

Venue: Deeside Leisure Centre, Chester Road West, Queensferry, Deeside, CH5 1SA.

Time: Doors open 9.30 am. Juniors start 10am. Adults start 1pm.

Cost: £25 for any number of events. Spectators £5 (under 5s FREE).

NAME: **GRADE:**

HEIGHT: **WEIGHT:**

CATEGORIES: Tiny tots: up to & including 4' (121.9cm) tall. Juniors: 16 yrs & under. Adults: 17 yrs & over. Executives: age 40+.

PATTERNS: Coloured belts can perform any pattern up to & including your grade. Black belts may perform any black belt pattern, including Choong Moo.

MUSICAL PATTERNS: This event will be one single category including juniors & adults. Patterns should be no longer than 1 and 1/2 minutes. Music should be provided via a digital device that plugs in via a headphone socket (no CDs).

SPARRING: ALL junior sparring will be point stop. Adults white belt to blue stripe will be point stop; blue belts & above will be continuous. Executive sparring will be point stop. Rounds will be 1 and 1/2 minutes.

Juniors: Tiny tots 4' (121.9cm) & under; Peewee over 4' up to 4'6" (137.1cm); lightweight over 4'6" up to 5' (152.4cm); middle-weight over 5' up to 5'6" (167.6cm); heavyweight over 5'6".

Coloured Belt Men: lightweight 70kg & under; middleweight 71-80kg; heavyweight over 80kg. Executives in one division.

Coloured Belt Ladies: lightweight 60kg & under; middleweight 61-65kg; heavyweight over 65kg. Executives in one division.

Black belts: to be split by male/female and weights, depending on numbers. Lightweight: 76kg & under. Heavyweight 77kg & over. Executives in one division.

SPEED KICKING: JUNIORS ONLY. 30 seconds of turning kicks at shoulder level with the foot returning to the floor after each kick. The student with the most kicks wins.

DESTRUCTION: BLACK BELT ADULTS ONLY. Ladies hand: any technique including elbow. Ladies foot: any standing kick. Mens hand: any technique (not including elbow). Mens foot: any standing kick.

OFFICIALS: Please pre-register by emailing info@wirraltkd.co.uk. Officials should arrive by 9am.

EVENTS (please tick to enter)

Patterns	Musical Patterns	Sparring	Speed Kicking	Destruction

DECLARATION I have read the tournament rules and I clearly understand that my participation in the event is entirely at my own risk. There is currently no reason why I/my child cannot participate in this event and I confirm that the above entrants hold valid a licence/insurance. Entrants agree to comply with the rules and regulations of the event and any officials' instructions. As a condition of acceptance of the event, entrants agree not to hold the organisation, its officials, or any other competitors responsible for any injury that may be sustained whilst participating in this event. (This statement does not affect your statutory and legal rights).

NB: Photographic/video equipment will be in use on the day. Images captured may be used for training/promotional purposes.

Signed **Date**
(Parent/Guardian's signature if under 18)