



# South West Open Taekwondo Championships

## Events and Divisions

### TAEKWONDO PATTERNS

Two competitors will compete at the same time, the successful competitor will proceed through to the next round. The medals will be awarded as follows:

- 1 Gold
- 1 Silver
- 1 Bronze

### DIVISIONS

- 10<sup>th</sup> Kup, Grade 1 & 2 & 9<sup>th</sup> Kup – Sajo Jirugi 1,2, Sajo Makgi & Chongi
  - 8<sup>th</sup> Kup & 7<sup>th</sup> Kup – Choice - pattern of grade or one below
  - 6<sup>th</sup> Kup & 5<sup>th</sup> Kup – Choice - pattern of grade or one below
  - 4<sup>th</sup> Kup to 1<sup>st</sup> Kup – Choice - pattern of grade or one below
  - 1<sup>st</sup> Degree and above – Any black belt pattern of their grade including Choong moo for 1<sup>st</sup> degree's.
- They may well be split into grades depending on entries.

### CATEGORIES

- Men - Women Adult (18 to 35) & Senior (36+)
- Juniors (14 to 17) - Cadets (7 to 13) Little Dragons (4 to 7)

### Cadets HIGH KICKING & FLYING LONG KICK

Cadets (7 to 13yrs) will compete for Gold, Silver & Bronze in the following categories:

- Pee Wee – Under 4ft
- Lightweight – Over 4ft, up to & including 4ft 6”.
- Middleweight – Over 4ft 6”, up to & including 5ft.
- Heavyweight – Over 5ft, up to & including 5ft 6”.
- Hyperweight – Over 5ft 6”.

### DIVISIONS

- Boys and Girls mixed
- All Blackbelts together
- All Colourbelts together

## TAEKWON-DO SPARRING

All grades up to and including black belt sparring, will be continuous sparring.  
Full sparring equipment must be worn with closed fingers & open palms.

Points - 3 kick to head, 2 kick to body and 1 punch, no additional points for jumping techniques

Medals will be awarded as follows: 1 Gold, 1 Silver and 1 Bronze.

Colourbelt Mens and ladies 1 round of 1.30mins  
Colourbelt Juniors and Cadets 1 round of 1.30mins  
All blackbelts 1 round of 2mins  
All Blackbelt finals only - 2 rounds of 2mins

All weight/height divisions will be decided on the day.  
Please provide current Height & Weight for matching.  
Boys/Men and Girls/Ladies will be Separate for sparring.

### Men & Ladies categories

10<sup>th</sup> Kup - 5<sup>th</sup> Kup..  
4<sup>th</sup>, 3<sup>rd</sup>, 2<sup>nd</sup>, & 1<sup>st</sup> Kup.  
1<sup>st</sup> Degree & above.

### Junior & Cadet categories

10<sup>th</sup> - 9<sup>th</sup> Kup.  
8<sup>th</sup> - 7<sup>th</sup> Kup  
6<sup>th</sup> & 5<sup>th</sup> Kup.  
4<sup>th</sup>, 3<sup>rd</sup>, 2<sup>nd</sup> & 1<sup>st</sup> Kup.  
1<sup>st</sup> Degree & above.

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### Destruction

All Adults grades from White to Blackbelt for both Male and Female.

All Junior (14+) grades from White to Blackbelt for both Male and Female. 1st place only.

**Male & Female categories** are both split into:

10<sup>th</sup> Kup - 1<sup>st</sup> Kup  
1<sup>st</sup> Degree & above

Qualifying Side kick for all, then the following  
Female – Turning kick & Knife hand strike  
Male - Turning, Reverse Turning kick, Knife hand

Any questions please contact Master Churchward on 07966 382132

Or email [torbaytkd@gmail.com](mailto:torbaytkd@gmail.com)

## **Little Dragons 4-7yrs Routine (Pattern)**

Start in Chunbi.

Right leg back into guarding stance (Kihap) On the instruction to begin, students perform:

High Punch (left), Middle Punch (right), High Palm (left), Middle Palm (right), then execute a (left) Front Snap kick and (right) Front Snap Kick (Kihap), returning to guarding stance with the right leg back.

Then, change stance (our students will say “change legs” when they do this).

High Punch (right), Middle Punch (left), High Palm (right), Middle Palm (left), then execute a (right) Front Snap Kick and (left) leg Front Snap kick (Kihap) returning to guarding stance with the left leg back.

Hold up both palms shouting “stop stand back, I’m a little dragon.” End.

*Judges are instructed to take the accuracy of the routine into consideration first, before the loudness or overall performance of the student. i.e. did they get their lefts and rights correct and do the routine correctly.*

**Little Dragons Tag sparring - Non contact, grab the tag from opponents belt in 45 second bout.**

**Any questions please contact Master Churchward on 07966 382132 Or email [torbaytkd@gmail.com](mailto:torbaytkd@gmail.com)**