



Sydney Taekwondo Championships

**Sunday September 10th
2017**

**Blacktown Leisure Centre
Stanhope Gardens**

Entries due Sunday 3rd September, 2017

Your Invitation to Participate

Dear Taekwondo practitioner,

On behalf of Southern Stars Taekwondo and Psychkwondo it gives us great pleasure to invite all Taekwondo practitioners to participate in the 2017 Sydney Taekwondo Championships. The event will be held at Blacktown Leisure Centre, Stanhope Gardens.

Please note our venue change this year. The 2017 move to Stanhope gardens may not be permanent – but does come with some advantages such as free parking and easy access to shops.

This event has been established to run on an annual basis – working alongside other interclub and state level events to contribute to the annual schedule of competitions with a well-run and appropriately timed event. Our primary aim for the Sydney Taekwondo Championships is to run a premier annual event that enables all athletes to participate at an international style competition in a fun and safe environment.

All competition will take place on Sunday September the 10th. Doors open at 7:30am and competition will commence at 8:45am.

- **All divisions will use Daedo PSS**
- **All head kick divisions will use Daedo PSS head guards**

All Poomsae divisions will be score electronically, with players provided with their accurate score and overall ranking.

We look forward to continuing to develop and strengthen the taekwondo community together with clubs, coaches, athletes, officials, volunteers, friends and family.

Competition Information

Hosted by: Southern Stars Taekwondo and Psychkwondo

Competition Date: Sunday September 10th – Sparring and Technical Competition

Competition Venue: Blacktown Leisure Centre
Cnr Stanhope Pkwy and Sentry Drive, Stanhope Gardens NSW 2768

Competition Entry: Entries open: July 1st 2017
Entries close: September 3rd 2017 12:00 Midnight EST.

All Signup and payment is online www.rapidsignup.com.au

Tournament Enquiries: For any entry enquiries please contact

Matt Vale
Tournament Director
0410 816 836
matt.d.vale@gmail.com

Insurance:

- 1) All clubs must have their own current insurance
- 2) Insurance must cover members for Taekwondo style activity
- 3) By signing competitor entry forms Head Instructors agree that
 - a) The member is insured
 - b) The member is capable of competing

Player Entry Fees: Entries for all events and divisions will be

Sparring

First event - \$60
Additional Sparring event - \$25

Poomsae

First Event - \$50 / player
Additional Poomsae event - \$25 / entry

Age Divisions: All competitors ages are **as at 31 December 2017** unless otherwise stated.

Tournament Rules: WTF Competition Rules
Sparring - *No head kicks* for 6-7, 8-9, 10-11 age divisions.
No head kicks for Yellow Belts – Regardless of age.
Cadets (12-14 years) – *No head kicks* for 12-14 Blue belts.
Cadets – *Head contact allowed* for 12-14 Red and Black belts
15 years +, Blue belt and higher – Head contact allowed
Masters (30 years+) Optional head contact

Application of No Head Kicks

A head kick, intentional or through lack of caution, will be treated as attacking the head with the fist or the hand. The appropriate penalties of Kyong-go (warning), Gamjeom (deduction point), or disqualification will apply.

Draw: A full list of competitors will be posted on facebook on Monday morning September 4th, and is updated daily according to player and coach feedback. Questions or issues relating to the draw should be submitted by e-mail to matt.d.vale@gmail.com and will be considered if received before 5.00 PM on Thursday 7th September 2017.

Awards: All events recognise 1st and 2nd place with Gold and Silver medals. All other competitors receive a bronze medal.

Safety Equipment: Sparring competitors must wear WTF approved equipment -

- Trunk protector – Daedo PSS (Supplied by competition management).
- Head guards – matching colour or white
 - For head kick matches, comp management will supply Daedo PSS head gear.
 - Please bring your head gear in case of technical issues.
- Groin protector - (optional for females)
- Shin and Arm guards.
- Gloves - Compulsory for athletes 12 years and over (optional for junior athletes)
- Mouthguards are compulsory and must be white or clear

Coach registration: All coaches must have valid Coach Accreditation and will be required to present their current Coaching Accreditation card

We ask that your club provides sufficient coaches to avoid the possibility of players being disqualified due to unavailability of a coach when the player is called.

Liability: All participants in the tournament take part at their own risk. The organiser can under no circumstances be held responsible for any damages, injuries, or loss to individuals or equipment.

Privacy: Personal details collected are solely for the purpose of the competition involved. Health information (regarding existing conditions/allergies etc) is for our records only and will not be disclosed to first-aid personnel or any other party.

Uncontested Players: Uncontested players may elect to receive either a medal or a refund. Medals will only be issued on the competition day.

Refund Policy: Refunds are issued to head instructors after the event (i.e. not on the competition day).

Event Schedule: **Saturday 9th September, 2017**

4:00pm – 5:00pm Optional Weigh in at the venue

Sunday 10th September, 2017 (indicative only)

7:30am Doors Open – Start Weigh in

8:30am Weigh in closes

8:30am	Coach Briefing
8:45am	Technical and Sparring Competition Starts
12:30 noon	Lunch break
1.00pm	Resume Competition
6:00pm	Competition Finish

Sparring Format: Single elimination competition format.

Door Entry Fee: The door entry fee applies to spectators and non-competitors.

Adult \$10

Child \$5

Family – 2 Adults, 2 Children = \$20

Athletes who do not make weight: You will **not** be moved to another category or receive a refund. Taekwondo is a weight based sport and it is ultimately the clubs' responsibility to make sure athletes are signed up to appropriate categories.

Sparring Competitor Checklist

- I have submitted my on-line application.
- I have Daedo eFeet or have access to Daedo eFeet.

Bring to the Weigh In

- Signed Declaration Form

Sparring Competition Information

Sparring Weight Divisions:

Weight Divisions for 6-7, 8-9, 10-11 Years competitors.

OVER	-	19	22	25	28	31	34	38	42	46	50	55	60	65	70+
UNDER	19	22	25	28	31	34	38	42	46	50	55	60	65	70	

Cadet Weight Divisions - 12-14 years

GENDER	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
OVER	-	-	33	29	37	33	41	37	45	41	49	44	53	47	57	51	61	55	65+	59+
UNDER	33	29	37	33	41	37	45	41	49	44	53	47	57	51	61	55	65	59	-	-

Junior Weight Divisions - 15-17 years

GENDER	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
OVER	-	-	45	42	48	44	51	46	55	49	59	52	63	55	68	59	73	63	78+	68+
UNDER	45	42	48	44	51	46	55	49	59	52	63	55	68	59	73	63	78	68	-	-

Weight Divisions for Open & Masters

GENDER	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
OVER	-	-	54	46	58	49	63	53	68	57	74	62	80	67	87+	73+
UNDER	54	46	58	49	63	53	68	57	74	62	80	67	87	73	-	-

Weigh In:

Times: Saturday September 9th.
4pm – 5pm
Competition Venue – Blacktown Leisure Centre

Sunday September 10th.
7.30am – 8.30am
Competition Venue – Blacktown Leisure Centre

Requirements:

Minimum acceptable dress during weigh in will be T shirt and shorts with a 0.5kg allowance.

Technical Competition Information

Technical Sign Up: Technical Sign Up is online. www.rapidsignup.com.au

Listed here are the available events, divisions and requirements for those divisions.

Check In: To collect all technical player declarations, there will be a technical player check-in. Check in is as follows:

Sunday September 10th
7:30am – 8:30am
Competition Venue - Netball Central
Sydney Olympic Park

Individual Traditional Poomsae:

Gender	Male and Female						
Age Divisions*	5-8	9-11	12-14	15-17	18-29	30-45	46+

**All ages are as at 31st December 2017*

Traditional Patterns – Colour Belts

Belt Level	Pattern # 1	Pattern # 2
Yellow	Il Jang (1)	Ee Jang (2)
Blue	Sam Jang (3)	Sa Jang (4)
Red	Yuk Jang (6)	Chil Jang (7)

Traditional Patterns – Black Belts

1 st Dan/Poom	Pahl Jang (8)	Koryo
2 nd Dan/Poom	Koryo	Keumgang
3 rd Dan/Poom	Keumgang	Taeback
4 th Dan/Poom	Taeback	Pyongwon
5 th Dan	Pyongwon	Sipjin
6 th Dan	Sipjin	Jitae
7 th Dan	Jitae	Chonkwon
8 th Dan	Chonkwon	Hansu

Traditional Black Belt patterns will be judged using i-Pad Scoring systems – competitors will complete both Pattern A and Pattern B

Players will be assessed individually and the winners decided on the basis of the highest score.

WTF Individual Poomsae - Black belt only

Category	Individual Poomsae – Male / Female							
Age Divisions*	12-14	15-17	18-30	31-40	41-50	51-60	60-65	65+

Note: WTF Pairs and teams competition will not be run as part of this competition.

Compulsory Poomsae will be announced 1 week prior to the competition and will be selected from the following list.

Category	Division	Compulsory Poomsae
Individual	Cadet	Taegeuk 4, 5, 6, 7, 8 Jang / Koryo / Keumgang
	Junior	Taegeuk 4, 5, 6, 7, 8 Jang / Koryo / Keumgang / Taekback
	Under 30	Taegeuk 6, 7, 8 Jang / Koryo / Keumgang / Taekback / Pyungwon / Sipjin
	Under 40	
	Under 50	Taegeuk 8 Jang / Koryo / Keumgang / Taekback / Pyungwon / Sipjin / Jitae / Chonkwon
	Under 60	Taegeuk 8 Jang / Koryo / Keumgang / Taekback / Pyungwon / Sipjin / Jitae / Chonkwon / Hansu
	Under 65	
	Over 65	

Pairs and Teams Poomsae:

Gender	Male and Female					
Age Divisions*	5-11	12-14	15-17	18-29	30-45	46+
Belt Divisions	Yellow		Blue		Red	Black
Team Size	Pairs (2)			Team (3-8)		

Belt	Options		
Yellow	Il Jang (1)	Ee Jang (2)	Sam Jang (3)
Blue	Sa Jang (4)	O Jang (5)	Yuk Jang (6)
Red	Yuk Jang (6)	Chil Jang (7)	Pal Jang (8)
Black	Free Choice		

Pairs and Teams will compete in belt level according to the HIGEST ranked member. Each Pair and Team will choose one pattern from the list above according to the highest ranked member. Any combination of ages from 5-29 is permissible. Pairs and Teams in this age range will compete in age division according to the OLDEST member. Any combination of age 30+ is permissible. Pairs and Teams in this age range will compete in the age division according to the YOUNGEST member.

Family Traditional Poomsae:

Division	Adults	Parent/Child	Siblings
Belt	Options		
Yellow	Il Jang (1)	Ee Jang (2)	Sam Jang (3)
Blue	Sa Jang (4)	O Jang (5)	Yuk Jang (6)
Red	Yuk Jang (6)	Chil Jang (7)	Pal Jang (8)
Black	Free Choice		
Family Team Size	2 – 8 members		

*Each Family Group will compete in the belt level according to the HIGHEST ranked family member of the Group. In order to enable more families to participate in family poomsae – **families have free choice of which poomsae they wish to perform.***

Technical Breaking:

Gender	Male and Female			
Age Divisions	Under 14	14-17	18-30	31 and over
Belt Divisions	Black Belt Only			

Tournament Rules

- Maximum five (5) strikes in total
- Maximum two (2) x hand techniques allowed
- Single boards must be used for each strike, multiple targets are permissible and will be awarded 1 point per board broken within each of the 5 designated breaks, however if one board is missed when attempting a multiple break this will earn a 0 score
- Boards shall not be doubled up for technical breaking
- No techniques to be repeated.
- Kyupka competitors must supply their own board holders. Board holders must be insured competitors.
- Time limit of two (2) minutes applies to each competitor – includes time to set-up and complete breaks.
- Boards are 300mm square and 10mm in thickness.
- No padding is to be worn on the hands or feet when breaking.
- Boards cost \$3 per board. Competitors specify the number of boards during the online sign up process.

Scoring for technical breaking

Foot technique	Score	Hand Technique	Score
Standing Kick	5	Hammer Fist	5
Sliding Kick	6	Knife Hand	5
Jump Kick	7	Palm Heel	5
Turning Kick	7	Elbow Strike	6
Jump/Turn Kick (on the spot)	8	Standard Punch	7
Sliding/Turning Kick	9	Back Fist	8
Jumping Turning Kick	10	Reverse Knife Hand	9
Jump Kick using; both feet or foot + hand at the same time on multiple targets.	10	Double Strike (two x hand techniques simultaneously on multiple targets.	10
Zero score for missed boards			
Only one (1) attempt allowed per board			

Power Breaking:

Gender	Male and Female				
Type	Hand Technique				
Age Divisions	18-29	30-39	40-49	50-59	60+
Belt Divisions	Black Belt Only				

Tournament Rules – Hand Technique

- Male contestants may choose to break with a Closed Fist, or Knife Hand Strike and boards are 19mm in thickness and 300mm square.
- Female contestants **MUST** break with an Open Hand Strike (Palm Heel or Knife Hand Strike) and boards are 15mm in thickness and 300mm square.
- No padding is to be worn on the hands when breaking. 10mm spacers (supplied by Event Management) will be used by contestants between boards.
- Boards cost \$3 per board. Competitors specify the number of boards during the online sign up process.
- Power break will be performed on two standard size cement blocks (supplied by Event Management).

Scoring for Power Breaking

Competitors will be grouped into age divisions
Within each division the winner will be the contestant who has broken the greatest number of boards
In the case of a draw, the lightest competitor will win.

Technical Competitor Checklist

- I have submitted my on-line application.

Bring to the Technical Check In

- Signed Declaration Form

Map of Stanhope Gardens

