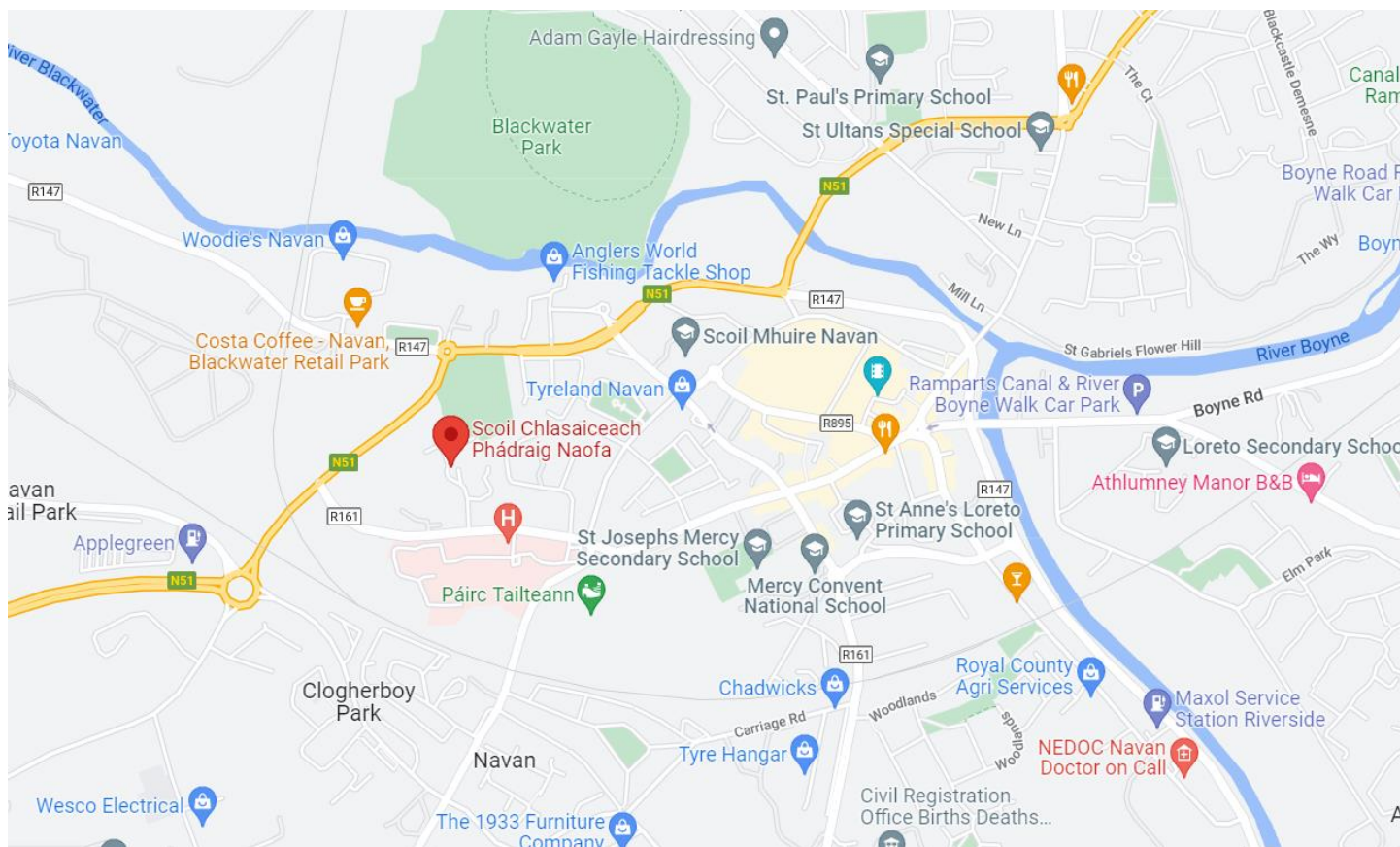
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If a club/school cannot send an umpire, then a surcharge of €50 per missing umpire must be paid, otherwise the entries cannot be accepted.

LOCATION

Venue: St. Partick's Classical School, Moatlands, Abbyland South, Navan, Co. Meath, C15 CT95 (Eircode)



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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

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

Category	Grade	Pattern
8 years & under	Yellow Tip	Pattern of choice
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
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
11 to 13 years	Yellow Belt	Pattern of choice
11 to 13 years	Green Belt	Pattern of choice
11 to 13 years	Blue Belt	Pattern of choice
11 to 13 years	Red Belt	Pattern of choice
13 years & under	Black Belt	2 Designated Patterns
14 to 17 years	Yellow tip	Pattern of choice
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

1st 2nd & Joint 3rd 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
8 years & under	Yellow Belt	-130 / 130-140 / 140+ cm
8 years & under	Green Belt	-130 / 130-140 / 140+ cm
8 years & under	Blue belt	-130 / 130-140 / 140+ cm
9 & 10 years	Yellow Belt	-130 / 130-140 / 140-150 / 150+ cm
9 & 10 years	Green Belt	-130 / 130-140 / 140-150 / 150+ cm
9 & 10 years	Blue belt	-130 / 130-140 / 140-150 / 150+ cm
10 years & under	Red Belt	-130 / 130-140 / 140-150 / 150+ cm
11 to 13 years	Yellow Belt	-140 / 140-150 / 150-160 / 160-170 / 170+ cm
11 to 13 years	Green Belt	-140 / 140-150 / 150-160 / 160-170 / 170+ cm
11 to 13 years	Blue Belt	-140 / 140-150 / 150-160 / 160-170 / 170+ cm
11 to 13 years	Red Belt	-140 / 140-150 / 150-160 / 160-170 / 170+ cm
13 years & under	Black Belt	-140 / 140-150 / 150-160 / 160-170 / 170+ cm
14 to 17 years	Yellow Belt	ITF Junior Weight Divisions (as below)
14 to 17 years	Green Belt	ITF Junior Weight Divisions (as below)
14 to 17 years	Blue Belt	ITF Junior Weight Divisions (as below)
14 to 17 years	Red Belt	ITF Junior Weight Divisions (as below)
14 to 17 years	Black Belt	ITF Junior Weight Divisions (as below)

**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

1st 2nd & Joint 3rd Place

Black belt competitors must perform two designated patterns; the first designated pattern must be a pattern of their grade, e.g. a 2nd 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

1st 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

1st 2nd & Joint 3rd Place

Female

2 weight division; -62kg, 62+kg

Category	Grade
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

Category	Grade
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

Category	Grade
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

1st 2nd & Joint 3rd 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