



**SW Open Taekwon-do
Championships 2024
Sunday 12th May 2024
Torbay Leisure Centre, Paignton**

Torbay Taekwondo Schools
11 Grange Avenue
Paignton
Devon
TQ4 7JY

Dear Instructors,

On behalf of Torbay Taekwondo Schools I would like to invite you and your students to attend and participate in our South West Open Championships to be held on Sunday the 12th May 2024. The venue will be Torbay Leisure Centre, Penwill Way, Paignton, Devon TQ4 5JR.

Doors will open at 8.45am and the competition will start at 9.15am. All umpires and referees to arrive for 9am please. Hopefully based on previous years to be all finished by 3.00pm.

Car Parking has 50% reduction for the day, with a Voucher which can be obtained from the reception at the Leisure centre and must be displayed in your car along with parking ticket.

The Competition is open to all Taekwondo practitioners, regardless of association or style. It is run in a friendly environment on the basis of promoting and providing a collaboration of clubs/associations, to give our students a positive, friendly and fun experience with No ringside coaching. Only competitors and umpires will be allowed on the competition areas. Please send umpires to help with the days events to keep a fair balance of judging.

Cost of £30 per person to enter all events or choice of events. Spectators are free of charge.

Please can you make all cheques payable to "**Torbaytkd**" and send them in with the competitors summary sheet no later than **Wednesday 8th May** to the above address or email please. No students Cheques, only instructors covering cheques. Bank details to bacs transfer entry fees directly to Lloyds are **Torbay Tkd Sponsorship Fund sort 30-96-41 acc 01475651**. Incorrect Height or Weight, entries will incur a £10 per competitor charge on the day prior to competing.

Open to all Little Dragons (4-7 years), Cadets (7-13 years), Juniors (14-17 years), Adults (18-35), and Seniors (36 +).

Divisions may be amalgamated if necessary.

Little Dragons can compete in Patterns, Tag Sparring, High Kick & Flying Kick

Cadets can compete in Patterns, Sparring, High Kick and Flying Kick.

Juniors can compete in Patterns, Sparring & Power Breaking.

Adults & Seniors can compete in Patterns, Sparring & Power Breaking.

Power Breaking will be divided into male/female, and colour belt/black belt with only a Gold medal awarded for first place and side kick as the qualifying technique.

Sparring divisions will be designed to best fit the weights & grades of Adults, Seniors and Juniors. Also the heights, weights & grade of Cadets. 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 for kick to head, 2 for kick to body and 1 for punch, no additional points for jumping techniques

1st, 2nd and 3rd place will be awarded for the events, **Patterns, Sparring, High Kick and Flying Kick.**

HIGH KICK: students will kick a ball hanging from a support beam; kicking the ball on the way up or down will both be allowed, but the competitor must remain on their feet without jumping or falling over after the kick.

FLYING KICK: students will run, jump a hurdle, kick a target (a paddle pad) and then will need to **LAND** on their feet.

Thank you for your support and we look forward to seeing you there!

Kind Regards

Master Grant Churchward
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Accommodation Details

Premier Inn

Paignton - Tanners Road, Goodrington, Paignton, Devon TQ4 6LP

Paignton – White Rock, Long Road South, Paignton TQ4 7AZ

Torquay - Seafront, Belgrave Road, Torquay, Devon TQ2 5HE

Travel Lodge

Paignton – 3 Marine Drive, Seafront ,Paignton, Devon TQ3 2NJ

Torquay - Newton Road, Torquay, Devon, TQ2 5BZ

Many more local B&B's and caravan holiday parks around the area