



South West Open Taekwondo Championships 2019

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

- 10th Kup, Grade 1 & 2 & 9th Kup – Sajo Jirugi 1,2, Sajo Makgi & Chongi**
- 8th Kup & 7th Kup – Choice - pattern of grade or one below**
- 6th Kup & 5th Kup – Choice - pattern of grade or one below**
- 4th Kup to 1st Kup – Choice - pattern of grade or one below**
- 1st Degree and above – Any black belt pattern of their grade including Choong moo for 1st 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:

- Super Pee Wee – Under 4ft**
- Pee Wee – Over 4ft, up to & including 4ft 6".**
- Lightweight – Over 4ft 6", up to & including 5ft.**
- Middleweight – Over 5ft, up to & including 5ft 6".**
- Heavyweight – 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. Medals will be awarded as follows: 1 Gold, 1 Silver and 1 Bronze.

Colourbelt Mens and ladies 1 round of 2mins
Colourbelt Juniors and Cadets 1 round of 1.30mins
All blackbelt rounds 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

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

Junior & Cadet categories

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

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:

10th Kup - 1st Kup
1st Degree & above

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

Any questions please contact Grant Churchward on 07966 382132
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