



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



17<sup>th</sup> I.N.T.A. Open I.T.F. International Taekwon-Do Tournament  
6 & 7 February 2016, Dublin, Ireland

## INVITATION

Dear Grand Masters, Masters, Instructors,

It is with great pleasure that I, on behalf of the Irish National Taekwon-Do Association, invite you and your students to the 17<sup>th</sup> I.N.T.A. Open I.T.F. International Taekwondo Tournament, to be held on Saturday the 6<sup>th</sup> and Sunday the 7<sup>th</sup> February 2016.

I hope that you can join us in Dublin 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 junior colour belts up to 15 years will partake on Saturday the 6<sup>th</sup> February. All competitors of 16 years and older and all junior black belts will partake on Sunday the 7<sup>th</sup> February.

I am looking forward to seeing you in 2016.

On behalf of the president of the I.N.T.A., Master O'Toole 8<sup>th</sup> Degree,

Yours in Taekwon-Do,

*Jeroen Wezelman*

3<sup>rd</sup> Degree

Tournament Director



## INTA Open ITF International Taekwon-Do Tournament - Details

- Venue: The National Basketball Arena, Tymon Park, Tallaght, Dublin 24, Ireland.
- Date: Saturday the 6<sup>th</sup> February 2016 – All junior colour belts up to 15 years of age.  
Sunday 7<sup>th</sup> February 2015 – All competitors of 16 years and older and all junior black belts.
- Time: 9:45 AM sharp (8:30 AM for Referees) both days.
- Rules: I.T.F. Competition Rules

Fee:	9th Kup	8th-1st Kup	I-VI degree	Power
Junior	€10	€25	€25	N/A
Senior	€15	€30	€35	€10 extra

- Trophies: Patterns: 1<sup>st</sup>, 2<sup>nd</sup> and joint 3<sup>rd</sup>  
Sparring: 1<sup>st</sup>, 2<sup>nd</sup> and joint 3<sup>rd</sup>  
Children's Special Technique: 1<sup>st</sup>  
Power: 1<sup>st</sup>

All **soft copy entry forms** must be received by Jeroen Wezelman no later than  
**Friday 22<sup>nd</sup> January 2016**

Send the completed attached soft copy to [jeroen.wezelman@inta.ie](mailto:jeroen.wezelman@inta.ie)

**Late entries will be refused.**

**Check list for items to be received by Friday 29<sup>th</sup> January 2016:**

- Delegation Entry Form
- All Competitor Entry Forms
- All Fees (except for teams from abroad, who can pay on the day)

Please send to Jeroen Wezelman  
175 Monread Heights  
Naas  
Co. Kildare  
W91 A5YF  
Ireland

**Any entry unpaid by 29<sup>th</sup> January will be removed from the competition!**



### **Transport to Basketball Arena:**

Dublin bus: [http://www.dublinbus.ie/en/Your-Journey1/Timetables/?searchtype=place&searchquery=National+Basketball+Ar  
ena](http://www.dublinbus.ie/en/Your-Journey1/Timetables/?searchtype=place&searchquery=National+Basketball+Arena)

### **Accommodation in Tallaght, Dublin:**

<http://www.plazahotel.ie/>

<http://www.maldronhoteltallaght.com/>

<http://www.glashaushotel.ie/>

Dublin city offers a whole range of hotels, hostels and B&Bs. Please be aware that a bus journey from the city centre to the National Basketball Arena in Tallaght can take up to 1 hour and 15 minutes.



## Junior PATTERNS

### Colour Belts & Black Belts

1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> PLACES

Colour Belt Male and Female will compete together,  
Black belt competitors Male and Female compete separately.

<u>Category</u>	<u>Day</u>	<u>Grade</u>	<u>Pattern</u>
8 years & under	Saturday	Yellow Tip Yellow Belt Green Belt	Pattern of choice Pattern of choice Pattern of choice
9 to 11 years 9 to 11 years 9 to 11 years 11 years & under 11 years & under	Saturday	Yellow tip Yellow Belt Green Belt Blue Belt Red Belt	Pattern of choice Pattern of choice Pattern of choice Pattern of choice Pattern of choice
12 to 15 years 12 to 15 years 12 to 15 years 12 to 15 years 12 to 15 years 15 years & under	Saturday Saturday Saturday Saturday Saturday Sunday	Yellow tip Yellow Belt Green Belt Blue Belt Red Belt Black Belt	Pattern of choice Pattern of choice Pattern of choice Pattern of choice Pattern of choice 2 Designated
16 to 17 years	Sunday	Yellow tip Yellow Belt Green Belt Blue Belt Red Belt Black Belt	Pattern of choice Pattern of choice Pattern of choice Pattern of choice Pattern of choice 2 Designated

\*Categories may be amalgamated depending on competitor numbers



## Junior SPARRING



### Colour Belts

1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> PLACES

- Separate categories for Male and Female.
- 8 to 13 years: 2 Height Divisions
- 14 to 17 years: 2 Weight Divisions
- Weight & Height Divisions to be decided

Category	Competition Day	Grade
8 years & under	Saturday	Yellow Belt
8 years & under	Saturday	Green Belt
9 to 10 years	Saturday	Yellow Belt
9 to 10 years	Saturday	Green Belt
9 to 10 years	Saturday	Blue belt
9 to 10 years	Saturday	Red Belt
11 to 13 years.	Saturday	Yellow Belt
11 to 13 years.	Saturday	Green Belt
11 to 13 years.	Saturday	Blue Belt
11 to 13 years.	Saturday	Red Belt
13 years & under	Sunday	Black Belt
14 to 15 years.	Saturday	Yellow Belt
14 to 15 years.	Saturday	Green Belt
14 to 15 years.	Saturday	Blue Belt
14 to 15 years.	Saturday	Red Belt
14 to 15 years.	Sunday	Black Belt
16 to 17 years.	Sunday	Yellow Belt
16 to 17 years.	Sunday	Green Belt
16 to 17 years.	Sunday	Blue Belt
16 to 17 years.	Sunday	Red Belt
16 to 17 years.	Sunday	Black Belt

\*Categories may be amalgamated depending on competitor numbers



## Junior SPARRING

### **Black Belts**

1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> PLACES

#### 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       |

\*Categories may be amalgamated depending on competitor numbers

## Junior SPECIAL TECHNIQUE

(COLOUR BELTS, CHILDREN 12 years AND UNDER)

1<sup>st</sup> PLACE

<b>Category</b>	<b>Techniques</b>
Female 8 years and Under	Overhead Kick
Male 8 years and Under	Overhead Kick
Female 9 to 10 years	Overhead Kick
Male 9 to 10 years	Overhead Kick
Female 11 to 12 years	Overhead Kick
Male 11 to 12 years	Overhead Kick



## Senior PATTERNS

### Colour Belts and Black-belts

1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> PLACES



Colour belt male and female will compete together.

Black belt competitors male and female compete separately.

1. The 1<sup>st</sup> designated pattern must be a pattern of their grade, e.g. 2<sup>nd</sup> degree competitors **must** perform Eui-Am, Choong-Jang or Juche.
2. The 2<sup>nd</sup> designated pattern is 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

\*Categories may be amalgamated depending on competitor numbers



# Senior SPARRING

## Colour Belts

1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> PLACES



### Female

2 weight divisions: -62 kg, +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

2 weight divisions: -70 kg, -80 kg, +80 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 SPARRING**

### **Black Belts**

1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> PLACES



#### 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

#### **Weigh in for Black Belts:**

- |          |   |
|----------|---|
| Saturday | 11.00 AM - 12.00 Noon,<br>4.00 PM - 5.00 PM |
| Sunday   | 9.00 AM - 11.00 AM                          |

## **Black Belts 40+\***

1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> PLACES

### **Senior Female over 40 years Black Belt**

1 weight division

Category	Grade
40 years. and over	I Degree – VI Degree

### **Senior Male over 40 years Black Belt**

1 weight division

Category	Grade
40 years. and over	I Degree – VI Degree

\*These categories are not obligatory; a competitor over 40 years old can decide to stay in the over 18s by NOT checking the over 40s box on the competitor application form.



**Senior POWER**  
**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



# DELEGATION ENTRY FORM



Head of Delegation: \_\_\_\_\_

Country: \_\_\_\_\_ Association: \_\_\_\_\_

School: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

Coach Name: \_\_\_\_\_ Grade: \_\_\_\_\_

### Umpire List

Name	Saturday and/or Sunday?	Competing?	Grade	Class (A, B, C, None)

Each School must have one Qualified Umpire for every ten competitors, i.e. 1-10 competitors = 1 umpire, 11-20 competitors = 2 umpires, etc.

If a club/school cannot send a referee then a surcharge of €50 must be paid otherwise the entries cannot be accepted.

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

### MUST BE SIGNED BY HEAD OF DELEGATION

I state that the information given on this entry form and the competitor's entry form is true and correct, and that all the competitors and officials from my delegation hold themselves responsible for any injury they may sustain during this competition and have full insurance cover for any such eventuality.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# Irish National Taekwon-Do Association

## 17<sup>th</sup> I.N.T.A Open I.T.F International Taekwon-Do Tournament

The National Basketball Arena, Tymon Park, Tallaght, Dublin 24, Ireland.  
Saturday the 6<sup>th</sup> February 2016 9:45 AM – All junior colour belts up to 15 years of age.  
Sunday 7<sup>th</sup> February 2016 9:45 AM – All 16 years and older and all junior black belts.

### Competitor Application Form

First Name: \_\_\_\_\_ Family Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age (on 06/02/16): \_\_\_\_\_ Sex (M / F): \_\_\_\_\_

Rank: \_\_\_\_\_ KUP/DEGREE Height: \_\_\_\_\_ cm Weight: \_\_\_\_\_ kg ITF Membership No: \_\_\_\_\_

ITF Certificate Number (Black Belts Only): \_\_\_\_\_

Name of Taekwon-Do School: Maynooth TKD School

Association: INTA

Instructor's Name: Mr. Gareth Curran Degree: V

I wish to participate in (please 'X' clearly):

Patterns  Sparring  40+ Black Belt Sparring  Black Belt Power

LIABILITY WAIVER/CONTRACT: I the undersigned, do hereby waive any and all claims against any and all persons and groups associated with the INTA Open, I agree to hold harmless, all persons and groups including the event promoter and organisers, Irish National Taekwon-do Association, the Arena and its representatives, all persons and groups associated with the INTA Open, for any injuries or damages sustained by me in connection with my participation at this event, whether accidental or intentional. I understand and am fully aware that I am participating in a contact sport and may in the normal course of events sustain an injury while competing. Therefore I assume full responsibility for all of my actions during and connected with this event. I also agree that my attendance and or performance may be photographed, filmed or taped and used by the promoter and its agents, I waiver any compensation thereof. I further agree to abide by ITF Anti Doping Policy rules and agree to be tested if requested to do so. This document will form the basis of my contract with the Organiser/Promoter and all its associates/servants/agents.

I confirm that all information given above is true and correct and I agree to abide by the tournament rules and accept the Chief Umpires' decision as final.

I confirm that I am physically fit to participate in this event.

Competitor's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent/Guardian if competitor is under 18 years)

Instructor's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Note: Mouth guards as well as fitting head, hand and foot pads are mandatory for sparring competition. All males must wear a groin guards during sparring. No exceptions will be made to these rules.

Closing date for this entry form plus fees to be returned is to your instructor is 21 January 2016  
ALL CHEQUES AND POSTAL ORDERS HAVE TO BE MADE PAYABLE TO I.N.T.A.

Fees:	9th Kup	8th-1st Kup	I-VI degree	Power
Junior	€10	€25	€25	N/A
Senior	€15	€30	€35	€10 extra